

# Walk Kansas

*celebrate healthy living*

Atchison County Extension Office  
[www.atchison.ksu.edu](http://www.atchison.ksu.edu)

**K-STATE**  
Research and Extension

Newsletter #1 • 2014

## *In This Issue*

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Stretch for Cool Down  
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## **Locally**

9th Annual Irish Heritage Festival  
5K and 10K Trail Walk/Run and  
Pancake Breakfast. See Page 5  
for details about how to register.

## *Coming Next Week*

Walk This Way  
Sitting Is the New Smoking  
What Is your Healthy?  
Carbs for Energy  
Recipe: Mediterranean Bean Soup

## **Like us on Facebook: Kansas State University Walk Kansas**

This newsletter developed by Sharolyn Flaming Jackson, Extension Specialist – Family and Consumer Sciences, K-State Research and Extension.

## **Kansas State University Agricultural Experiment Station and Cooperative Extension Service**

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## *Exercise Is Medicine*

“If walking was a pill or surgical procedure it would be on 60 Minutes.” — Dr. Bob Sallis, Kaiser Permanente family practitioner from Fontana, Calif.

Dr. Sallis prescribes regular walks for his patients and believes that walking is like medicine for them. If your physician prescribed a pill that would extend your life, would you take it as prescribed?

Walking may be the next big health-care breakthrough that could save Americans more than \$100 billion a year. Research supports the power of walking, and other forms of moderate activity, which could cut the rates of heart disease, diabetes, colon cancer, and Alzheimer’s by at least 40 percent. People out walking also benefit their towns, cities, and communities by making them livelier, safer, and more attractive places to live, work, and play.

For 13 years, K-State Research and Extension has promoted and encouraged this amazing health treatment — walking — through the Walk Kansas program. More than 185,000 people have joined this “movement” to better health, and we welcome you this year.

There are many ways you can stay connected to other Walk Kansas participants in your community and across the state and country. Like us on Facebook (Kansas State

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## All You Need Are Shoes

Walking doesn't require practice or fancy gear — just a good pair of walking shoes. The best shoes for you are those that fit you the best. They should feel supportive, not constrictive, and the toe box should be roomy. While most athletic brands offer shoes designed for walking, some people find a running shoe design is better for them.

Walking is a natural rolling movement from heel to toe. Your foot will bend at the ball on each step, and your shoes must be flexible enough to complete this motion. Many shoes marketed as walking shoes do not provide enough flexibility as they are built for comfort and stability. If you are fitness walking in nonflexible shoes, your ankle and shin muscles end up fighting your shoes, leaving you with tired, sore feet and shins.

You can test shoes for flexibility in several ways. First, grab the shoe with both hands and twist in opposite directions. It should twist a little, but not completely into a spiral. Next, bend the shoe in half, pushing the heel toward the toe. Make sure the shoe bends at the ball of the foot and not the middle of the arch. For one more test, place the shoe on a level surface and poke the toe down. The heel should rise up off the surface. This type of shoe will help you roll through your step while walking.

The heel of a walking shoe should be no more than an inch higher than the sole under the ball of the foot. Avoid a flared heel. Since walkers strike with the heel, it is best to have a heel that is undercut to help you roll through a step.

## Exercise Is Medicine

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University Walk Kansas), follow @GottaWalkKansas and the Walk Kansas hashtag on Twitter (#WalkKansas), and find us on Pinterest at [www.pinterest.com/ksuresearchext](http://www.pinterest.com/ksuresearchext). Most of all, stay connected with your team captain and teammates. Best wishes for a great Walk Kansas experience — now let's move!

*Sharolyn Flaming Jackson  
Family and Consumer  
Sciences Specialist  
State Walk Kansas Coordinator*

## 2013 Success Story

I joined Walk Kansas in 2011 and have lost 110 pounds — I have been able to keep it off because of this program and the incentive it gave me.

— Central Kansas District

## Move of the Week: Warm Up, Stretch for Cool-Down

Guidelines for physical activity are two-fold. First, take as many steps as you can throughout the day and make sure you break every hour of sitting by standing or moving for a few minutes.

Second, get at least 150 minutes of moderate to vigorous activity every week. Moderate is working at the intensity where you can just barely talk, not sing. Log these minutes as long as you are working at the moderate level for at least 10 consecutive minutes.

Warm your muscles to prepare your body for activity and to prevent injury. Start by walking comfortably for a few minutes and include a few stretching moves, rock back and forth from heels to toes, and warm up your torso and arms with large movements.

While walking doesn't require any special skill, good walking technique will help you reach

your ideal stride. Keep your body elongated, shoulders down and relaxed — away from your ears. While walking, focus 15 to 20 feet in front of you, keeping your chin parallel to the floor and your eyes up. As you walk, keep your back straight, belly tight, and butt tucked in. Keep your arms bent at the elbow and close to your torso. As you walk, land with your heels and push off with your toes.

