

# Walk Kansas

*celebrate healthy living*

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

**K-STATE**  
Research and Extension

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## *In This Issue*

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## Local Happenings

April 24th - WorkWellKS training

April 24th - Family & Fitness  
Night St. Benedict's School

April 25th - Healthy Kids Day  
USD409 Atchison Elementary

## *Coming Next Week*

Posture Power  
Hydrate for Energy  
Boost Your Activity with Interval  
Training  
Recipe: Strawberry Pineapple  
Salsa

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

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## *Climb Toward Better Health*

Have you climbed a flight of stairs lately? This can be humbling, even for those who walk and exercise regularly. If you are panting after climbing a flight or two of stairs, consider adding a daily climb to your activity routine.

Stair climbing adds a vertical element that engages your lower body muscles, including your quads, hamstrings, and glutes. Many activities will get your heart rate up, such as swimming, walking, and biking, but they don't have this vertical element.

Stair climbing also provides a cardiovascular workout for your heart, and it burns calories at a faster rate. In 1 minute, a 150-pound person burns about 10 calories walking up stairs, and only 1.5 calories riding an elevator. Just a few minutes of stair climbing a day, at any pace, can boost your health. You can do it just about anywhere. It's free, and there is no need to worry about the weather. You can even save time by taking the stairs. A study involving a group of hospital workers found they saved up to 15 minutes per day taking the stairs instead of waiting for an elevator.

Taking the stairs is a healthy lifestyle habit you should adopt. Encourage your family, friends, and co-workers to do the same. Colorful signs that nudge you to climb instead of ride are available at: [www.pinterest.com/ksuresearchext/walk-kansas/](http://www.pinterest.com/ksuresearchext/walk-kansas/). Print and post these where appropriate.



## Power Forward With Your Arms

Arm motion can add power to your walking, and you can immediately pick up your pace for greater periods of time. You will also burn 5 to 10 percent more calories by using your arms to power forward. If you find the added arm motion tiring, do it for 5 to 10 minutes at a time, then lower your arms to recover. Add arm motion again when you feel rested.

Keep your shoulders relaxed, and swing your arms naturally with each step. Arms should be bent at the elbow at a 90 degree angle. Keeping your arms bent will help prevent problems with swelling, tingling, and numbness of your fingers or hands. Bending your arms will also help you gain upper body strength and tone muscles.

With each step, the arm opposite your forward foot should come straight forward. As the foot goes back, the opposite arm comes straight back. Make sure your arm motions are straight forward, not in a diagonal motion, and keep your elbows close to your body. When your hand comes forward, keep it low — not higher than your breastbone.

Remember that your arm motion should help propel you forward. If this is not the case, pay close attention to your technique. A demonstration of these arm movements is available in this video by former Olympic runner Missy Kane:  
[www.youtube.com/watch?v=PSaXh1pPHal](http://www.youtube.com/watch?v=PSaXh1pPHal)

## 2013 Success Stories

Our team walked as far as Glenwood Springs, Colo. — 812 miles. We all feel so much better and will continue to use our time and eating habits well into the future.

— Hodgeman County

I work a seasonal job each year, from January 1 to April 15, at least 53 hours a week. Walk Kansas gets me away from my desk, allowing me to clear my mind and increase my energy.

— Miami County

This year I used an in-home walking program and this was great, because I could walk even when the weather was bad.

— Central Kansas District

## What Is Your Healthy?

Each person takes his or her own personal journey to becoming healthy. While most people often focus first on diet and exercise to improve health, professionals have identified up to eight dimensions of health and wellness, including social, financial, occupational, physical, environmental, intellectual, emotional, and spiritual.

Health can be difficult to define. Your quality of life and physical health are not shaped by isolated events, but rather a complex interconnection between body, mind, and spirit. The World Health Organization created the most famous modern definition of health in 1948, and it has not been amended since. "Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."

The ability to improve your health begins with identifying what being healthy means to you. Here is a sampling of personal definitions of health:

- Feeling strong, energetic, mentally sharp, happy, and confident.
- A balance between mind, body, and soul.
- Health is being able to play with my grandchildren.
- Eating healthful food, being active every day, waking up and feeling rested.
- Independence. Being able to take care of myself.
- Health is not determined by a scale, but rather how my clothes fit and how I feel.
- A balance of healthful food, sleep, exercise, and chocolate (moderate amounts)!
- Being positive, finding exercises I enjoy, eating foods that fuel my body, spending time with people I love.

