

**K-STATE**  
Research and Extension

# Walk Kansas

celebrate healthy living

www.WalkKansas.org  
Newsletter 4 • 2016

## Boost Exercise with Intervals

People of all ages and fitness levels can benefit from interval training, which is simply alternating short bursts of intense activity with lighter activity. In fact, interval training can be better for overall health than slow, sustained exercise.

Life is like interval training. You work and then you rest, and so on. 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 level that is right for you and build from there. If walking is the activity you prefer, alternate with bursts of jogging, or brisk walking, depending on your fitness level. If walking on a treadmill, leave the speed the same, and increase the grade for short amounts of time — 30 seconds to 2 minutes — and back down again.

Interval training can jazz up your activity routine and keep it interesting and fresh. The more vigorous the activity, the more calories you burn, so it makes sense that interval training aids in weight loss. Another benefit is improved cardiovascular fitness, which will allow you to cover a specific distance in less time.

While most people can include interval training safely, it isn't appropriate for everyone. If you haven't been exercising regularly or have a chronic health condition, be sure to check with your physician before adding any type of 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 more as your stamina improves, and always include cool-down time at the end of any activity.

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## Coming Next Week

Exercise Benefits Your Brain  
Squats to Strengthen  
The Sweet Stuff  
Recipe: Strawberry Meringue

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**Kansas State University Agricultural Experiment Station and Cooperative Extension Service**

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# Warm Up, Cool Down

Have you been tempted to skip your warm-up before exercise? This is not a good idea, as warming up is an important part of your activity routine. This is what a warm-up before exercise will do for you:

- » Help you avoid a rapid increase in blood pressure by preparing your heart, gradually, for increased activity.
- » Movement will be less painful as a warm-up lubricates your joints.
- » Prepares your muscles for the additional workload to come by increasing blood flow.
- » Increases body temperature and reduces the potential for injuries to muscles and connective tissue.

- » Increases blood flow to muscles, and when more blood reaches muscles they receive more nutrients required for energy.
- » Promotes sweating, which is a good thing. Through sweating, your body cools itself and uses energy — burning more calories.
- » Warm-up time also prepares you mentally for exercise and can get you “pumped up!”

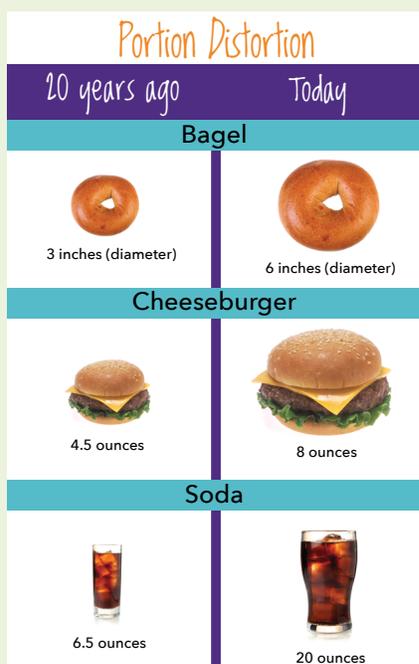
A cool-down time is equally important. Just as you warm up, gradually, you need to cool down. This keeps the blood flowing throughout your body and can prevent a sudden feeling of light-headedness that can occur when your heart rate and blood pressure drop rapidly.

The cool-down time takes your body through a  
*continued on page 3*

# Portions and Servings

Most people will eat whatever is put in front of them. Portion sizes in America’s restaurants have doubled or tripled over the last 20 years, and research shows that people unintentionally consume more calories when faced with larger portions. These larger portions have distorted what people think is normal, and it also affects how much people eat at home, contributing to the increase in obesity among children and adults.

This graphic shows how basic portion sizes have increased. Think about this. In one day, you could easily consume 1,600 more calories, just from larger portions, than if you had the same foods in typical amounts served 20 years ago.



Portions and servings are not the same. A “portion” is the amount of food you choose to put on your plate or to eat. It can be any size, you decide. A “serving” is a measured amount of food or drink, such as 1 cup (8 ounces) of milk. Many foods packaged or served as a single portion will contain multiple servings. The Nutrition Facts label on packaged foods will tell you the exact number of servings in the container, and the amounts listed for calories and nutrients are for one serving. If you eat the entire portion, you need to multiply the numbers on the label by the number of servings in the package.

A good way to keep portions in check is to follow the recommendations from MyPlate, [www.choosemyplate.gov](http://www.choosemyplate.gov). Make it simple — “half your plate” with fruits and vegetables, add protein and grains (whole grains preferred) on the other half. Beware of larger dinner plates, too. Plates were about 9 inches in diameter in the 1960s. The average dinner plate by the year 2000 was 11 inches. Drinking glasses and cups have also increased in size.

To some, a 3- to 4-ounce serving of meat will seem small at first. Try replacing that 8-ounce grilled steak with a flavorful kabob with meat and veggies. Make it fun and let everyone build their own kabobs! Serve with a multi-grain rice and Pineapple Pico de Gallo (recipe from the American Institute for Cancer Research).



