

Walk Kansas

celebrate healthy living

Atchison County Extension Office
www.atchison.ksu.edu

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Research and Extension

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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Walk This Way

How does walking differ from slow running? Pace is not what differentiates the two. Race walkers can easily move past recreational joggers. Walkers have one foot on the ground at all times, while runners are entirely airborne during a part of every stride.

Running is a high-impact activity; walking is not. Each time runners land, they subject their bodies to stress equal to about three times their body weight. It is easy to understand why runners have a much higher risk of exercise-related injuries than walkers do.

This week, improve your walking technique and use your arms to power forward and increase your pace. Pay attention to your posture. Picture this — you should be able to draw a straight line from your ear down to your shoulder, to your hip, knee, and ankle. Tighten your stomach muscles and tuck your pelvis under your torso.

When walking, move your shoulders naturally and freely, and avoid drawing your shoulders toward your ears. Swing your arms with each step, and bend arms at the elbow. Bending your arms will enable you to burn 5 to 10 percent more calories and increase your upper body strength. It will also reduce swell-

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Walk This Way

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ing, tingling, and numbness of the fingers or hands. Keep your hands relaxed and loosely closed. Pump your arms to increase your walking speed and to help you walk up hills.

Your stride should feel natural. Land on your heels and then roll forward to push off with your toes. Work at a level of intensity where you can just barely talk. If you can sing or easily carry on a conversation, you are not working hard enough. Pick up the pace or pump your arms more.

During any type of physical activity, watch for signs of overexertion. If you feel pain or pressure in your chest, abdomen, neck, jaw, or arms, stop exercising immediately and see your physician. Do the same if you experience nausea or vomiting, dizziness or fainting, extreme fatigue, excessive shortness of breath, or if your recovery from exercise is very slow. These are warning signs you should not ignore.

2013 Success Stories

As a result of this program I gained more knowledge about moving more often and how important it is to drink water.

— Sunflower District

This program really reminded me to break up long periods of sitting. Now I stop, especially if I am on a long drive.

— Seward County

Sitting Is the New Smoking

In 1964, the U.S. Surgeon General delivered a historic report on the dangers of tobacco, sparking a national movement that reduced smoking from 50 percent of adults at that time to less than 20 percent today. In December 2012, U.S. Surgeon General Dr. Regina Benjamin issued a Call to Action on Walking aimed at helping Americans improve their health by walking more. Physical inactivity has been identified as the major public health problem of our time. Health experts describe sitting as “the new smoking,” comparing the ill effects of inactivity to the side effects of smoking.

Most adults spend half of their waking day sitting behind a desk, in front of a computer or television, behind the wheel, or riding in a car. While sitting is not a bad thing in itself, prolonged sitting is linked to increased risk of heart disease, Type 2 diabetes, and some types of cancer. It can also cause back and shoulder pain, and is linked to poor circulation.

When you sit, the processes in your body that break down fats and sugars seem to stall. When you stand or move, muscle activity triggers these processes back into action. Any kind of movement, regularly throughout the day, can make a difference. Research indicates that

everyone who engages in prolonged sitting can be at risk, even those who spend a few hours a week at the gym or walk vigorously 30 minutes or more each day.

The solution seems simple. Sit less — stand and move more, a little every hour. Be aware of how much you sit during an average day. Sometimes an hour goes by quickly if you are working on a project, reading and responding to email, or chatting on Facebook.

How can you move a little every hour? Pick one of these ideas to try this week or create your own strategy.

- Stand whenever you talk on the phone.
- Use a standing desk.
- Move the printer and trash can away from your desk.
- Stand and move during every TV commercial.
- Plan standing breaks during meetings and conferences.
- Hold walking meetings when you can.

**** Earn Walk Kansas bonus minutes each week** if you break prolonged sitting (stand or move every hour) during your waking day. Do this six days of the week to earn 15 bonus minutes.

