

Walk Kansas

celebrate healthy living

Atchison County Extension
www.atchison.ksu.edu

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Congratulations

Sneaky Sneaker Winners:

Week 1 - Patty Housh

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The Hardware Store in Atchison is featuring Ladies' Day free gardening programs April 10-11

Coming Next Week

Sitting Is the New Smoking
Create a Standing Work Station
Strengthen Your Upper Body
Choose Whole Grains
Festival of Breads
Recipe: Signature Scones

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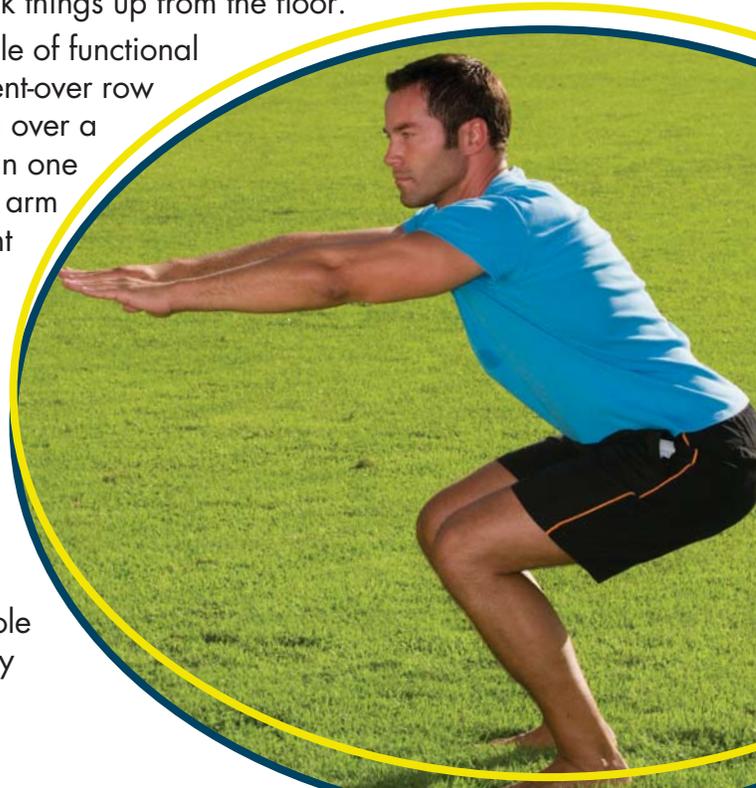
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Functional Fitness Matters

Most people would probably say they exercise to improve their quality of life and to be able to continue doing things they like to do. Being independent and self-sufficient is important to most people. You can be toned and fit as a result of lifting weights, with ideal posture created by a gym machine, yet hurt your back when you try to lift a 50-pound suitcase or struggle to place a large bag of lawn fertilizer into the trunk of your car. That is because your muscles, while strong, are not working together. You need to improve your functional fitness.

Functional exercises are ones that simulate things you do at home, at work, and in daily life, and teach your muscles to work together. For example, squats are a functional exercise, and doing squats will make it easier for you to rise up and down from a chair and pick things up from the floor.

Another example of functional exercise is a bent-over row where you lean over a bench, weight in one hand with your arm hanging straight down. Pull the weight up with your elbow pointing to the ceiling until your upper arm is parallel to the ground. This exercise works your whole body, especially



Functional Fitness – Why it Matters

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muscles in your shoulders, arms, and back. Compare this to the motion of a nurse bending over a bed to transfer a patient, or when you hoe or remove weeds in the garden. A carpenter would use this movement while bending over and sawing a piece of wood. The bent-over row applies to many things you do in real life.

When muscles are working together, you are more stable and have better balance. To achieve functional fitness, you have to first teach your body to control and balance its own weight. An easy place to start is by balancing on one foot when you are standing in line at the grocery store or when brushing your teeth. When you are able to balance effectively, try a one-legged squat. This might sound easy, but it is not.

