

# Walk Kansas

*celebrate healthy living*

Atchison County Extension Office  
www.atchison.ksu.edu

**K-STATE**  
Research and Extension

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## *In This Issue*

Getting Past a Bad Week  
Stretching  
MyPlate SuperTracker  
Your Protein Needs  
Recipe: Spanish-Style Cod in  
Tomato Broth

## Local Happenings

May 16 - WalkKansas survey due  
May 20 - Purple Party  
May 31 - Building Better Bones  
5K/10K  
June 6 - Relay for Life  
June 7 - Hoofin' it for the Pool  
2K/5K

## *Coming Next Week*

Celebrate Your Health  
Move of the Week: Play!  
It's a Wrap! (Simple Meals for  
Summer)  
Recipe: Asian Beef Lettuce Wrap

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

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

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tant Director of Affirmative Action, Kansas State University,  
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## *Getting Past a Bad Week*

Everyone has them. Relapse from exercise happens when some-  
thing knocks you off track. The best way to handle a fitness setback  
is to prepare for one before it happens. Here are some common  
setbacks along with a strategy to help you get back on track.

**Lose your motivation.** Keep motivation high by setting goals  
that matter to you and prevent exercise boredom. Identify a long-  
term goal and set short-term goals to support it. What will you do  
this week, and this month, to help you stay on track? Write your  
goals down and post in a place you see regularly — your refriger-  
ator, bathroom mirror, desktop of your computer, sun visor of your  
car, or other places.

Keep your workout and activity fun and  
fresh by changing your walking route,  
invite someone to walk with you one  
night each week, add intervals of  
more intense activity during your  
routine, attend a class, or try  
something new like Zumba, or a  
fitness ball workout.

**Weather spoils your  
plan.** This is Kansas and  
weather is going to be less  
than ideal sometimes. Have  
a back-up plan for something  
you can do indoors. Any  
indoor workout is better than  
skipping exercise. If you have a  
treadmill, use it. Keep an exer-  
cise DVD handy or find a work-  
out online that you can do in front  
of your computer. March in place or



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## Getting Past a Bad Week

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walk up and down stairs to get your heart rate up. Have inexpensive exercise props at home, such as hand weights, resistance bands, and a stability ball so you always have something ready.

**Don't have time.** Scheduling time for exercise is good advice, and some people like to exercise first thing in the morning. If you can't fit a workout in, go for several 10- to 15-minute activity breaks throughout the day. Physical activity breaks help your body, focus and refresh your mind, and help you feel more energetic. You will work better and more efficiently.

**Not feeling well.** If you exercise regularly, eat healthful foods, and get adequate sleep, you won't get sick as often. If you have a basic cold and no fever, exercise may help you feel better by temporarily relieving nasal congestion. Generally, when your symptoms are all "above the neck," it is safe to exercise, but you may want to reduce the intensity. Don't exercise if symptoms are "below the neck," including chest congestion, cough, or upset stomach, and don't exercise if you have a fever, fatigue, or muscle aches. Let your body be your guide, and if you feel miserable, take a break from exercise.

**You have to travel.** Think ahead and have a plan. First and foremost, bring your walking shoes! Pack a resistance band in your suitcase. These are lightweight, and you can use them anywhere. Bring a workout DVD that you can play on your laptop. Map out a walking route for when you get to your destination, or have the hotel concierge assist you in planning a safe route. Use a fitness center in your hotel, if available. With a little creativity and planning, you can stay fit while traveling.

Those who view setbacks as learning experiences and plan ahead for these times are the ones who succeed. If you miss a few days or weeks, don't stress over it — just get back to your goals and move on. Remind yourself of the positives — you were able to stick with it for a while, and you can do it again.

## • Use the MyPlate SuperTracker

• Many experts say keeping a food diary can encourage you to make better food choices. The MyPlate SuperTracker is a free website that offers many tools including:

- Food Tracker — Search and add food to view how your daily choices stack up to your food group targets and daily limits.
- Food-A-Pedia — Get quick access to nutrition information for more than 8,000 foods. Choose and compare two foods.
- Physical Activity Tracker — Search and add physical activities.
- My Weight Manager — Enter your weight and track progress over time.
- My Top 5 Goals — Sign up for tips and support from your virtual coach.
- My Recipe — Save your favorite recipes and analyze the nutrition information.

• Set yourself up for success today with the MyPlate SuperTracker at <https://www.supertracker.usda.gov/default.aspx>.

## Move of the Week: Stretching

Should you stretch before or after a workout? The answer is both, but post workout stretches may be more important. The muscle groups you use during exercise are the ones you need to stretch. Muscles contract during exercise and stretching prevents them from shrinking. Stretching allows your muscles to rebuild and to get stronger. It also helps relax your muscles and helps speed circulation to joints and tissues. The end result is less soreness and stiffness.

You should always warm up your muscles before

exercise and cool down after. Stretching comes after the cool down. Hold each stretch until you feel a slight pulling in the muscle and for approximately 30 seconds. You should not feel pain while stretching.

