

Walk Kansas

celebrate healthy living

Atchison County Extension
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**Congratulations Week 3
Sneaky Sneaker Winner:
Janean Bowen**

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Sitting Is the New Smoking

Health experts describe prolonged sitting as “the new smoking,” comparing the ill effects of inactivity to the side effects of smoking. Even if you get 30 minutes of moderate or vigorous activity most days of the week, health risks increase if you sit for long periods each day. Prolonged sitting is linked specifically to increased risk of heart disease, Type 2 diabetes, and some types of cancer. It can also cause back and shoulder pain and is linked to poor circulation.

When you sit, the processes in your body that break down fats and sugars seem to stall. When you stand or move, muscle activity triggers these processes back into action. Any kind of regular movement throughout the day can make a difference.

How can you move a little every hour?
Here are strategies to try.

- Stand and move during every television commercial.
- Make it inconvenient to sit. Move the printer, trash can, coffee pot, etc. away from your desk.
- Dress and prepare for activity. Wear comfortable shoes or bring walking shoes to work.
- Add activity to your routine. Stand every time you talk on the phone or text.
- Use an inactivity alert or app on your computer, phone, activity tracker, or watch.

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Sitting Is the New Smoking

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- Use a standing desk or treadmill desk.
- Choose active sitting. Trade out your desk chair for an unstable surface, such as an exercise ball or wobble stool. This will help you use core and lower body muscles while sitting.
- Plan to move. Incorporate standing and walking breaks during meetings and conferences and hold walking meetings.

Strengthen and Stretch Your Upper Body

Most of you are familiar with pushups. This staple exercise activates what are called the “push” muscles. Your bodies also have “pull” muscles, those in the back and posterior shoulders that pull your shoulders down and back.

Many of the activities you do activate the push muscles, such as desk jobs and using a computer, cooking, driving, texting, talking on the phone, painting, sewing, and writing, to name a few. Any activity you do with a slouched posture also uses these muscles. Most of you need to concentrate on exercises that activate your pull muscles so your strength is balanced.

Concentrate on adding an exercise or two for the pull muscles this week, such as a pull across the chest with tubing or a fitness band, or any exercise where you pull your arms back and try to squeeze your shoulder blades together.

Here are links to excellent stretches and exercises you can easily do at work or at home: *Upper Body Stretches for the Workplace*; *Workout at Work – 12 exercise you can incorporate into a workday*; *Stretching Exercises at Your Desk*.

● *2014 Success Stories*

- I have always worked out but learned a lot from participating in Walk Kansas.
- I never got up during work, but now I keep a timer and make sure to stretch for a minute each hour, which helps me stay focused and gives me a quick break.
- — Leavenworth County

- Our workplace has really taken the need to get up and move every hour to heart – from ordering yoga mats to setting up a stretching area in an empty room, to two employees organizing a lunchtime kickball game with our workplace and several others on the block. There is a lot of energy and enthusiasm for a more active workplace around here.
- — Walk Kansas participant

Make the Healthy Choice the Easy Choice

Create a Standing Workstation



While sit/stand desks are available in a range of prices, you can determine if a standing workstation is a good fit for you without spending much at all. Here are several low- or no-cost options to elevate your workspace in an office, craft room, or for any task where you sit.

- **A sturdy box.** It doesn't get much easier than this. The key is finding the right ergonomics.
 - **Convert a bookcase shelf** into a home office work surface. This is another no-cost solution and it doesn't take up any extra space.
 - **Sawhorse standing desk.** Use two sawhorses and some sort of tabletop board or counter.
- **A more permanent solution** is to pair a premade desktop with simple shelving brackets. You will need to attach the brackets to wall studs to support the weight.

With a standing workstation of any kind, pay attention to ergonomics. The table, box, or shelf height should be at or slightly below your elbow height.

National Festival of Breads

The National Festival of Breads returns to Manhattan, Kansas, on Saturday, June 13, at the Hilton Garden Inn and Conference Center. This is a day full of fun and learning all about baking! The day includes baking sessions presented by national speakers, barbecue workshops, a baking trailer, door prizes, bread samples,

exhibits, children's activities, and more while the eight finalists from around the country prepare their winning bread recipes. Admission is free to this event sponsored by the Kansas Wheat Commission and others. More information is available at nationalfestivalofbreads.com.

Choose Whole Grains

Are you eating whole grains every day? Dietary guidelines recommend three servings of healthful whole grains daily, but the American Dietetic Association found that Americans average only one serving of whole grains per day.