Most of the strengthening exercises introduced through videos on the Walk Kansas website are functional exercises because they rarely isolate one muscle. Each exercise is designed to teach muscles to work together. This week, try leg curls on a stability ball (you can also do these without a ball) and core strengthening exercises.

Videos are located at <http://www.walkkansas.org/p.aspx?tabid=66>.

2014 Success Stories

● My husband and I have
● been able to exercise some
● every single day of Walk
● Kansas! I have worked on
● deep breathing exercises as
● well as posture — keeping
● my core tight while walking.
● I also have tried to stretch
● some each day before
● walking.

— Coffey County

● I set my phone to remind
● me to move every hour and
● kept weights at my desk for
● quick 5-minute workouts and
● during breaks.

— Grant County

Make the Healthy Choice the Easy Choice

Make Water Your Default Beverage

Water is the second most popular drink in the United States behind soft drinks. This is a scary statistic. You need to put those sugary drinks aside and make water your default beverage — the one you choose without even thinking about it. Here are ways to make water your go-to beverage.

Create a morning “water” ritual. Fill a water bottle and take it with you so you start your day drinking water. Wash the water bottle daily with soap and water and let it air dry. If you don't have a sink handy at work, store the water bottle in a refrigerator at the end of the day so germs won't grow overnight. Water bottles should be sanitized once a week with a solution of 1 teaspoon bleach in a quart of water.

Acquire a taste for water. The more often you choose water over other liquids, the better it will taste. Think of sweet beverages as “candy drinks” and enjoy them occasionally. Not all water tastes the same, so try water from different sources or at different temperatures. Add mint leaves or flavor your water with fruit for a refreshing taste.

Drink before you eat. Your mind doesn't always know whether you are hungry or just need

a drink of water. Drinking a moderate amount of water before a meal or snack may suppress your appetite. In fact, studies show that water drinkers ate 75 to 90 fewer calories per meal.

Know signs of dehydration. Your body loses water every day. When the amount of water lost is greater than the amount of water you take in through drinking and eating, your body becomes out of balance — a condition called dehydration. Thirst is not the most reliable gauge of your body's need for water. The color of your urine is a better indicator. Clear or light-colored urine is a sign you are well hydrated. Dark yellow or amber color is a sign of dehydration. Other signs include headaches, tiredness, dry mouth, dry skin, constipation, and feeling lightheaded.

Animals can also experience dehydration. When you walk your dog, take extra water along so your pet can have a drink, too. Excessive panting, slowed pace, sunken and dry eyes, and dry mouth, gums, and nose are signs your dog may be dehydrated.

Exercise Keeps Your Brain Sharp

Exercise is good for your heart and good for your brain, too. Your heart rate increases as you exercise, which pumps more oxygen to the brain. Aerobic exercise also helps repair damaged brain cells, and it has an antidepressant effect on your mind. Exercise also can enhance your memory.

The best workouts for brain health are those that require coordination, rhythm, and strategy, such as dancing. And, if you exercise first thing in the morning, you get a spike in brain activity that helps prepare you for mental stresses the rest of the day. If you are mentally exhausted at any time, take a walking break or do some jumping jacks to reboot your mind.

Enjoy a Great Catch

Do you eat seafood twice a week? The Dietary Guidelines for Americans recommendation is to eat 8 ounces of seafood a week because it contains a wide range of nutrients, especially healthy omega-3 fats, which help prevent heart disease.

There are many ways to enjoy seafood, and it is easy and quick to prepare. The main challenge is to avoid overcooking it. If you don't have much experience with seafood, try the "pouch cooking" method or this easy baked fish fillet. You can also be creative with grilled fish tacos, a shrimp stir fry, salmon patties, or by trying it with whole-wheat pasta.

Seafood doesn't have to be expensive either. Lower cost options include tilapia, whiting, canned tuna, and some frozen seafood.