Several stretching resources are available at <http://www.walkkansas.org/p.aspx?tabid=66>.

This slide show of 10 basic stretches is also helpful:

<http://www.mayoclinic.org/healthy-living/fitness/multimedia/stretching/sls-20076840>

## Your Protein Needs

Your bodies use protein to build muscle, bones, skin, hair, organs, and blood. Consuming protein foods each day is essential for good health.

There are many ways to get the protein you need. While meat, poultry, and fish are associated most often with protein, other good sources include nuts, seeds, beans, eggs, and dairy products. Whole grains, including brown rice, whole wheat, quinoa, barley, and amaranth are significant sources of protein too.

There are confusing messages right now related to how much protein a person needs. It varies depending on your age, size, activity level, and health; however, requirements are not as high or varied as you might expect. *Dietary Guidelines for Americans*, established by the U.S. Department of Agriculture, recommends 5.5 ounces of protein daily for women 19 to 30 years of age, and 5 ounces for women age 31 and older. For men, the recommendations are 6.5 ounces (19 to 30 years), 6 ounces (age 31 to 50 years) and 5.5 ounces for men older than 51. If you are measuring protein in grams, 5 ounces equals 142 grams and 6 ounces equals 170 grams.

Do you need more protein if you exercise regularly? The answer is probably not. Endurance athletes and those engaged in intensive strength training need more protein, but not the average person. Your body needs carbohydrates for fuel, and protein is important after a workout to help repair and build muscle. An additional ounce or two is all that is needed to do that.

The dietary guidelines make reference to one of the most important changes related to protein needs — consume 8 or more ounces of seafood each week. Research shows that nutrients in seafood contribute to the prevention of heart disease.

## 2013 Success Stories

We have a "Chamber" walk group — just six of us that are Chamber of Commerce members who don't necessarily see each other that often. Once a week, we all gathered at the lake, a park, or a mowed trail through CRP grasses for our exercise. We accomplished our walk, relieved mental stress, and networked at the same time. We always looked forward to this day to exercise together. This was what kept our team going.

— Pratt County

## Spanish-Style Cod in Tomato Broth

Makes 4 servings.

### Ingredients:

- 4 cups prepared brown rice
- 1 tablespoon olive oil
- 1 teaspoon paprika
- ½ teaspoon black pepper
- 1½ pounds cod fillets, cut into 8 pieces
- ⅓ cup sliced green onions
- ⅛ teaspoon crushed red pepper
- 4 large garlic cloves, thinly sliced
- 2 cups chopped Roma tomatoes
- ¾ cup fat-free, lower-sodium chicken broth
- ½ cup dry wine (or more broth)
- 1 teaspoon dried thyme
- 1 tablespoon fresh lemon juice
- 4 tablespoons parsley
- ¼ cup sliced almonds

### Directions:

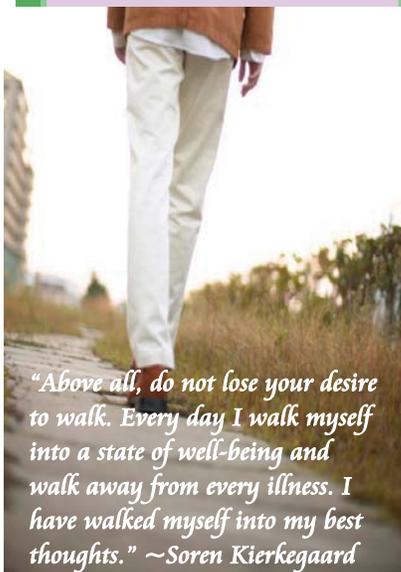
1. Heat a skillet over high heat. Add oil to pan and swirl to coat. Combine paprika and black pepper; sprinkle evenly over fish. Add fish to pan and cook for 3 minutes or until lightly browned.
2. Turn fish over, reduce heat to medium; add green onions, red pepper, and garlic; cook 4 minutes.
3. Add tomatoes, broth, wine, and thyme; bring to a simmer and cook 6 minutes.
4. Add 2 tablespoons parsley and lemon juice; stir gently to combine.
5. Combine cooked rice, remaining 2 tablespoons parsley, and almonds. Place ½ cup rice mixture in each of 4 shallow bowls; top each serving with 2 pieces of fish, and divide tomato mixture between bowls. Salt to taste, if needed.



**Nutrition Information per serving:** 470 calories; 10 g fat; 53 g carbohydrates; 6 g fiber; 38 g protein; 190 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 one additional serving a day first.



