

Walk Kansas

celebrate healthy living

Atchison County Extension
www.atchison.ksu.edu

K-STATE
Research and Extension

Newsletter #7 • 2015

In This Issue

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**Congratulation to this week's
Sneaky Sneaker winner:
Shelly Nelson**

**Atchison County Relay for Life
is June 5th.**

Coming Next Week

Maintain Your Strength

Sleep Matters

Point of Decision Prompts

Enjoy Heart-Healthy Avocados

Recipe: Bruschetta with Avocado Spread

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

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Walk Interval Style

No matter what your age or fitness level, you can benefit from interval-style walking and exercise. Interval-style is simply alternating short bursts of intense activity, such as brisk walking or jogging, with lighter activity. In fact, interval training can be better for overall health than slow, sustained exercise. Recent studies show that interval walkers may be better able to control their blood sugar than steady-paced walkers. This is helpful to the millions of people with Type 2 diabetes and pre-diabetes.

Daily activities follow a similar pattern of work, then rest. You can include interval training in your physical activity routine at many levels, and it doesn't require special equipment. The key is to start at a pace that is right for you and build from there.

If you prefer walking, you can add intervals by increasing your speed for 30 seconds to 2 minutes, and then returning to a moderate pace. You can also increase resistance by walking up hills or increasing the incline on the treadmill during the high-intensity intervals. Interval training can jazz up your activity routine and keep it interesting and fresh. The more vigorous the activity, the more calories you burn, which means interval-style activity aids in weight loss. Another benefit

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Walk Interval Style

continued from page 1

is improved cardiovascular fitness, which allows you to cover a specific distance in less time.

While most people can walk interval-style safely, it isn't appropriate for everyone. If you haven't been exercising regularly or you have a chronic health condition, check with your physician before adding interval training. As with any activity, you should begin with a 5-minute warm-up, such as walking at a slower pace and light stretching. Add just one or two intense activity bursts at first. Listen to cues your body gives you to avoid injuries and sore muscles. Challenge yourself as your stamina improves, and always include cool-down time and stretching at the end of any activity.

Exercise for Healthy Skin

The Walk Kansas newsletter routinely highlights how exercise benefits your heart and lungs, and how it helps manage stress and improves mental outlook. Exercise is also a key to healthy skin because it enhances circulation, which promotes healthy vibrant skin.

Blood carries oxygen and nutrients to all working cells in the body, including the skin. In addition, it helps carry away waste products. Because exercise relieves tension, stress-related skin conditions may actually improve.

A balanced diet also plays a major role in skin health. A simple approach for healthy skin is to eat more fruits and vegetables and drink more water. Foods

from all food groups contribute but these, in particular, promote healthy skin: avocados, green tea, tomatoes, salmon, eggs, walnuts, and beans.

If you exercise outdoors, wear sunscreen. Sunburns increase the risk of skin cancer and rapidly age your skin. If possible, avoid exercising outside between 10 a.m. and 4 p.m. when the sun's rays are strongest. During warm weather, wear moisture-wicking clothing to help keep your skin drier and cooler, and shower immediately after exercising. Take special care to keep your skin protected during exercise if you have skin conditions such as acne, rosacea, or psoriasis.

2014 Success Stories

Staff members at the KU Alumni Association formed teams and participated in the Walk Kansas program together. I think it improved our office morale and strengthened our relationships.

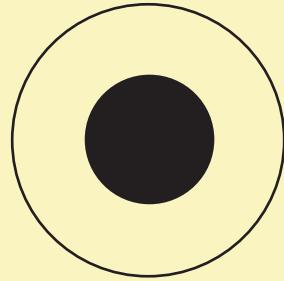
— Douglas County

I am serving more of a variety of fruits and vegetables to my family. Even my children are frequently choosing more healthy options for snacks. My children usually go with me when I walk.

— Wyandotte County

Make the Healthy Choice the Easy Choice Join the Petite Plate Club

Which black circle looks larger? They are actually the same size, although the circle on the right appears larger to most people.



This illustrates how the size of a plate can influence how much you eat. Research shows that people prefer a plate that is about 70 percent full, and will fill it to that amount regardless of the size.

So, join the petite plate club! Use smaller dishes and bowls every day and you will likely eat smaller portions.

