

Walk Kansas

celebrate healthy living

Atchison County Extension
www.atchison.ksu.edu

K-STATE
Research and Extension

Newsletter #1 • 2015

In This Issue

Walk Tall, Walk Strong,
Walk Kansas

No Pain, No Gain — Just a Myth?

Flip Your Fridge

Recipe: Pineapple Black Bean
Enchiladas

Welcome to Walk Kansas 2015!
Remember to report your weekly
mileage to your team captain by
Monday. Captains will report
team mileage by noon on
Tuesday. Visit WalkKansas.org
to see your team's progress!

Coming Next Week

Why Strength Training?

Make Your Own Weights

Who Is Your Health Buddy?

Benefits From Breakfast

Recipe: Blueberry Oatmeal
Smoothie

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 the Director of Institutional
Equity, Kansas State University, 103 Edwards Hall, Man-
hattan, KS 66506-0124, (Phone) 785-532-6220; (TTY)
785-532-4807.

Welcome to Walk Kansas 2015

*"The most important thing is posture. If you have poor posture,
eventually, you're going to hurt. And if you hurt, you're not going
to exercise. Everything else goes out the door."*

James R. Thompson, M.S., ACE Certified Trainer

The start of Walk Kansas means spring is just around the corner.
If you have participated before, you know that walking and other
types of moderate activity are the focus of this program. This
year, we also encourage you to do strengthening exercises and
practice better posture.

During the next 8 weeks, we will challenge you to make some
changes in the culture or environment where you live,
work, and play. We make choices all day long
that affect our health. Wouldn't it be nice if
the healthy choice was the easiest one to
make? Check this newsletter each week
for a culture change challenge. We
are starting out with a fun one — flip
your fridge.

To connect with others who have
joined Walk Kansas, like us on
Facebook, Kansas State University
Walk Kansas; follow us on
Twitter, #WalkKansas; and on
Pinterest, [www.pinterest.com/
ksuresearchext/](http://www.pinterest.com/ksuresearchext/).

Have a great Walk Kansas!

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



Walk Tall, Walk Strong, Walk Kansas

Here is a quick reminder of key points for your first week of Walk Kansas:

Walk Tall. There is a reason why your mother told you to sit or stand up straight. By practicing good posture, you will feel less tension in your neck and shoulders, your spine feels longer, and you will have better mobility. At first, practicing good posture will take some effort. Once you realize how much better you feel, it will become a habit.

Walk Strong. The exercises promoted through this program will help develop your muscles to make it easier and safer to perform everyday activities, such as carrying groceries or playing a team sport with your kids. Check the Walk Kansas website, www.walkkansas.org, each week for videos that demonstrate these exercises. Start with air squats, parallel arm raises, and a tubing pull across your chest this week. You will find videos at (www.walkkansas.org/p.aspx?tabid=66).

Walk Kansas. Each week during Walk Kansas, log your minutes of moderate/vigorous activity (must be at least 10 consecutive minutes) and report these to your team captain. You can also count minutes you spend doing strengthening exercises. Information in your registration packet includes more detail on what to count as exercise minutes. Also, track how many cups of fruits and vegetables you eat each day.

2014 Success Story

As a result of this program, I am more motivated than ever to keep working out and be more aware of the food choices I make for my entire family. We have switched to drinking more water than juices and take nice walks around the block together. My children have seen me working out, and they actually participate. I decided to take the initiative of being the team captain as it puts more pressure on me to set the example and motivate others.

— Johnson County

No Pain, No Gain – Just a Myth?

It is perfectly normal to feel sore after exercise, especially if the activity is new or if you have increased the level of intensity or duration; however, aches and pains should be minor. Muscles go through stress when you exercise, and small microscopic tears occur in the muscle. This damage, along with inflammation, causes the discomfort. The gradually increasing soreness you often feel 24 to 48 hours later is called delayed onset muscle soreness (DOMS) and is a natural outcome of any physical activity.

Your muscles should burn a little when walking, and you should feel a little sore a few days after doing strengthening exercises. You know you've done too much if soreness prevents you from performing daily activities or if excessive soreness lasts three days or more after exercise. Too much soreness can discourage you from continuing exercise habits. Proper recovery after exercise can keep muscle soreness to a minimum. Here are some tips that may help.

Hydrate. Water is the best way to hydrate during and after exercise, and during recovery. The easiest way to tell if you are dehydrated is by the color of your urine. It should be light yellow or

clear within a couple of hours after exercise. If it is dark yellow, you need more hydration.