Carbohydrates for Energy

Carbohydrates are your body's preferred source of fuel, giving you almost instant energy. However, not all carbohydrates are equal. Healthful carbs are unprocessed and close to their natural state, while "bad" carbs are refined, processed carbohydrate foods. Most of their natural nutrients and fiber have been removed.

Carbs considered good for you are high in fiber, help you stay full longer, and are high in nutrients to promote health and prevent disease. They help you feel full without a lot of calories and have a low glycemic index, meaning they stabilize blood sugar levels. Good carb choices include whole vegetables and fruits, beans, legumes, nuts, seeds, and whole-grain products.

Unfortunately, some of the most available carbs fall into the unhealthy category. Pastries, white breads, snack foods, french fries, pasta, candy, and soda fall into this category. Sometimes it is the added sauce or flavor that makes an otherwise healthful carb a poor choice. Movie popcorn is a good example because of the added fat and salt. These carbs are harmful because your body is not able to

process them very well.

By eating healthful carbs you will feel better, have more energy, and will have a better chance at achieving and maintaining a healthy weight.

Eat more beans for good health.

Beans are a good source of carbohydrates and considered a "powerhouse food." They have a nutrient profile so strong and versatile that they are considered to be both a vegetable and a protein food. Beans are loaded with fiber to help you feel full longer, and they stabilize blood sugar. Another plus for beans is they cost only pennies per serving. A variety of beans and legumes are available, and canned varieties make them a healthful fast food. Use low- or no-sodium varieties of canned beans or rinse well before using; however, cooked dried beans are more flavorful and less mushy than their canned counterparts. You'll need to plan ahead to use dried beans because they can take up to two hours to cook. Cook beans in large batches and freeze in amounts equal to one can of beans, so they are easy to use. (1¾ cups of cooked dried beans equals a 15-ounce can.)

Mediterranean Bean Soup

Makes 8 servings

Ingredients:

- 2 tablespoons olive oil
- 1 yellow onion, chopped
- 3 carrots, peeled and coarsely chopped
- 2 stalks celery, coarsely chopped
- 2 cloves garlic, minced
- 2 cups dried beans, soaked according to package directions and drained (or 3 cans of beans, 15 ounces each, rinsed well)
- 8 cups boiling water
- 1 14-ounce can stewed tomatoes in juice
- 2 bay leaves
- 3 tablespoons tomato paste
- 3 teaspoons chicken bouillon granules
- 1 tablespoon fresh or 1 teaspoon dried thyme
- ½ cup chopped fresh parsley; additional for garnish
- Salt and pepper to taste

Directions:

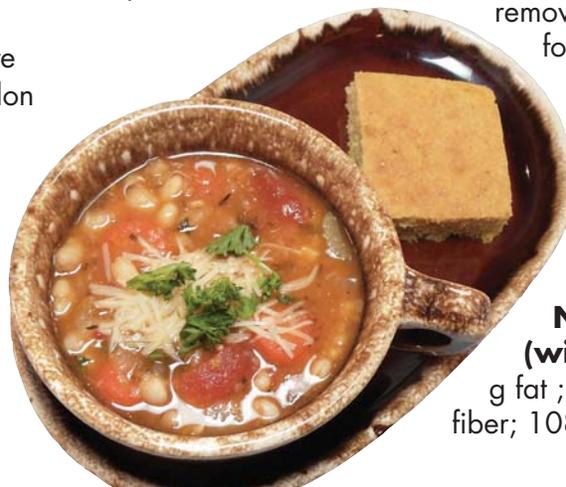
1. Heat olive oil in heavy 3-quart stockpot; sauté onion, carrots, celery, and garlic until vegetables are soft, about 10 minutes.
2. Add drained beans, boiling water, and bay leaves to stockpot and cook over low heat for 1 hour, stirring occasionally.
3. Add stewed tomatoes in their juice, tomato paste, bouillon, thyme, and parsley. Cook until beans are soft (an additional 30 to 90 minutes. Cooking time varies with age of beans.)
4. Add salt and pepper to taste. For thicker soup, remove about 1½ cups of beans and puree in food processor or blender; return to pot.
5. Serve and garnish individual bowls with more chopped parsley.