Studies show that consumers are particularly confused by packaging of grain-based foods. To know you are getting a whole grain product, you need to read labels carefully. Check the ingredient label and make sure the first ingredient listed is a whole grain such as oatmeal, whole wheat, whole rye, quinoa, rolled oats,

brown or wild rice, whole grain barley, buckwheat, bulgur, or millet.

You can increase whole grains by choosing foods that are 100 percent whole grain at least half of the time or choose partially whole-grain products all of the time. For variety, or if you don't like the taste or texture of traditional whole-wheat foods, use white whole-wheat flour. It is widely available and Kansas farmers grow both red and white wheat. White wheat has a milder taste with more sweetness, and it is just as nutritious as red.

Signature Scones

Makes 12 scones

Ingredients:

- 1 cup white whole-wheat flour
 - 1 cup all-purpose flour
 - 2 teaspoons baking powder
 - ¼ teaspoon baking soda
 - ½ cup chopped dried or chopped fresh fruit
 - 2 tablespoons granulated sugar or agave nectar
 - ½ cup (5.3 oz.) nonfat Greek yogurt, any flavor
 - ¼ cup vegetable oil or olive oil
 - ¼ cup 2% low-fat milk
 - 1 large egg, slightly beaten
 - Topping: (optional)
 - 1 tablespoon low-fat milk
 - 2 teaspoons sparkling white decorating sugar or granulated sugar
- To make Lemon Ginger Scones (pictured): lemon yogurt, 1 tablespoon grated lemon zest, ¼ to ½ cup finely minced crystallized ginger.

Directions:

1. Heat oven to 350°F.
2. In large bowl, combine all ingredients, stirring just until dough clings together. (Mixture will be sticky; if using fresh fruit, extra tablespoons of flour may be needed.)



3. On lightly floured surface, knead gently for a few turns. Divide dough in half; pat dough into two 6-inch circles.
4. Cut each circle into six equal wedges. Place 2 inches apart on a parchment paper-lined or lightly greased baking sheet. Brush surface with milk; sprinkle with sugar.
5. Bake 20 to 25 minutes or until lightly golden. Transfer to a wire rack; serve warm or at room temperature.

Nutrition information for one lemon ginger scone: 176 calories; 5 g fat; 27 g; 5 g protein; 2 g fiber; 130 mg sodium.

Photo and recipe used with permission of National Festival of Breads.

Weekly Team Progress and Totals



HOW FAR HAVE WE TRAVELED

If you were to walk around earth, your shoes would have traveled 24,912 miles. The 3 week total for Atchison County Walk Kansas teams is 8,802 miles!

Together we have traveled one-third of the way around the world– that is a lot of walking. And you have nearly eaten one serving of fruit/vegetables for every mile walked. (8,351-about 92/wk per team.) Keep walking and enjoy a few more tasty fruits and veggies on your journey!

Team	Wk 3 Miles	Total Miles	Wk 3 F/V	Total F/V
Are We There Yet?	52	194	98	312
At Last	66	244	0	146
Avengers	105	443	94	249
Ban Calories Not Books	46	137	121	339.5
Between a Walk & a Hard Place	105	295	171	502
Bun Burners	0	210	0	164
County Cruisers	107	375	52	163
Dirt Road Trotters				
Farmerettes	94	274	186	579
Fit Walkers				
FitBit Fanatics	173	506	38	238
Happy Feet	0	165	0	218
Healthcare Hustlers	105	216	86	173
K-State Extension Movers	40	120	45	116
K-State Extension Pacers	0	12	0	28
KAIR Radio	117	448	160	286
Keep On Movin' Soles	430	1069	224	504
Lancaster Walkie Talkies	65	254	54	206
One Step at a Time	174	432	171	511
Ruby Slippers	102	314	123	381
Six Pack of Buds	71	236	136	399
Sole Sisters	227	646	196	575
Team America	61	204	108	325
Team Mikon	72	204	59	153
Team Walka Walka	71	71	97	97
The Young and the Rest of Us	81	269	85	282
Walk to Glory	264	718	171	472
Walka Walka Team	207	319	93	136
Walking Wonders	87	257	146	461
Witness the Fitness	0	170	0	236

Weekly Thoughts To Ponder: Team Work

Hello Walkers,

Ever heard someone say, *There has to be an app for that?* Thanks to my Missouri extension colleagues, this week's newsletter offers tips to make SMART choices when it comes to choosing related health apps to simplify a task. More information and reviews of apps will be posted to our Walk Kansas webpage by office professional, Jyll Chase. Tips to help with app downloads were provided by the extension intern. Thanks to team captains for reporting your team mileage, weekly team totals are shared. Working together as a team, you are set to reach your Walk Kansas goal to travel across or around the state-but it may take a few extra miles on your part.

