

Walk Kansas

celebrate healthy living

Atchison County Extension Office
www.atchison.ksu.edu

K-STATE
Research and Extension

Newsletter #7 • 2014

In This Issue

What Is Your Exercise Personality?
Strength at Your Core

Eating Out: Choose Healthy Ethnic
Foods

Recipe: Mango, Cucumber, and
Jicama Salad

Local Happenings

April 28th thru May 3rd - Walk
Kansas Week at the YMCA

May 3rd - Trot to the Top - YMCA

Coming Next Week

Exercise and Brain Power

More Intervals – 30-20-10

Your Protein Needs

Recipe: Spanish-Style Cod in
Tomato Broth

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

K-State Research and Extension is an equal opportunity
provider and employer.

Kansas State University is committed to making its services,
activities and programs accessible to all participants. If
you have special requirements due to a physical, vision, or
hearing disability, contact Michelle White-Godinet, Assis-
tant Director of Affirmative Action, Kansas State University,
(TDD) 785-532-4807.

What Is Your Exercise Personality?

With only two weeks remaining in Walk Kansas 2014, it is
time for you to plan for how you will keep a walking or exer-
cise routine going once the program is finished. How will you
change or adapt your routine so you continue to challenge
yourself and increase your stamina and strength? Your “exer-
cise personality” could be a key to helping you stay motivated
by finding activities you enjoy.

This quiz, from the American Institute for Cancer Research, can
help you find your exercise style.

When I think about physical activity, I:

1. can't wait to put on my walking shoes.
2. really want to exercise, but need a push.
3. dread the idea of moving a muscle, but am
happy once I get going.

When I am physically active, I enjoy exercising:

1. by myself at my own pace.
2. with a team or group.
3. with one or two buddies.

I exercise because:

1. I want to stay in shape, slim
down, or improve my health.
2. I want to see my friends and
catch up on the latest news.
3. the weather is nice or I just feel
like it.

What's Your Exercise Personality?



continued on page 2

What Is Your Exercise Personality?

continued from page 1

When I take part in a physical activity, I usually:

1. plan the event ahead of time.
2. participate when someone else has set up the activity or attend a class.
3. pull it together quickly and do something active when the mood strikes.

Others see me as:

1. a leader.
2. a team player.
3. someone who goes with a good idea.

I enjoy physical activities that are:

1. set by my own routine.
2. set by a professional, teacher, or group.
3. spontaneous.

Scoring — For every answer, give yourself:

1 = 1 point; 2 = 2 points; 3 = 3 points

If you scored 6 to 9 points, you are a self-motivator. You like structure and organization. Creating and sticking to your own exercise plan is relatively easy,

but you may find yourself losing interest in your usual routine. Try adding a few new activities such as biking, rowing, gardening, or hiking. Or try alternating your favorite workouts such as walking, swimming, and weightlifting on different days of the week.

If you scored 10 to 14 points, you are a team player. To you, exercise is a way to socialize and stay connected to friends and family. Group activities and classes are a natural selection for you. Sign up for an exercise class; put together a group of friends for walking; or join a team sport or sports league such as bowling, softball, or doubles tennis.

If you scored 15 to 18 points, you are spontaneous. You love freedom and loathe conforming to rigid rules. Things that get you moving might include a call from friends who need a fourth player for a round of golf, a hike in the woods to enjoy a beautiful day, or a walk to the store when you are out of milk. These activities are great, but make sure you're doing something active on most days.

Reference: American Institute for Cancer Research, Washington, D.C.

Move of the Week: Strengthen Your Core

Your core muscles hold you upright. There is no down time for the core, which includes muscles surrounding the back, front, hips and pelvis. With your core muscles, it is "use them, or lose them." Your core muscles can be improved at any age. Focusing on correct posture is a simple way to strengthen your core muscles.

This week, learn how to "turn on" your core muscles by adding core strengthening moves to your routine.

Turn on your core. Sit on the edge of a firm chair with feet and legs at a 90-degree angle. Place both hands on the front of your body. Draw your bellybutton or midsection toward the center, pretending to lift at the same time — lengthening throughout the middle body. Do not hold your breath. As you do this, the front and back of your body should contract at the same time. Hips should be in a neutral position — not tipped forward or backward. Roll your shoulders back slightly and relax, while keeping your chest high and sit tall.

Learn what this position feels like and hold it when you walk, drive, brush your teeth, do household chores, work on the computer, and while you stand in line or sit in traffic. Repetition will turn core strengthening into a habit — then into a healthy behavior.

To strengthen your core beyond practicing good posture, **add core-strengthening moves.** Try a variety of moves, including the basic "abdominal crunch." If you have a fitness ball, do the "abdominal ball pass" on the Walk Kansas Steps to Fitness page.

Another good resource is the Mayo Clinic slide show "Exercises to Improve Your Core Strength," which demonstrates 13 core strengthening exercises.

Start by adding a couple of these moves on two to three days a week. Always take a day off in between to rest your muscles.

Eating Out: Choosing Healthy Ethnic Foods

Cinco de Mayo celebrations feature foods with a Mexican influence. The popularity of Hispanic style food and beverages has surged the past several years, making it the most popular ethnic food in America. This includes food consumed both at home and away.

You can make healthful choices when eating Mexican food at a restaurant, banquet buffet, or when prepared at home. Be aware that some of these foods will be a trap for calories, fat, and sodium. Fried tortilla chips and crispy salad bowls, high-fat meats, cheese, sour cream, refried beans, and deep-fried combo dishes are common choices among healthful alternatives.