What does being healthy mean to you? Share your definition of health with team members and through Facebook.

## Quinoa – the Mother Grain

Quinoa (pronounced KEEN-wah) is an ancient grain that has been rediscovered. It is a favorite of whole grain cooks because it can be ready to eat in just 15 minutes, and it is so good for you. Technically, quinoa is not a cereal grain, but a seed that can be cooked and eaten like grains. Quinoa, a highly nutritious food, has the highest protein content of all whole grains. It provides all nine essential amino acids, is gluten-free, and cholesterol-free. This nutrient profile is why quinoa is sometimes called the “Mother Grain.”

Quinoa is an annual plant with stalks that range from 3 to 9 feet tall with large seed heads in a range of colors — red, purple, orange, green, black, and yellow. Seeds are harvested and processed to remove a bitter tasting coating. The quinoa plant is drought resistant and grows well in poor soils. It has been designated a “super crop” by the United Nations because of its potential to feed the hungry poor of the world.

Quinoa has a nutty taste that blends well with all kinds of ingredients, making it a versatile side dish



Beef and quinoa meatballs on whole-grain bread.

or entrée. Cooks can choose from the seed version, as well as quinoa flakes or flour. While the quinoa available to consumers has had the bitter coating removed from the seeds, an extra rinse is a good idea to remove any residue.

Enjoy quinoa in this tabbouleh recipe. More recipes for using quinoa are available at [www.walkkansas.org](http://www.walkkansas.org) including a great Quinoa Meatball recipe from Walk Kansas 2013.

## Quinoa Tabbouleh

Makes 6 servings

### Ingredients:

- 2 cups water
- 1 cup quinoa
- 2 tablespoons olive oil
- ½ teaspoon sea salt
- ¼ cup lemon juice
- 2 cups tomatoes, diced (or quartered cherry tomatoes)
- 1 medium cucumber, diced
- 1 cup minced green onions, white and green parts
- 2 carrots, grated
- 1 garlic clove, minced
- 1 cup fresh parsley, chopped
- ½ cup chopped mint
- ¼ teaspoon fresh nutmeg or allspice (optional)
- Salt and pepper to taste



### Directions:

1. Rinse quinoa before cooking. In a saucepan, bring water to a boil; add quinoa. Reduce heat to low, cover and simmer for 15 minutes. Allow cooked quinoa to cool to room temperature; fluff with a fork.
2. Meanwhile, in a large bowl, combine olive oil, sea salt, lemon juice, tomatoes, cucumber, green onions, carrots, parsley, mint, and cumin (optional.) Stir in cooled quinoa. Add salt and pepper to taste.
3. Serve at room temperature with lettuce leaves, cucumber slices, crackers, or pita chips. For a summer cookout, serve tabbouleh as a side dish with grilled kebabs.

### Nutrition Information

**per serving:** 190 calories; 7 g fat; 0.5 g saturated fat; 29 g carbohydrates; 6 g protein; 4 g fiber; 330 mg sodium.

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## 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 one additional serving a day first .

# WALK KANSAS

2014 WEEK 3

## ATCHISON COUNTY NOTES & NEWS

### Weekly Team Progress and Totals

Team	Wk 2 Miles	Total Miles	Wk 2 F/V	Total F/V
APD Blue	119	239	125	241
Beeb's Boppers	83	134	111	177
Do It For The Dogs	135	135	199	199
Foxy Farmerettes A	77	232	92	204
Foxy Farmerettes B	69	135	125	215
Good Company	0	0	0	0
Holy Walkamolies	90	202	134	258
Jailbirds	154	282	40	64
Jaywalkers	146	146	136	136
Jerry's Angels	69	229	55	135
Just Another Team	0	0	0	0
LaTart	93	168	80	152
Loping Librarians	58	98	109	194
Miles of Smiles	33	111	14	101
Never Shut Ups	316	446	64	118
Purple Mile Eaters	87	166	168	321
Ram Peno Peddlers	95	95	96	96
Sister Sister	94	161	202	393
Sole Sisters	146	292	121	269
Team Extension Walkers	151	284	148	259
Too Inspired to be Tired	325	683	143.5	260.5
Walkie Talkies	142	142	89	89
Walking on Sunshine	79	177	84	194
Walking Wonders	89	182	164	348
Walkistonians	82	160	128	247
Witness the Fitness	224	372	141	257

You have brains in your head.  
You have feet in your shoes.