Spotlight on Italian Cuisine

Italian cuisine follows the Mediterranean pattern of eating and is packed with healthful benefits. The focus is on simple, natural ingredients such as whole grains, tomatoes, garlic, olive oil, beans, dark leafy greens, fish, poultry, dairy, and red wine. True Italian dining means enjoying the experience of eating, including good conversation and relaxation. Leisurely dining does not lead to overeating for Italians. By eating slowly, the brain receives the signal to stop eating when full. It takes about 20 minutes for your brain to get this message.

Some of the health benefits of Italian cuisine have been lost in America. From cheese-laden pepperoni and stuffed-crust meat pizza to fettuccine Alfredo, Americans have promoted Italian foods that are anything but healthy. In addition, many people add bread baskets and enormous portions that tempt diners to eat more.

Italian-style food can be a healthy option when eating out if you plan ahead and follow these tips.

- Skip the bread or limit yourself to one piece. If you have a choice, ask for unbuttered Italian bread.
- Ask for salad dressing on the side and choose a low-fat option.

Italian Wonderpot

Makes 6 servings

This one-pot pasta dish is super easy and packed with flavor!

Ingredients:

- 4 cups low-sodium vegetable broth
- 2 tablespoons olive oil
- 1 28-ounce can diced tomatoes, low-sodium
- 2 medium onions, sliced
- 4 cloves garlic, sliced
- 2 teaspoons dried basil
- 2 teaspoons dried oregano
- ¼ to ½ teaspoon red pepper flakes, optional
- Ground black pepper, to taste
- 1 13.25-ounce box whole-grain spaghetti
- 6 ounces fresh spinach, chopped
- Parmesan or feta cheese for garnish

- Choose whole-grain pasta when available and avoid cream-based sauces such as Alfredo and carbonara.
- Order dishes that have cheese added to them only after they are made or ask for half the normal amount of cheese.
- If you know portions will be large, ask for a half-serving, or plan to take part of your meal home to enjoy later.
- Eat slowly and mindfully in the Italian way.

Italian-inspired food can be simple to prepare at home. The added benefit is that you control the ingredients and the portion size. This Italian Wonderpot is easy and quick to prepare. It can be served with meatballs or as a meatless dish.

Serving tip: Keep cooked meatballs in your freezer so they are ready to reheat when needed. The recipe below is served with Beef and Quinoa Meatballs from a 2013 Walk Kansas newsletter.



Directions:

1. Add 4 cups of vegetable broth to a large pot. Add canned tomatoes (undrained), olive oil, onion, garlic, basil, oregano, red pepper (optional), and ground black pepper. Stir ingredients; place a lid on top of the pot and heat on high until boiling.
2. Remove the lid and add the spaghetti, breaking it in half to make stirring easier. Reduce heat to medium.
3. Continue to cook over medium heat without a lid for 10 to 12 minutes or until the pasta is cooked and most of the liquid has been absorbed. Stir the pot every few minutes as it cooks. Add chopped spinach; stir and cook until spinach is wilted.
4. Serve garnished with parmesan or feta cheese.

Nutrition information per serving: 330 calories; 6 g fat; 63 g carbohydrates; 12 g protein; 13 g fiber; 160 mg sodium.

ABCDE
System of
Melanoma
Detection

A—Asymmetry
Moles that have asymmetrical appearance

B—Border
A mole that has blurry or jagged edges

C—Color
A mole that has more than one color

D—Diameter
Moles with a diameter larger than a pencil eraser (6mm or $\frac{1}{4}$ inch)

E—Evolution
A mole that has gone through sudden changes in size, shape, or color



WALK KANSAS

2015 WEEK 7

ATCHISON COUNTY NOTES & NEWS

Weekly Team Progress and Totals

Team	Wk 7 Miles	Total Miles	Wk 7 F/V	Total F/V
Are We There Yet?	80	490	152	891
At Last	59	412	94	377
Avengers	108	785	78	503
Ban Calories Not Books	42	278	26.5	695.5
Between a Walk & a Hard Place	110	605	185	1034
Bun Burners	312	750	140	514
County Cruisers	183	836	60	330
Dirt Road Trotters				
Farmerettes	92	596	170	1085
Fit Walkers	0	252	0	216
FitBit Fanatics	176	1014	136	627
Happy Feet	0	165	0	218
Healthcare Hustlers	102	611	89	547
K-State Extension Movers	49	291	44	241
K-State Extension Pacers	0	63	0	86
KAIR Radio	0	707	0	446
Keep On Movin' Soles	379	2351	180	1071
Lancaster Walkie Talkies	73	503	83	539
One Step at a Time	140	841	194	1067
Ruby Slippers	118	566	107	790
Six Pack of Buds	76	456	127	780
Sole Sisters	201	1268	190	1166
Team America	68	422	106	660
Team Mikon	82	466	91	359
Team Walka Walka	0	71	0	97
The Young and the Rest of Us	35	417	66	481
Walk to Glory	261	1504	160	979
Walka Walka Team	79	615	47	272
Walking Wonders	85	513	335	948
Witness the Fitness	0	409	0	750

Sunscreen Recommendations

The American Academy of Dermatology recommends everyone use sunscreen that offers the following:

- Broad-spectrum protection (protects against UVA and UVB rays).
- Sun Protection Factor (SPF) 30 or greater.
- Water resistance.

