

# Walk Kansas

*celebrate healthy living*

Atchison County Extension  
[www.atchison.ksu.edu](http://www.atchison.ksu.edu)

**K-STATE**  
Research and Extension

Newsletter #9 • 2015

## *In This Issue*

We Are Never Finished  
Make an Impact in Your  
Community  
Celebrating with Food and Fun  
Recipes for Little Bites

**Atchison County Relay for Life  
is June 5th.  
Building Better Bones 5/10K  
May 30, Jackson Park**

## *Coming Next Year*

Walk Kansas 2016  
March 20 – May 14 (tentative)

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

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## *Wellness: A Way of Being*

As we wrap up Walk Kansas 2015, I hope that a wellness life-  
style is becoming a way of being for you — a new normal. It is  
important to pause and celebrate what you have achieved over  
the past eight weeks. What motivated you to join Walk Kansas?  
Did you reach the goal you set for yourself? Were you working  
toward some type of reward or prize?

Last week, you were introduced to extrinsic (external) and intrinsic (internal) rewards. Extrinsic rewards are things like a T-shirt, water bottle, tote bag, etc. My wish for you is to know and value the intrinsic reward. These are things that money cannot buy and that no one else can give you. It is internal, not external. An intrinsic reward is a boost in your self-confidence, more energy, and feeling so good that it is worth continuing what you have done to get this far. The excitement of an extrinsic reward will quickly fade away, while the intrinsic reward is more powerful and will stay with you longer.

As we pause to celebrate Walk Kansas 2015, we invite you to share a success story and provide feedback for the program to make it even better in 2016. Please complete this *online evaluation* or request a paper survey from your local K-State Research and Extension office.



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## 2015 Success Story – We Are Never Finished

The following message was written by Kelly Dodson, captain of team CRRM (Coffeyville Resources Refining and Marketing) in the Wildcat District.

As we round the bend on our journey to good health and longevity, this is the point where you either keep going with your new healthy good habits or you fall back to your previous tendencies. While we may be viewing the end of the 2015 Walk Kansas program as our finish line, we are never really “finished”! Keep up the healthy eating and the exercise. Your body, your heart, and your brain will love you for it! Please encourage your family members to adopt the same healthy lifestyle you have. If you have small children, teaching them healthful eating habits and exercise habits as a routine will ensure that they continue that trend into their adult lives.

It is never too late! On a personal note, I will admit that for 37 of my 47 years on this planet, I’ve been more inclined to sit on my couch and watch TV, snacking, than I have to eat healthy and exercise. This year has been a turning point for me and this program helped me learn ways to keep myself motivated. If you would have told me a year ago that I would have lost 40 pounds and take part in a 5K, and actually run half of it, I would have said you were nuttier than a fruitcake. I completed a 5K last Saturday, and the elation and joy I am feeling at running almost half of it is overwhelming! I am ready for another 5K and will do my best to run the entire thing next time!

## Wellness: A Way of Being

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With more than 16,000 participants, Walk Kansas 2015 has been awesome. Please continue to use the resources provided at [www.walkkansas.org](http://www.walkkansas.org), including videos that show strengthening exercises, Instant Recess breaks, and healthy eating ideas. K-State Research and Extension videos that support Walk Kansas, as well as many other topics, are available at <https://www.youtube.com/user/KSREVideos>

Have a great summer and continue to walk tall and walk strong!

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

## Make the Healthy Choice the Easy Choice

## Make an Impact in Your Community



There are many ways you can get involved in making your community one that encourages healthful lifestyle choices. Here are a few ideas to consider that can have a positive impact in your community.

- Support local farmers markets and community gardens.
- Advocate for healthful food and beverage choices at concession stands, fundraising dinners, restaurants, grocery stores, and other public venues that sell food.
- When you participate in a potluck meal, take a healthful food dish and encourage others to do the same.
- Conduct a nutrition assessment of worksite vending machines. Share results with worksite administration and/or a worksite wellness coalition. Visit [www.nems-v.com](http://www.nems-v.com) for a vending machine assessment tool.
- Complete a walkability survey in your neighborhood to determine a walkability score and follow up, based on the results of your survey. Here is a tool you can use:  
[www.healthbydesignonline.org/documents/WalkabilitySurvey\\_HbD.pdf](http://www.healthbydesignonline.org/documents/WalkabilitySurvey_HbD.pdf)

## Celebrating With Food and Fun

While food and beverages are part of almost every celebration, they don't have to take center stage. Choose activities that will get people moving and enjoying being together. Plan ice-breakers if people don't already know each other and offer active games and activities.

As you plan food for a celebration, include healthful choices and make foods look festive. Fruits and vegetables will add the most color, and there are so many ways to serve them. Cut and arrange fresh produce attractively and offer a low-fat dip. Salsa is a party food staple. In addition to the traditional tomato-base type, try black bean and corn salsa and a fresh fruit variety. Serve with *pita crisps* that are simple to make and a healthful alternative to chips.

One of the best strategies for serving food at celebrations is to encourage smaller portions. Start by offering a smaller plate and a small cup for caloric

beverages. Water is a staple beverage for any meal or party. Make plain water festive by serving it in a punch bowl. Add fresh fruit or ice cubes frozen with fruit, or try one of these *flavored waters*.

To control portion size, serve food already divided into small portions or bites, rather than letting guests choose portion sizes. A smaller plate and small bites of food can encourage people to eat more slowly and follow hunger cues. This "little bite" strategy works especially well for dessert foods. A popular trend right now is to serve desserts in a small glass that includes several bites such as the mini dessert cups below.



## Recipes for Little Bites

**Frozen grapes.** Frozen grapes are delicious, simple to make, and a cool treat on a hot day. These little bites are low calorie, fat-free, and a super alternative for sweets. Purchase seedless grapes for freezing, including green, red, and black grapes. Remove stems from grapes, then wash and dry them. Place grapes on a baking sheet lined with wax paper and freeze. Once frozen, place them in a freezer bag and return to the freezer. This way, they will not clump together, and you can remove as many at one time as you wish.

**Chocolate dipped fruit.** Strawberries and bananas work well. For 1 small banana (peeled and cut into 1-inch chunks) or 3 large strawberries (washed and dried), use 2 tablespoons semisweet chocolate chips for dipping. Place chocolate chips in a small microwave-safe bowl and heat on high for 1 minute or until chocolate melts. Dip fruit in chocolate and enjoy!

**Tortilla Veggie Roll Ups.** Start with a 12-inch tortilla (flour, sun-dried tomato, or herb and spinach flavor). Spread with approximately  $\frac{1}{2}$  cup of hummus. Layer spinach leaves over the hummus and then place julienne cut cucumbers, red peppers, and green onions down the center of the tortilla. Roll up the tortilla and fillings, wrap with plastic wrap, and place in the refrigerator for about an hour. Remove from plastic, cut in 1-inch slices, and serve.

**Mini Dessert Cups.** This recipe makes two to four mini desserts, depending on the size of cup or glass you use. Place  $\frac{1}{4}$  cup graham cracker crumbs and 2 teaspoons honey in a small microwave safe bowl and heat for about 10 seconds. Stir to moisten the crumbs. Add a teaspoon of crumbs to the bottom of four small glasses (or 2 teaspoons in two glasses) and press down. Fill the glasses with fat-free flavored yogurt (Key Lime Pie was used in this photo), using a 6-ounce container of yogurt. Top with a small squirt of whipped cream and enjoy!