You can steer yourself any  
direction you choose!  
~Dr. Seuss

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

Team captains when talking/walking with your team this week, please check that they are receiving Walk Kansas news by e-mail or mail.

## County Health Rankings News

County health rankings were released this week. The rankings of some neighboring counties were featured on the evening news. So how did Atchison County stack up when compared to counties across the state?

For overall rank, Atchison received a score of 44 out of 98 Kansas counties ranked. The rankings are based on a data set compiled by the University of Wisconsin and the Robert Wood Johnson Foundation. Designed to compare and rank counties across the nation, similar data is compared for all counties in each state. Some western Kansas counties have a population base too small to allow a valid comparison and so are not ranked.

Information related to health care, health behaviors, health environment of the community and social and economic factors are compiled to reach the overall health ranking for a county. Atchison County overall rankings in the four core areas is: 44th in Clinical Care, 81st in Health Behaviors, 68th in Quality of Life and 81st in Social and Economic.

“As a county population in general, we tend to avoid taking preventive health actions and appear to rely on a strong health care system to treat diseases that could have been delayed or prevented if we had been more proactive.” Simply stated, this means that while we may live as long as residents in healthier communities, we may have a decreased quality of life and pay higher lifetime healthcare costs than our neighbors living in nearby counties.

During the upcoming weeks, we will explore detail specific information about our community. Meanwhile, county data can be found at [www.atchison.ksu.edu](http://www.atchison.ksu.edu). By participating in Walk Kansas and celebrating a healthy lifestyle, you are taking the right steps to walk a healthier path to personal health outcomes.

Our office is joining with the Chamber of Commerce and the Kansas Health Foundation to introduce Work WellKS to our community. Seven local businesses will be coached in the development of effective worksite wellness plans. Businesses will receive a \$1,000 stipend to assist with plan development. Recruitment efforts are underway for the April 24-25 training. Businesses can contact our office for further details.

# Our Community Cares

Helping Create Healthy Atchison County Communities



Read about Atchison as a potential tourist and you will discover that it is listed as one of the top 200 outdoor cities. While uncertain of the criteria for this distinction, Atchison can indeed claim several outdoor walking opportunities. Additionally, outdoor events such as the upcoming open air art fare and farmers market encourage us to enjoy the outdoor scenes of the city.

Kanza Indians, the Lewis and Clark explorers and steam boat travelers may have all enjoyed walking along the banks of the Missouri River. Thanks to Lewis and Clark's 4th of July landing in Atchison, local residents today enjoy the River Front park. As warm weather arrives, foot traffic along the river has increased.

Located in the parking area of the river front development are 10 exercise stations. Each station provides instruction how-to's for two strengthening or stretching exercises. Consider exploring these stations the next time you enjoy a riverfront walk. Similar stations can be found on the playgrounds of the former Lancaster Elementary School as a result of Project Fit America funding received by the school.

## K-State Research and Extension Provides Knowledge For Life

It's a new month and March Madness is almost history until next year. Cheering on your favorite teams to victory and rooting for a few under-dog teams that you've picked to win your bracket are part of the season's fun. In the sports world, Kansas has some great teams to celebrate. Likewise, academically Kansans can boast of numerous outstanding universities and colleges across the state—Benedictine, KU, Pitt State, Emporia State, Wichita State, Fort Hays, Washburn and K-State University to name a few.

By design, the work of a county extension is supposed to be unbiased and based on researched facts. But this week, I am going to bend the rules a little. On May 6, our nation will celebrate the signing of a law hundred years ago in 1914. For most citizens, 100 years later the Smith-Lever Act signing and the purpose of the law is unknown. But first, a bit of history to explain the impact.