Nutrition Information per serving

(with dried beans): 210 calories; 4.5 g fat; 35 g carbohydrates; 9 g protein; 12 g fiber; 370 mg sodium

Nutrition Information per serving

(with canned beans): 260 calories; 4.5 g fat; 44 g carbohydrates; 13 g protein; 11 g fiber; 1080 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. Take small steps to last a lifetime.
- Have fun. Celebrate healthy living.



WALK KANSAS

2013 WEEK 2

ATCHISON COUNTY NOTES & NEWS

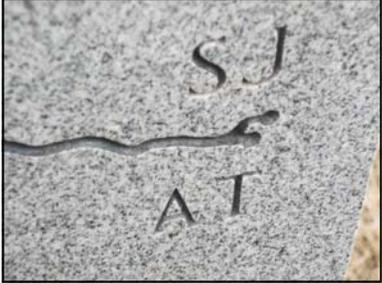
Week 1 Team Progress and Totals

Team	Wk 1 Miles	Total Miles	Wk 1 F/V	Total F/V
APD Blue	120	120	116	116
Beeb's Boppers	63	63	72	72
Do It For The Dogs	0	0	0	0
Foxy Farmerettes A	155	155	112	112
Foxy Farmerettes B	66	66	90	90
Good Company	0	0	0	0
Holy Walkamolies	112	112	124	124
Jailbirds	128	128	24	24
Jaywalkers	0	0	0	0
Jerry's Angels	160	160	80	80
Just Another Team	0	0	0	0
LaTart	75	75	72	72
Loping Librarians	47	47	95	95
Miles of Smiles	111	111	101	101
Never Shut Ups	130	130	54	54
Purple Mile Eaters	79	79	153	153
Ram Peno Peddlers	0	0	0	0
Sister Sister	67	67	191	191
Sole Sisters	146	146	148	148
Team Extension Walkers	133	133	111	111
Too Inspired to be Tired	358	358	117	117
Walkie Talkies	142	142	89	89
Walking on Sunshine	98	98	110	110
Walking Wonders	93	93	184	184
Walkistonians	78	78	119	119
Witness the Fitness	148	148	116	116

T-shirts orders have arrived and may be picked up. Call (913-833-5450) if you need us to deliver. T-shirts may still be ordered.

Explore And Discover Your Local Community

One of the benefits of walking is that you have an opportunity to explore and discover. To prevent boredom, consider mapping different routes for your daily walk. You may discover that some of life's best treasures are hidden in your neighborhood. As the season changes from winter to spring, consider taking a walking tour of a path that you drive daily. When walking, it allows us to view the familiar with new eyes of appreciation. Seeing a spring flower bloom, watching a neighbor's lawn turn greener each day or a friendly wave of greeting can bring a feeling of renewal to our day. For a little Walk Kansas fun this week, take a look at the pictures below. Atchison, Lancaster and Effingham were chosen for the locations. Can you discover one of these local landmarks during a walk this week. Answer the question below the picture and then return it to the Extension Office by email, fax or phone call. A random drawing will be held from correct entries submitted by April 3rd.



Lancaster

Before the days of internet, families might have used this method to communicate. What happened on September 14, 1861?



Atchison

A popular US president didn't speak on this exact spot but this landmark was placed here on what date?



Effingham

For Whom the Bell Tolls is the name of a book, but where did this bell once rung? And on what dates?

Our Community Cares

Helping Create Healthy Atchison County Communities

You Don't Have To Be A Student To Get Fit At School

It may be time to head back to school. Did you know that community residents can enjoy the health benefits of the ACC Junior/High fitness room, too? The fitness room is open during non-school hours for community use. Fitness equipment is available both during the school year and during the summer. Enrollment is easy. Simply stop by the Atchison County Community Schools Board of Education Office to complete the application. A \$10 processing fee is charged. A card key is issued and you are ready to head back to school to focus on fitness. And you will become your own personal fitness coach on the path to improved health. Contact the Board Office at 913-833-5050.