Fuel. After exercise, have a snack that contains carbohydrates and protein. Good choices include yogurt and almonds, peanut butter with a banana, rice cakes, or whole-wheat pretzels. Eating the right foods after exercise will improve your energy level and help with recovery.

Circulation. A light activity, such as an easy bike ride, light stretching, or slower walking, will stimulate blood flow and help you cool down after activity. Better circulation will improve the speed of your recovery.

Compression. A massage or use of a foam roller can help move inflammatory fluids out of muscles and help with sore or tight spots from worked muscles.

Rest. Normal muscle soreness will peak about 48 hours after exercise, and should be much better by the third day. This is why a rest day between strengthening exercises is recommended. If you want to do strengthening on consecutive days, alternate upper body exercise one day and lower body the next.

Make the Healthy Choice the Easy Choice

Flip Your Fridge

Open your refrigerator door. What can you “flip” around to make healthy eating easier for you and your family?

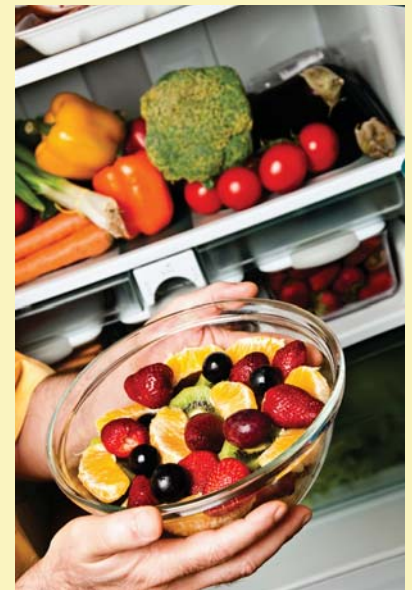
Easy to see, easy to grab. Place healthier snacks — such as fresh fruit, veggies, hummus, string cheese, light yogurt, and bagged nuts — at eye level. Use clear bags and containers so you can see what is inside.

Store foods snack-ready. Keep washed and cut produce so it is ready for snacking.

Out of sight, out of mind. Keep less healthy items in the back of the refrigerator or in a drawer.

Keep food safe. Store raw meat in the bottom section or drawer of your refrigerator.

Rethink your drink. Keep water, unsweetened tea, and nonfat milk at eye level. Keep washed and sliced lemon or lime to add to water and tea.



Chicken Pineapple Black Bean Enchiladas

The popularity of Hispanic style food has surged the past several years, making it the most popular ethnic food in America. This recipe is a little spicy and a little sweet. Omit the chicken for a vegetarian version that is just as tasty.

Makes 8 servings

Ingredients:

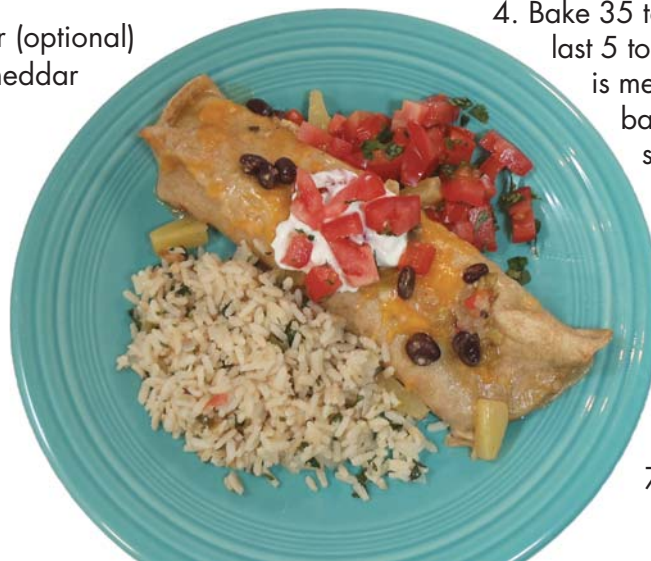
- 2 teaspoons vegetable oil
- 1 large yellow onion, chopped (about 1 cup)
- 1 medium red bell pepper, chopped (about 1 cup)
- 1 can (20 ounces) pineapple tidbits in juice, drained, $\frac{1}{3}$ cup pineapple juice reserved
- 1 can (15 ounces) black beans, drained, rinsed
- 1 can (4.5 ounces) chopped green chilies
- $\frac{1}{2}$ cup diced cooked chicken breast
- $\frac{1}{2}$ cup chopped fresh cilantro
- $\frac{1}{2}$ teaspoon cumin
- $\frac{1}{4}$ teaspoon cayenne pepper (optional)
- $1\frac{1}{2}$ cups shredded low-fat Cheddar cheese
- 1 can (10 ounces) green enchilada sauce
- 8 whole wheat flour tortillas (8- or 9-inch)
- Reduced-fat sour cream or Greek yogurt and chopped fresh cilantro for garnish