To cool down from your walk, slow your pace and do some static stretching, where you hold each stretch for 20 seconds. Make sure you stretch your arm and shoulder muscles, torso, and lower body. The Walk Kansas website includes videos and stretching tips under "Steps to Fitness." The videos "Walking Basics" and "Post Workout Cool-down" are a good place to begin.

## Eating for Energy

A car with an empty gas tank wouldn't make it out of the driveway. Your body is much the same. You need fuel — calories and fluids — to stay energized. Nutrition articles in the Walk Kansas newsletter this year will focus on eating for energy. A good place to start is with the first meal of the day.

Make sure your daily breakfast is giving you the fuel and staying power you need and helping set the stage for you to make smart decisions all day long. One easy tip to remember is "strive for five," which means to include at least 5 grams of fiber and 5 grams of protein in every breakfast.

Your breakfast meal should be balanced. Carbohydrates will give you nearly instant pep, and protein provides staying power to keep your blood sugar on an even keel. Choose carbs that are 100 percent whole grain such as whole-wheat toast, oatmeal, and whole-grain cereal, and go for fruit rather than fruit juice to boost fiber. To make sure you are getting a whole-grain product, check the ingredient list and make sure whole grains are listed first. Avoid processed grains (such as white bread), pastries, scones, and sugared cereals whenever possible.

Good protein choices include lean meats, eggs, low-fat dairy products, legumes, nuts, and nut butters. A quick and easy breakfast on the go could be a peanut butter and banana sandwich on whole-grain toast and a cup of skim milk. Another good option starts with plain, unsweetened yogurt. Add fruit, some nuts or seeds, and raw or toasted oats. Try the Yogurt Parfait recipe from 2009: [www.walkkansas.org/doc5200.ashx](http://www.walkkansas.org/doc5200.ashx) These Veggie Quiche Bites can be made ahead of time and kept in the refrigerator for a quick breakfast. They also freeze well. When reheating in a microwave oven, use a medium power setting so the eggs are not overcooked. Vary the veggies to see what combination your family prefers.



## Veggie Quiche Bites

Makes 6 servings

### Ingredients:

- 1 teaspoon olive oil
- 1 cup chopped vegetables\*
- ½ cup part-skim mozzarella cheese
- ¼ cup nonfat milk
- 5 large eggs
- ¼ teaspoon garlic powder
- Salt and pepper to taste

### Directions:

1. Preheat oven to 350° F.
2. Coat 6 muffin cups with cooking spray. Heat a nonstick skillet over medium-high heat. Add oil and swirl to coat. Add vegetables and sauté for 3 minutes or until almost tender. Transfer vegetable

mixture to a small bowl; cool for at least 3 minutes, then stir in cheese.

3. Combine milk and remaining ingredients, stirring with a whisk until blended. Stir in cheese/vegetable mixture. Divide mixture evenly among prepared muffin cups. Bake at 350°F for 20 minutes or until puffed and set. (Quiches will deflate slightly as they cool.) Serve warm.

\*Start with ¼ cup chopped onions, then add any combination of vegetables you prefer: bell peppers, mushrooms, tomatoes, spinach, broccoli, etc.



### Nutrition Information

**per serving:** 110 calories; 7 g fat; 4 g carbohydrate; 8 g protein; 1 g fiber; 160 mg sodium.



## HOW TO COUNT MILES TIPS

- Fifteen minutes of physical activity counts as a mile. Two miles equals the recommended 30 minutes of activity a day.
- Focus on improving your personal fitness level to achieve health benefits .
- Start where you are. For instance, while it is recommended to eat 5 to 9 servings of fruits and vegetables a day. If you are like many of your peers, you may be eating only 2 servings. Focus on adding an additional serving a day first .

# WALK KANSAS

2014 WEEK 1

## ATCHISON COUNTY NOTES & NEWS

K-STATE RESEARCH & EXTENSION— ATCHISON COUNTY

### Twenty-two Walk Kansas Teams And Promises Of More To Register This Week

Walk Kansas 2014 officially kicked off on Sunday, March 16. Currently community members have formed 21 teams with promises of additional teams from captains who are wrapping up final registration details. In the spirit of celebrating healthy lifestyles in Atchison County, teams will be accepted until March 24. This means there is still time to encourage friends, co-workers, family, neighbors, and church and civic groups to form a team. Registration details are posted at on our website at [www.atchison.ksu.edu](http://www.atchison.ksu.edu). Call our office at 913-833-5450 for information or assistance registering a team.

Walk Kansas is in its 13th year and this year's list of creative team names does not disappoint. Atchison County teams include: APD Blue, Beeb's Boppers, Foxy Farmerettes A, Foxy Farmerettes B, Holy Walkamolies, Jailbirds, Jerry's Angels, Just Another Team, LaTart, Loping Librarians, Miles of Smiles, Never Shut Ups, Purple Mile Eaters, Sister/Sister, Sole Sisters, Team Extension Walkers, Too Inspired to Be Tired, Walkie Talkies, Walking on Sunshine, Walking Wonders, Walkistonians, and Witness the Fitness.