Consider that the nation was embroiled in a Civil War in 1862. Higher education of the day was only attainable to the wealthy and the emphasis was on history, literature and religion. In this background, Congress enacted a law that was signed by a self-educated President named Lincoln. The Morrill Act funded colleges by giving states land out west in places like Kansas to fund a new dream for higher education. Colleges would establish educational opportunities for the “common man’s children” and offer practical education in agricultural, mechanical, military and domestic sciences. Back in Kansas, Atchison was home to established a Presbyterian College and Bluemont College. In its fourth year as a state, the Kansas legislature voted to establish the first land grant school in the nation. In the Manhattan, Bluemont College was chosen as the state’s land grant college. It would later be called Kansas State University; KU would be established in Lawrence. College professors would travel the state by train to share the research with local communities. Known as Farmers Institutes, the trainings were designed to improve the quality of life in rural America dealing with topics ranging from improving crop yields and disease prevention to early day food



safety and improving rural life. By 1914, national leaders realized the value of bringing the university to the people but understood there was a great need. The Smith-Lever Act provided funds to employ a county extension agent in each county to work with local community leaders to apply university research to address local issues of the day. States and local communities were required to provide local matching funds to create a sense of local ownership and involvement. Leaders realized that when local citizens became involved they would be more likely to apply the knowledge to make positive changes. Atchison County leaders secured funding for programs and an agent in 1915. School lunches, early public health adaptations such as sanitation, hybrid corn, improved livestock production, World War II victory gardens and scrap metal collections, graveling of roads and promoting cultural appreciation were results seen in Kansas communities. County extension agents were advised to guide the education and involve local community

**Weekly Walk Kansas Search: Education is a cornerstone of our community and Extension programs. Walk around Atchison and discover the stone carving above. Hints: 1) A Benedictine College Campus Walk; 2) Take A Block Walk Around Atchison Middle School; 3) Enjoy the nature offered on the Mt Scholastic Convent campus; 4) Explore History Around the Historic Santa Fe Depot; 5) Take a stroll downtown and end up at Atchison Public Library. Submit your answer by April 7.**

leaders in community change plans. One hundred years later, K-State Research and Extension work focuses on the five grand challenges facing Kansans today. Water quality, health, building vibrant communities, growing tomorrow’s leaders, and feeding the world summarize the scope of efforts. The reach of extension programs is as varied as the citizens of Kansas. Walk Kansas, encouraging community gardening, teaming up with schools and youth organizations to talk about healthy lifestyles, offering food safety certification classes for local foodservice providers, tips to stretch food dollars for limited resource families, offering public education on topics like food allergies and chair exercise for seniors, food preservation workshops, cooking classes, diabetes education, preschool parent support, and supporting Live Well, Live Atchison activities are a partial list of K-State Research and Extension involvement in your community. A strong volunteer base allows extension programs to reach deep locally. In 2015, plans are underway to launch a Master Food and Wellness Program in Atchison County. The program operates similar to the well known Master Gardener extension program; volunteers receive 40 hours of annual training and are asked to pay it forward by providing 40 hours of community education.

Watch for details of upcoming plans for our Purple Party to celebrate healthy living and 100 years of extension and education in communities across Kansas.



## K-State Research & Extension Atchison County

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Walk Kansas is a Live  
Well, Live Atchison Program  
[www.livewellatchison.org](http://www.livewellatchison.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

This week national health rankings of counties across the nation were announced. In 2009, a similar ranking cited Atchison County as last in the state for health behaviors. In response, community leaders organized to guide and encourage our community to move from worst to first.

At the time, some in the community challenged the rankings.

Regardless, today we can celebrate that the latest rankings says our community is taking small steps in the right direction to celebrate healthy living. While Atchison County continues to rank in the bottom 25% of Kansas Counties, it may be wise not to always compare ourselves to other counties but instead think about how each of us can encourage those persons who are important to us to consider rethinking their lifestyle choices. Research says that an important first step to make long term lifestyle changes is to just think about the need to make change. Effective change happens best when an individual makes this decision. Perhaps you are on a Walk Kansas team this year because someone asked you; you were ready to start. Other team members may have already reached the decision that they are committed to making healthy living a lifetime commitment. The support from teammates each week can be invaluable to support our new lifestyle choices. Likewise, you can change the health norms in our community by sharing Walk Kansas lessons learned at work, with family members, at church and other community events. Enjoy your week and the many health benefits offered by Walk Kansas.

Diane Nielson, Atchison County Extension Agent



*A Lancaster fitness station*

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