Directions:

1. Heat oven to 350 degrees F. Spray 13-by-9-inch (3

quart) glass dish with cooking spray. In 12-inch skillet, heat oil over medium heat. Add onion and bell pepper; cook 4 to 5 minutes or until softened. Stir in pineapple, beans, green chilies, and chicken. Cook and stir until thoroughly heated. Remove skillet from heat. Stir in cilantro, cumin, cayenne pepper (optional) and 1 cup of cheese.

2. Spread 1 tablespoon enchilada sauce onto each tortilla. Spoon about $\frac{3}{4}$ cup vegetable mixture over sauce on each. Roll up tortillas; place seam side down in baking dish.
3. In small bowl, mix reserved $\frac{1}{3}$ cup pineapple juice and remaining enchilada sauce; pour over entire surface of enchiladas in dish. Sprinkle with remaining $\frac{1}{2}$ cup cheese. Spray sheet of foil large enough to cover baking dish with cooking spray. Place sprayed side down over baking dish and seal tightly.
4. Bake 35 to 40 minutes, removing foil during last 5 to 10 minutes of baking, until cheese is melted and sauce is bubbly. Top each baked enchilada with 1 teaspoon sour cream or Greek yogurt and 1 teaspoon cilantro.



Nutrition Information per serving: 330 calories; 10 g fat; 46 g carbohydrates; 14 g protein; 6 g fiber; 810 mg sodium. (Sodium per serving if you replace canned beans with $1\frac{1}{2}$ cups cooked dried beans – 700 mg.)

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 as a first step.

WALK KANSAS

2015 WEEK 1

ATCHISON COUNTY NOTES & NEWS

K-STATE RESEARCH & EXTENSION—ATCHISON COUNTY

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 still be ordered; allow about 10 days for delivery.

Headed West Across Kansas — Look Out Colorado Here We Come!

Walk Kansas 2015 officially kicked off on Sunday, March 15. Currently community members have formed 25 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 30. 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 on our website at: www.atchison.ksu.edu. Call our office at 913-833-5450 for information, questions or assistance registering a team. Watch for a hidden weekly sneaky sneaker in the newsletter; be the first to sight for a prize.



Blessings of Health and Wealth

A big shout out to Walk Kansas team members who shared bottled water and green grapes with St. Patrick's day parade spectators. Without a doubt this troupe of Walkers not only racked up a few extra early miles but secured plenty of healthy Irish blessings for Team Walk Kansas 2015! Do let the extension office know if you walked the parade as there may a pot of gold to share!

Weekly Walking Wisdom

Walking is the best possible exercise.

Habituate yourself to walk very far.

~ Thomas Jefferson



K-STATE

Research and Extension

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



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

Hello Walkers,

Walk Kansas is a **personal celebration of healthy living**. The 8 week time frame provides you with an opportunity to look at your personal health lifestyle. Each of us is unique. Our age, gender, activity level, diet and genetics influence our personal health status. Our personal beliefs about a healthy lifestyle allow each of us to **make the best choice for ourselves today**. As you begin your personal journey across *Kansas with your team*, remember it is often the **small steps** we take to change in our health lifestyle choices that will **make a big difference** in our future health.

Each week, we will plan to focus on a **simple health change** designed to assist you in **achieving your personal wellness goals**. You may want to **share your personal goals** with someone you know who will serve as your cheerleader to encourage lifestyle changes. This week consider focusing on flipping your refrigerator. Let me know how I can support your efforts to **make the healthy choice your easy choice**. Have a great week exploring Kansas communities as you journey across the state. Be sure to check out the state Walk Kansas website (www.WalkKansas.org) to view your team's progress.

This year 2 four-legged friends, Winston and Maggie will join the Walk Kansas adventure. They will be sharing **fun** weekly messages via Facebook, You-tube and Twitter. Welcome Winston, Maggie and Atchison County Walk Kansas teams—**let the healthy living celebration begin!**

Enjoy your week!

Diane Nielson
County Extension Agent,
Family and Consumer Sciences



Meet Winston and Maggie!