Walk Kansas newsletters from previous years have featured seafood recipes and a variety of cooking methods. Here are links to a few you might enjoy:

Pouch Cooking, www.walkkansas.org/doc10921.ashx

Fish Tacos, www.walkkansas.org/doc5199.ashx

Spanish Style Cod, www.walkkansas.org/doc17023.ashx

Tuna Salad, www.walkkansas.org/doc15399.ashx

Salmon Burgers, www.walkkansas.org/doc13148.ashx

Salmon with Mediterranean Vegetables, www.walkkansas.org/doc13148.ashx

Easy Baked Fish Fillets

Makes 4 servings

Ingredients:

1½ pounds grouper, haddock, or cod fish

Cooking spray

1 tablespoon fresh lime juice

1 tablespoon light mayonnaise

⅛ teaspoon onion powder

⅛ teaspoon black pepper

⅓ cup breadcrumbs

1 tablespoon butter or stick margarine, melted

2 tablespoons chopped fresh parsley

Directions:

1. Preheat oven to 425°F.
2. Place fish in an 11- by 7-inch baking dish coated with cooking spray.
3. Combine lime juice, mayonnaise, onion powder, and pepper in small bowl. Spread mixture over fish. Sprinkle with breadcrumbs; drizzle with butter.
4. Bake at 425°F for 20 minutes or until fish flakes easily when tested with a fork. Sprinkle with parsley before serving.



Nutrition information per serving:

230 calories; 6 g fat;
7 g carbohydrates;
34 g protein;
190 mg sodium.

Recipe adapted from www.myrecipes.com

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.
- T-shirts, dog sweaters and other items can still be ordered. We will deliver when they have arrived.

Weekly Team Progress and Totals

Team	Wk 2 Miles	Total Miles	Wk 2 F/V	Total F/V
Are We There Yet?	46	142	96	214
At Last	77	178	81	146
Avengers	204	338	86	155
Ban Calories Not Books	30	91	106	218.5
Between a Walk & a Hard Place	96	190	164	331
Bun Burners	93	210	77	164
County Cruisers	130	268	54	111
Dirt Road Trotters				
Farmerettes	79	180	182	393
Fit Walkers				
FitBit Fanatics	192	333	120	200
Happy Feet	165	165	218	218
Healthcare Hustlers	111	111	87	87
K-State Extension Movers	50	80	45	71
K-State Extension Pacers	12	12	28	28
KAIR Radio	227	331	66	126
Keep On Movin' Soles	373	639	159	280
Lancaster Walkie Talkies	72	189	62	152
One Step at a Time	143	258	191	340
Ruby Slippers	84	212	128	258
Six Pack of Buds	85	165	135	263
Sole Sisters	223	419	196	379
Team America	76	143	114	217
Team Mikon	70	132	55	94
Team Walka Walka				
The Young and the Rest of Us	94	188	89	197
Walk to Glory	198	454	157	301
Walka Walka Team	0	112	0	43
Walking Wonders	86	170	168	315
Witness the Fitness	82	170	153	236

Weekly random prize for walking your dog winner: JC Martin

Why Eating A Rainbow of Colors Is Healthy

The color molecules that form the more than 2,000 pigments in plant foods not only look scrumptious but also contain strong antioxidants. These health-promoting substances neutralize free radicals formed when cells burn oxygen for energy. Free radicals damage or destroy healthy cells. In general, the deeper the color of a fruit or vegetable, the more powerful its antioxidant action.

Other phytochemicals (“phyto,” pronounced fight-o, means plant) besides antioxidants help protect against the damaging effects of toxic substances. Eating a variety of fruits and vegetables allows their different phytonutrients to work together to help fight illnesses.

Functional foods or nutraceuticals are foods that provide health benefits beyond basic nutrition, such as helping to prevent disease. Fruits and vegetables are nature’s original functional foods. Taking dietary extracts or supplements is not the same; research to date has shown they do not substitute for eating fruits and vegetables. Now that you know the science behind eating a colorful variety of fruits and vegetables, let’s look at your plate.

A way to be sure that you are getting all of the various nutrients available in the different fruits and vegetables you eat is to vary your selections. One great visual way to do this is to try to select different fruits and vegetables based on colors, and eat the rainbow.