A sunscreen that offers the above helps to protect your skin from sunburn, early skin aging, and skin cancer. However, sunscreen alone cannot fully protect you. To protect your skin and find skin cancer early, dermatologists recommend the following:

HOW TO SELECT A SUNSCREEN

Choosing the right sunscreen can help reduce the risk of skin cancer and early skin aging caused by the sun.

SUNSCREEN IS AN IMPORTANT TOOL
in the fight against skin cancer, including melanoma, the deadliest form of skin cancer.

1 in 5 Americans will be diagnosed with skin cancer in their lifetime.

The American Academy of Dermatology recommends consumers choose a sunscreen which states on the label:

- **SPF 30 OR HIGHER**
- **BROAD SPECTRUM**
Means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause cancer.
- **WATER RESISTANT**
For up to 40 or 80 minutes. Sunscreen can no longer claim to be waterproof or sweatproof.

ONE OUNCE OF SUNSCREEN, enough to fill a shot glass, is considered the amount needed to cover the exposed areas of the body.

To learn more visit SpotSkinCancer.org

AAD 1938 AMERICAN ACADEMY OF DERMATOLOGY
SOCIETY FOR SKIN CANCER

- Generously apply a broad-spectrum, water-resistant sunscreen with a Sun Protection Factor (SPF) of at least 30 to all exposed skin. "Broad-spectrum" provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Re-apply approximately every two hours or as indicated on the label, even on cloudy days, and after swimming or sweating.
- Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, where possible.
- Seek shade when appropriate, remembering that the sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you are, seek shade.
- Use extra caution near water, snow and sand as they reflect the damaging rays of the sun, which can increase your chance of sunburn.
- Get vitamin D safely through a healthy diet that may include vitamin supplements. Don't seek the sun.

- Avoid tanning beds. Ultraviolet light from the sun and tanning beds can cause skin cancer and wrinkling. If you want to look tan, consider using a self-tanning product, but continue to use sunscreen with it.
- Check your birthday suit on your birthday. If you notice anything changing, growing, or bleeding on your skin, see a dermatologist. Skin cancer is very treatable when caught early.



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

Dear Kansas Walkers,

Many Walk Kansas teams are set to reach their Walk Kansas team goal. Congratulations. And turning to the front page of this week's state Walk Kansas newsletter, I would like to commend our local walking celebrities! Ida Taliferro, Virginia Foley and Carol Linter were members of the Farmerette Walk Kansas team last year. This cropped photo featured Cindy Ladd and Sally Ellerman enthusiastically walking as well and was photographed by Ray Ladd. A Walk Kansas photo contest is being held again this year. All Walk Kansas teams are encouraged to submit team or individual photos for fun and potential prizes. Details were included in your registration packet.

As the calendar changes to May, Walk Kansas will be formally winding down for 2015 on May 8. May is a month known for celebrating the wisdom of mothers and sharing advice with graduates. Chicago Tribune columnist, Mary Schmich, shared "Advice, like youth, probably is just wasted on the young" in 1997. Her essay column continued as the commencement speech she would give if she were asked to give one.

In the speech she insistently recommends the wearing of sunscreen, and dispenses other advice and warnings to help people live a happier, healthier life and avoid common frustrations. The column went viral on the internet and would inspire a song. She later explained that the initial inspiration for what advice to offer came from seeing a young woman sunbathing, and hoping that she was wearing sunscreen, unlike what she herself did at that age. ([Check out her inspiring message here.](#))

And I, too, Ladies and Gentlemen offer this advice some 18 years later to both high school graduates and Walk Kansas graduates—Always wear sunscreen—and remember to slather it on regularly. The American Academy of Dermatology says one in five Americans will be diagnosed with skin cancer in their lifetime.

Have a healthy walking week.
Diane Nielson,
County Extension Agent, Family and Consumer Sciences