### Check In With Your Team Captain This Week

While walking together daily is not a requirement of Walk Kansas, the support offered by team members is part of the success of Walk Kansas. Check in with your team captain to report weekly miles and fruit and veggie numbers plus to learn about team plans and goals. Teams captains, when talking/walking with your teams, are encouraged to check that members are receiving Walk Kansas news.

T-shirts can be still be ordered; allow about 10 days for delivery.

### Weekly Walking Wisdom

Walking is the best possible exercise.

Habituate yourself to walk very far.

~ Thomas Jefferson



May you  
always walk  
in sunshine.  
May you  
never want  
for more.  
May Irish  
angels rest  
their wings  
right beside  
your door.  
- Irish Blessing

Irish eyes were smiling as members of Atchison County Walk Kansas teams gathered to kick off Walk Kansas at the annual St. Patrick's Day parade.

## Our Community Cares

Helping Create Healthy Atchison County Communities

### This week's community travel guide highlights St. Patrick

**Church.** This picturesque stone church is located about 6 miles south of Atchison.

*(Or about 3 hours of Walk Kansas activity time to "walk" the 12 mile roundtrip.)* St. Patrick's parish was established by German and Irish immigrants in 1857. A wooden church was completed in 1859; two years later strong winds damaged the church building beyond repair. The present stone church was completed in 1866. Stained glass windows add its beauty. The church was added to the National Register in 1998. According to *1916 Records of Atchison County Churches*, the Rev. Father Augustine Wirth, O. S. B. walked from Doniphan in the fall of 1857 "over the prairies and through dense timber on foot, not having the means to ... secure any kind of a conveyance." to the Mt. Pleasant area to establish a parish. Following his first visit a small congregation collected enough money to pay for a horse, saddle and bridle. At the time, due to overland freighting outfits that passed through en route to Denver and the Pacific coast, the St. Pat community was a bustling center of activity.



Today St. Pat's is one of four actives churches forming the St. Benedict's Parish. Weekly masses are held on Sunday morning at 8:30. This weekend church members will host their 9th Annual Irish Heritage Festival. The Saturday, March 22 event starts at 8:00 a.m with a 5K and 10K trail walk/run for all ages and pancake breakfast. The 10K trail is more challenging and will travel over gravel, dirt roadways, uneven and unpaved roads with some challenging hills. Register at <http://www.active.com/atchison-ks/running/st-pat-s-irish-fest-5k-10k-trail-fun-run-2014> or call 913-683-8027 or 913-683-8029 for more information. Additional events include a church open house and heritage display and other activities. Drive 5.5 miles south of the Atchison city limits on Kansas Highway 73, then west 1.5 miles on 234th Road. If you have a GPS, the location is 39°28'40"N 95°7'17"W.





# K-STATE

## Research and Extension

### K-State Research & Extension Atchison County

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Atchison County has been partnering with K-State Research and Extension since 1915 to provide local citizens with knowledge for living. We focus our educational program efforts in four key areas—family and consumer sciences, youth development, community development and agriculture/ horticulture. Atchison County has 2 extension agent educators—Diane Nielson and Ray Ladd. You may see us in a classroom teaching youth, leading a workshop, hear us on the radio, read a news column we have written, answering a question on the phone, making a home or work site visit or working with others in the community to make Atchison County a great place to live and work. Our programs are backed up by researchers at K-State and other universities. Whether you live in Atchison, a farm or a community in between, we are here to provide answers to make life a little easier.

## Providing Knowledge For Life It's What We Do

Welcome to Walk Kansas 2014. Much has been written about the health benefits of walking. Taken in the proper dosage, walking offers many benefits ranging from reducing the risk of disease to weight loss. A brisk walk can quickly change our mood, boost creativity and even recharge our batteries. During the next 8 weeks, Walk Kansas will encourage you to celebrate healthy living!

Recommended physical guidelines suggest 30 minutes of physical activity a day or a weekly total of 150 or more minutes. The current fitness levels of team members are as unique as the Walk Kansas team names. While the 3 levels of Walk Kansas team challenges and friendly competition between teams can be fun; everyone can be a winner in this race across the state. Unlike many New Year's crash diets, Walk Kansas is designed to assist you in taking small steps to make lifestyle changes that can last a lifetime. Team mileage is reported weekly by team captains. Every 15 minutes of physical activity counts as a mile. Check your registration materials or visit the Walk Kansas website [www.WalkKansas.org](http://www.WalkKansas.org) for complete mileage details. After teams report their first week's mileage, team progress can be monitored on the Walk Kansas website.

A weekly newsletter will arrive in your mailbox of choice. In addition to tips, health information and recipes, each edition will feature local healthy activities and optional Walk Kansas opportunities. Visit with me if you would share information about a local event. This year social media - Facebook, Pinterest and Twitter - will offer a chance to connect with walkers around the state and at home.

Have a wonderful week as you begin your journey across Kansas!  
Diane Nielson, Atchison County Extension Agent