Blue/Purple	Green	White	Orange/Yellow	Red
Blackberries	Avocado	Bananas	Bananas	Apples
Blueberries	Apples	Pears	Apples	Cherries
Cabbage	Grapes	Nectarines	Apricots	Cranberries
Currants	Honeydew Melon	White Peaches	Cantaloupe	Raspberries
Eggplant	Kiwi	Cauliflower	Grapefruit	Watermelon
Grapes	Limes	Garlic	Oranges	Strawberries
Plums	Pears	Ginger	Mangoes	Pomegranate
Raisins	Artichoke	Artichoke	Nectarines	Peppers
Purple Potatoes	Arugula	Jicama	Peaches	Tomatoes
Figs	Asparagus	Mushrooms	Pineapple	Radishes
Beets	Broccoli	Onions	Tangerine	Rhubarb
Purple asparagus	Brussels Sprouts	Parsnips	Melon	Red Onion
	Cabbage	Coconut	Beets	Red Potatoes
	Celery	Shallots	Squash	Red Pears
	Cucumber	Turnips	Corn	
	Lettuce	Corn	Peppers	
	Peas		Carrots	
	Peppers		Pumpkin	
	Spinach		Sweet Potato	
	Zucchini		Pears	

Blue and Purple fruits and vegetables contain anthocyanin and phenols. They may help promote memory function, lower risk of some cancers, urinary tract health and promote healthy aging. These can include blueberries, blackberries, grapes, purple cabbage, eggplant, purple peppers and potatoes, and black beans.

Green fruits and vegetables contain lutein. Their benefits include vision health, lower the risk of some cancers and help maintain strong bones and teeth. Enjoy avocados, green apples, limes, broccoli, spinach, green peas, okra and kale.

Red fruits and vegetables contain lycopene and anthocyanin. They may promote urinary tract health, memory function, lower risk of some cancers, and heart health. Eat blood oranges, strawberries, cranberries, apples, watermelon, beets, red potatoes, tomatoes, and red kidney beans.

White and tan fruits and vegetables contain allicin and quercetin. Potential health benefits include heart health, healthy cholesterol levels and lower risk of some cancers. Think bananas, dates, white peaches, jicama, onions, potatoes, mushrooms, navy beans and soy beans.

Yellow and orange fruits and vegetables contain beta carotene and limonoids. These may help promote vision health, heart health, immune system resistance and lower risk of some cancers. Enjoy apricots, mangos, papayas, tangerines, carrots, pumpkin, squash, and corn.

The take home message for daily living is simple. At each meal glance at your plate and ask - Are half the foods on my plate fruits and vegetables and do I see a rainbow of colors? Consider simple changes you can make to add color and variety to your meal.





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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

Our office is delighted to have BC student, Rachel Lanter serving as an extension intern. This week she is our Walk Kansas guest columnist.

Hello Walkers,

All of us are participating in Walk Kansas for different reasons, but we all have one common goal: forming a healthy lifestyle. To create that, however, we need to consider all of the different aspects that help form one. In addition to walking, strength training, or other exercises you may be doing, it is very important to stay hydrated and eat healthy foods.

This is the time of year when the weather starts warming up and we want to get outside and be active, but don't forget to grab your water bottle as you run out the door! Dehydration can lead to dry skin, fatigue, and a collection of different problems. If you are being more active than usual on a particular day, drink more water to accommodate for what you are losing.

Keep on top of those fruits and veggies! Tracking your fruits and vegetables weekly not only provides encouragement to get the recommended servings of each, but it also makes you more aware of what you are eating in general. Are you finding it hard to keep a count of your fruit and vegetable intake each day? If you have a smart phone, there are free applications available for download that can assist you in counting them. Be aware, however, that many of them have pre-programmed foods you are able to choose, but they don't always include the same ingredients as the foods you are eating.

Watch for next week's app talk. Happy walking!
Rachel Lanter, Extension Intern

Diane Nielson, Atchison County Extension Agent