First, monitor your portions. Most meals at a Mexican restaurant start with chips and salsa. Consider salsa a free food, but limit the chips. Put a handful of chips onto your plate or napkin and don't go back for more. Guacamole is rich in healthful fats; however, it is still good to enjoy in small portions. Ask for toppings on the side and request low-fat or fat-free sour cream when available.

Another strategy to limit portion sizes is to pack half of your meal in a to-go container when served and enjoy as "planned-overs" the next day. Ordering from the a la carte menu will allow you to control

portion sizes somewhat. Try a soft-shell chicken taco with a side of black beans.

Items on the menu that get a green light include chicken or vegetable fajitas, taco salad (without the fried shell), grilled seafood or lean meat/poultry entrees,

and dishes that include plenty of fresh vegetables. Beans are loaded with fiber, protein, and complex carbohydrates, and they are low in calories. Choose a side of black beans or pinto beans as an alternative to refried beans. If you love refried beans, buy the fat-free version in the grocery store and enjoy them when eating at home.

Mexican inspired food is even more appealing when boosted with fresh flavors. Add extra salsa, freshly squeezed lemon or lime juice, jalapeno pepper, fresh cilantro, and other herbs. This Mango, Cucumber, and Jicama Salad adds a punch of flavor and crunch to Mexican meals. Jicama, a root vegetable originating in the Mexican peninsula, provides the crunch, and it is sometimes called a "Mexican water chestnut." This salad is low in calories and high in nutrition.



Try this quacamole recipe from Walk Kansas 2013.

Mango, Cucumber, and Jicama Salad

Makes 8 servings.

Salad Ingredients:

- 2 mangoes, peeled and chopped into cubes*
- ½ cucumber, roughly chopped or sliced
- ½ small jicama, peeled and cubed (about 1 cup)
- 3 green onions, sliced
- 2 tablespoons chopped fresh mint
- 2 tablespoons chopped fresh cilantro or parsley

Dressing Ingredients:

- 1 tablespoon olive oil
- 2 tablespoons lime juice
- 2 tablespoons frozen orange juice concentrate
- ⅛ teaspoon ground cumin
- ⅛ teaspoon chili powder
- ⅛ teaspoon salt
- ⅛ teaspoon sugar

Directions:

- 1) Combine salad ingredients in a bowl.
- 2) Mix dressing ingredients.
- 3) Toss all ingredients with dressing. Cover and refrigerate for 1 to 2 hours before serving.

*How to cut a mango: <http://www.mango.org/how-cut-mango>

Nutrition Information per serving: 70 calories; 2 g fat; 13 g carbohydrates; 2 g fiber; 40 mg sodium. One serving provides 25 percent of the daily value for vitamin C, and 20 percent of vitamin A.



Weekly Team Progress and Totals

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.

Team	Wk 6 Miles	Total Miles	Wk 6 F/V	Total F/V
APD Blue	139	776	119	763
Beeb's Boppers	47	271	73	396
Do It For The Dogs	164	545	184	690
Foxy Farmerettes A	145	709	112	633
Foxy Farmerettes B	61	481	86	623
Good Company	0	0	0	0
Holy Walkamolies	347	852	257	763
Jailbirds	109	779	67	303
Jaywalkers	237	446	263	487.50
Jerry's Angels	103	605	90	425
Just Another Team	0	0	0	0
LaTart	123	653	70	467
Loping Librarians	82	406	147	735
Miles of Smiles	0	111	0	101
Never Shut Ups	148	922	96	445
Purple Mile Eaters	98	535	168	1025
Ram Peno Peddlers	313	788	171	547
Sister Sister	99	466	188	1232
Sole Sisters	144	798	146	802
Team Extension Walkers	140	735	118	635
Too Inspired to be Tired	371	2020	142.5	856.25
Walkie Talkies	96	441	94	377
Walking on Sunshine	76	490	104	572
Walking Wonders	102	606	189	1122
Walkistonians	128	585	168	831
Witness the Fitness	125	491	143	560



An early-morning walk is a blessing for the whole day.
~Henry David Thoreau

“Caught Being Healthy” Local Photo Challenge Reminder: Be sure to snap a picture of your Walk Kansas team or community members making a healthy choice. Best photo - \$20 Chamber Gift Certificate; Second - \$10. Photo release forms can be downloaded from our website under the Walk Kansas tab.



K-State Research & Extension Atchison County

Atchison County Extension Office
405 Main/PO Box 109
Effingham, KS 66023
Phone: 913-833-5450
Fax: 913-833-5450
Email: dnielson@ksu.edu
Website: www.atchison.ksu.edu



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.



Walk Kansas is a Live Well, Live Atchison Program
www.livewellatchison.org

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

We are on the homeward stretch! Has your team entered the Photo Challenge? Submit a team or individual photo, highlight a favorite place to walk, or show Walk Kansas participants enjoying healthful food. Be creative and have fun with it.

Also, we are sponsoring a local contest, too. Guidelines are the same as before. Local photos can be e-mailed to me or mailed to our office. As we will be posting to the web, photo release forms are needed. The best photo will receive a \$20 Chamber gift certificate; second place will receive a \$10 gift certificate. Photo release forms are posted to our website:
www.atchison.ksu.edu



This week's newsletter focuses on core strength. Perhaps the YouTube link below will inspire you.
<http://www.youtube.com/watch?v=U5Bo5xAOXrk>
And if you need additional inspiration, check out the Walrus Doing Sit-Ups on YouTube. If a walrus can do it - anyone can do it. Core muscles can be improved at any age and there are a number of exercise moves that will strengthen the core. Enjoy another great Walk Kansas week and do celebrate healthy living. Happy walking!

Diane Nielson, County Extension Agent