Research demonstrates the positive connection between being physically active and learning. We salute USD377 administration and staff for their recognition that learning continues years after graduation and supporting our community's efforts to become the healthiest place in Kansas to call home!

Aerobic activities, also called endurance activities, are physical activities in which people move their large muscles in a rhythmic manner for a sustained period. Running, brisk walking, bicycling, playing basketball, dancing and swimming are all examples of aerobic activities. Aerobic activity makes a person's heart beat more rapidly to meet the demands of the body's movement. Over time, regular aerobic activity makes the heart and cardiovascular system stronger and fitter.

Muscle-strengthening activities provide additional benefits not found with aerobic activity. The benefits of muscle-strengthening activity include increased bone strength and muscular fitness. Muscle-strengthening activities can also help maintain muscle mass during a program of weight loss.

This type of activity makes muscles do more work than they are accustomed to doing. Resistance training, including weight training, is a familiar example of muscle-strengthening activity. Other examples include working with resistance bands, doing calisthenics that use body weight for resistance (such as push-ups, pull-ups and sit-ups), carrying heavy loads, and heavy gardening (such as digging or hoeing). If an activity involves a moderate to high level of intensity and works the major muscle groups of the body such as legs, hips, back, chest, abdomen, shoulder, and arms, your muscles will benefit. Muscle strengthening activities for all the major muscle groups should be done at least 2 days a week for optimum fitness.



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Atchison is a Live Well Live Atchison program
live.wellatchison.org

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

Thoughts To Ponder

Over the years, I have had dozens of prescriptions filled at the local pharmacy. This week it was time for a vocabulary self-improvement project. My computer search engine was quick and deprived me the opportunity to do the preferred healthy option of standing up and moving around to consult a dictionary.

Yet the Wikipedia medical definition caught my attention. A prescription is a health care program that governs the plan of care for an individual patient and is implemented by a qualified practitioner. Today's familiar Rx symbol dates from medieval days of writing a herbal recipe that specified amounts required to treat the ailment. As medical practices have become more complex, the scope of the term prescription has broadened to include laboratory tests, clinical assessments and more. Walking has been described as a *wonder drug* that has been shown to aid weight management, treat depression, anxiety and osteoporosis. It also helps to prevent and treat diabetes, high blood pressure plus breast and colon cancers. Knowing the health benefits of regular physical activity, you may not be surprised when your medical team prescribes walking as part of your personal health care program.

A regular walking program balanced with a healthy diet is vital to our health. Adding fruits and vegetables to diet offers many benefits. These food groups provide vitamins and minerals not found in other foods. Fruits and vegetables can be a great source of fiber, too. They can also bring color appeal to an otherwise boring, colorless meal. To add interest to your daily diet, consider the fabulous five ways that fruits and veggies arrive. Canned, frozen, fresh, juiced and dried choices can be nutritional plus add variety to your diet. Depending on the season, fresh may not be the most nutritious choice. Some vitamins are light and heat sensitive. The journey from the field to your fork can take several days or weeks that can result in vitamin loss. Frozen or canned may be a healthier option. The higher calorie totals and increased sugar content per serving of dried foods can be attributed to the removal of water. Generally a half cup serving of dried fruit equals a cup portion that is served frozen, canned or as juice. One small apple or half a large apple is the equivalent of a cup. Don't forget to count hidden fruits and vegetables as such onions and spinach added to a quiche. Sandwiches garnished with tomatoes, peppers, lettuce and other veggies can quickly add to your daily cup totals. More information about what counts as a cup serving can be found in your Walk Kansas materials.

Enjoy your walking journey this week!

Diane Nielson, County Extension Agent