Teamwork is the secret behind Walk Kansas success stories and this newsletter. Your teammates will appreciate your support during a tough week. I encourage you to **THINK ABOUT YOUR TEAM** this week. Is there a team member who needs encouragement? Does your team have a plan to celebrate 4 weeks of walking? Has your team had a group "walk together" yet? Teams living miles apart could plan a walk and talk together session by phone. Plan for some variety in your personal and team walking plan to avoid boredom. Congratulations Walk Kansas teams - together you have traveled nearly 9,000 miles in 3 weeks!

Diane Nielson, Atchison County Extension Agent

Get A SMART Start When Selecting Nutrition and Health Apps

Becoming and staying healthy can be challenging. In today's world of instant info, there are many useful online or downloadable apps to get nutrition and health-related information and tools. But just as with anything else found online, it is important to be smart about which resources are reliable. A team of colleagues from Missouri Extension who focus on nutrition and health education have developed a tool to help consumers get a "SMART" start to finding nutrition and health apps.

Their online handout, posted on our Walk Kansas page, describes a series of questions, spelling out the word SMART, to ask when checking out a new app.

What is the **S**ource of the app? Does the information in the app contradict what other reliable sources recommend? Are there spelling or grammatical errors that indicate a lack of quality?

Does it **M**eet your needs? If recipes are provided, are the ingredients available to you and match your taste preferences? Are they healthy recipes (that is, low in fat, sugar and sodium)? If the app tracks food intake, are the foods listed in the app ones you eat regularly? Or can you add the foods you normally consume to the food list?

What **A**ctions will you take? Is the app easy to understand and use? Does the app connect you with social media where you can create social support for the behaviors you wish to change or improve?

What do the **R**eviews say? What do reputable nutrition, dietitian and health experts say about the app? Reviews by registered dietitians can be found at eatright.org/appreviews and physician reviews on medical and health care apps are at iMedicalapps.com.

Do you have the **T**ime? Is the app easy to use? For apps that track what you eat, physical activity or other healthy choices, will you use the app regularly to keep you on track?

These tips can help make sure an app is both useful and reliable. Another related publication, called Apps to Know, from the Nutrition and Health Education team from MU Extension reviews apps in six categories.



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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

Providing Knowledge For Life It's What We Do

Yes, There Is An App For That

Being named word of year signifies that a term is trendy and growing in popularity. In 2011, the American Dialect Society said **app** was the 2010 word of the year. Four years later, its not uncommon to hear there must be an app for that. An *app* is a type of software that allows you to perform specific tasks. But an app is not just any old software program — it's a special type of software program. An app typically refers to software used on a smartphone or mobile device such as the Android, iPhone, BlackBerry or iPad, as in "mobile app" or "iphone app"

The phrase "Web app" or "online app" as an abbreviation for "Web application" or "online application" — means software that you access and use while online, via a browser, instead of software residing on your computer. When you open an *application*, it runs inside the operating system until you close it. Whether you are new to the app world or have recently switched devices, Rachel Lanter, extension intern, offers a few tips about downloading steps for Android and iPhone/iPad products.

Android

Open the Google Play store.

Type in the name of the app you want to download in the search bar at the top.

Tap the app you want to download from the list that appears. Now it will open up a page with more information about the app. From this screen you can read reviews of the app, see apps related to that one, and more details about that particular app.

Tap on the green button that says "Install" to purchase the app. Once you have purchased the app, it will start downloading. Once it is finished downloading, you can access it by clicking on its icon. Enjoy!

iPhone

Open the App Store.

Tap on the search icon and type in the name of the app you want to download.

Tap the app you want to download.

Now it will open up a page with more information about the app. From this screen you can read reviews of the app, see apps related to that one, and more details about that particular app.

Tap the box on the right near the top that includes a small plus sign in its top left corner and says "free" or a price (example: \$0.99).

Once you have purchased the app, you will exit the page. You will see the icon for it as it finishes downloading.

Once it is completely downloaded, press on the icon for the app, and enjoy!