*"Above all, do not lose your desire to walk. Every day I walk myself into a state of well-being and walk away from every illness. I have walked myself into my best thoughts." ~Soren Kierkegaard*

## Weekly Team Progress and Totals

Team	Wk 7 Miles	Total Miles	Wk 7 F/V	Total F/V
APD Blue	121	897	130	893
Beeb's Boppers	79	350	134	530
Do It For The Dogs	75	620	105	795
Foxy Farmerettes A	143	852	133	766
Foxy Farmerettes B	67	548	101	724
Good Company	0	0	0	0
Holy Walkamolies	0	852	0	763
Jailbirds	174	953	73	376
Jaywalkers	0	446	0	487.50
Jerry's Angels	281	886	61	486
Just Another Team	0	0	0	0
LaTart	0	653	0	467
Loping Librarians	110	516	163	898
Miles of Smiles	0	111	0	101
Never Shut Ups	166	1088	92	537
Purple Mile Eaters	93	628	180	1205
Ram Peno Peddlers	159	947	85	632
Sister Sister	87	553	106	1338
Sole Sisters	130	928	149	951
Team Extension Walkers	169	904	161	796
Too Inspired to be Tired	279	2299	156	1012.25
Walkie Talkies	177	618	175	552
Walking on Sunshine	71	561	96	668
Walking Wonders	97	703	192	1314
Walkistonians	130	715	159	990
Witness the Fitness	0	491	0	560

**"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.

# Our Community Cares

Helping Create Healthy Atchison County Communities

## Congratulations - You Have Earned It

Eight short weeks ago, you started on a journey to join five other teammates to walk across the state of Kansas. You also pledged to eat more fruits and vegetables. Looking at weekly team reports, several have been making lifestyle changes that can work like “*medicine*” to help you be healthy. After setting a goal and achieving a goal, it is time to celebrate successes.

As I have visited with several of you about your personal Walk Kansas story, I hear a common theme. Walk Kansas has motivated you to make small health lifestyle changes. Team members and team captains have served as cheerleaders. In the beginning you may have first walked and eaten fruits and vegetables because, simply put, you knew you had to report to your captain over the weekend. However, after eight weeks you are experiencing the personal health benefits and celebrating healthy living. Change doesn’t come easy and sometimes it is important to realize that “our brains may need to take some time to think before it convinces our feet to walk.” If your team has not met their goal, that’s okay if you continue to ponder ways to celebrate healthy living. I can leave the website open if your team wants to continue to check in weekly. Please give me a call if your team is interested in this option.

Your honest feedback about Extension programs such as Walk Kansas are helpful as we make plans for Walk Kansas 2015. Please click on the link below to complete an online survey:

[https://kstate.qualtrics.com/SE/?SID=SV\\_2sBW6mbnYHoujSB](https://kstate.qualtrics.com/SE/?SID=SV_2sBW6mbnYHoujSB)

At the end of the survey, you will be taken to a link that will allow you to print out a \$5.00 Atchison Farmers’ market coupon. A copy of the survey will be mailed to those receiving a printed newsletter. When you return the survey, you will receive a printed coupon, too. Do let us

know if you have trouble with the electronic survey or would prefer a printed survey to complete.

The Atchison Farmers’ market operates on Saturday from 8 to noon and on Wednesdays from 2:30 to 5:30. The 2014 market opens on May 17 and continues until fall. According to Betty Fischer, market manager and Longview Farms vendor, “new vendors will be at the market this year and a season of fresh produce and entertainment is planned.” It will also be fun to watch the progress of the Farmers’ Market community mosaic artwork project this summer. The project is coordinated by the Atchison Art Association.

On a community events note, a few walks and runs are being planned. In Effingham, the Lions are once again sponsoring a 2 or 5K walk/run on June 7th at 8 a.m. Proceeds from this event are used to support the Effingham City swimming pool. Another upcoming event is Relay for Life starting at 6 p.m. on June 6th at the Atchison High School track. Everyone is encouraged to come and enjoy the games and other events taking place.

Both of these events are great examples of celebrating healthy living. Communities of our size often plan fundraisers to support community needs. I salute the many community groups that encourage making healthy choices easier while continuing to raise funds to help our neighbors.





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Walk Kansas is a Live Well, Live Atchison Program  
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

### It's Celebration Time

This week marks the 8th and final week of Walk Kansas 2014. Celebrate Healthy Living is the program theme. And plans are underway to celebrate Atchison County Walk Kansas team achievements!

Our Walk Kansas journey began on the Missouri border and you are invited to return to the Atchison Riverfront border (Veteran's Park) to celebrate on Tuesday, May 20th, from 5:30 to 6:30 p.m. A taste of Walk Kansas foods, a group walk, and more are on the schedule.

I have dubbed this the "Purple Party" because on May 8th, 2014, Cooperative Extension celebrates 100 years of extending knowledge and changing lives. As we our next hundred years, we are ready to help solve today's grand challenges—health, developing tomorrow's leaders, community vitality, water and global food systems.

Walk Kansas and a 100th birthday—it's a reason to celebrate!

Have a great week!

Diane Nielson  
County Extension Agent,  
Family and Consumer Sciences

Global Food Systems

Water

Health

Community Vitality

Developing Tomorrow's Leaders

Helping You Solve Today's Grand Challenges

COOPERATIVE EXTENSION 100 1914-2014 SMITH-LEVER ACT EXTENDING KNOWLEDGE CHANGING LIVES

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