*continued from "Warm Up"*

smooth transition from exercise to a state of rest. It is a time for your body temperature to cool down, and it is a good time to stretch because your muscles and joints are still warm. This will help prevent muscle cramping and stiffness.

After cardio or strengthening exercises, walk for about five minutes at a slower pace to slow your heart rate. Then do static stretching, where you

hold a stretch for up to 30 seconds. The stretch should be strong, but not painful. Do not bounce while you are stretching, and remember to keep breathing — exhale as you stretch and inhale while holding the stretch. An example of a good cool-down is provided on the [Walk Kansas website](#), in the Physical Activity/Exercise Basics section. The specific cool down video is [Post Workout Cool-Down](#).

## Kabobs on the Grill

Serves 4 (makes 8 kabobs)

### Marinade for Steak

- 1 tablespoon Dijon mustard
- 2 tablespoons fresh rosemary, stemmed
- 4 cloves garlic, minced
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons balsamic vinegar
- ¼ cup olive oil
- Salt and pepper (to taste)
- 1 pound sirloin steak, cut into 1-inch cubes

### Vegetables

- Bell peppers
- Onions
- Cherry tomatoes
- Zucchini squash
- Corn on the cob, husked, cut into ½ inch slices
- New potatoes, boiled just until cooked through
- Mushrooms

### Basting Vinaigrette for Vegetables

- ¼ cup olive oil
- 2 tablespoons balsamic vinegar
- Salt and pepper to taste

### Directions:

1. Whisk all ingredients for the steak marinade together. Toss the steak in the mixture until evenly coated. Cover and marinate in refrigerator for 2 hours.
2. If using bamboo skewers, soak them in water at least 1 hour before assembling kabobs to retard charring. Prepare vegetables by washing and cutting into bite-sized pieces.
3. Puree ingredients for the basting vinaigrette in a blender for 30 seconds.
4. Skewer kabobs with meat and veggies; baste veggies with vinaigrette.
5. Grill kabobs for about 10 to 15 minutes, rotating ¼ turn every 2 to 3 minutes.

Add some extra flavor with a [Pineapple Pico de Gallo](#) salsa! (American Institute for Cancer Research)



**Nutrition Information for 1 servings (2 kabobs):**  
240 calories  
20 g fat  
16 g carbohydrates  
3 g protein  
3 g fiber  
150 mg sodium



# ATCHISON 2016 WEEK 3

## COUNTY NOTES & NEWS

Current as  
of April 23

### Weekly Team Progress Totals

Team	Wk 3 Activity	Wk 3 Strength	Wk Total Miles	Cumulative Miles	Wk 3 F/V	Total F/V	Wk 3 Water	Total Water
AES Winged Walkers	54	150	64	225	48	156	40	134
Are We There Yet?	42	0	42	164	79	295	132	449
Bank of Atchison	47	40	50	184	36	155	144	589
Better Buns	90	360	116	299	40	179	263	840
Blue Sky Walkers	42	765	93	314	100	344	123	486
Bods Walking	259	906	319	932	132	587	313	845
Bun Burners	148	0	148	438	61	74	503	935
Chamber Chics & a Rooster	0	0	0	238	0	84	0	632
Connie Ellerman's Team	77	270	95	215	4	34	53	484
County Sloths	101	120	109	279	32	109	84	299
Ext Team Wildcats & Jayhawks	153	0	153	310	114	176	120	259
Fantastic Six	124	430	153	652	101	380	194	559
Farmerettes	133	0	133	359	234	606	0	10
Happy Feet	91	592	131	259	63	136	180	364
Hard-To-Ware-Us-Out	97	65	101	332			36	117
I Love Walk and Stroll	65	50	69	268	98	282	213	563
Masters of Miles	36	364	60	319	67	216	107	413
Move Your Feet, Keep the Beat	15	480	47	141	40	132	216	1221
Not Fast, But Fabulous	262	758	313	969	140	401	351	981

### Reporting Notes

- In reviewing the information prior to posting, it appears there may be errors. This includes the team, I am on! I will repost an updated report late on Monday. **Note:** Information for your team on the Walk Kansas website should be current and correct. Do let me know if this is not the case. Note numbers listed are as of April 23, this means team reporting on Monday/ Tuesday are not included in the chart.
- Teams are encouraged to report weekly or daily.
- T-shirts arrive late Thursday afternoon. each week.
- Explore the Walk Kansas website for great information.



# ATCHISON

2016 WEEK 3

## COUNTY NOTES & NEWS

### Weekly Team Progress Totals

Team	Wk 3 Activity	Wk 3 Strength	Wk Total Miles	Cumulative Miles	Wk 3 F/V	Total F/V	Wk 3 Water	Total Water
Pavement Princesses	115	150	125	382	22	82	113	341
Ridiculous Six	110	0	110	319	0	54	0	8
Sister Sister	0	2740	182	182	246	246	0	0
Sole Sisters Run	97	413	125	582	92	413	180	648
Soles Sisters Soar	150	435	179	572	135	468	211	731
Sole Sisters Strength	126	190	139	475	166	508	278	824
Sole Sisters Walk	56	395	82	394	33	149	83	755
Spring Steppers	93	22	95	213	179	349	117	117
Sunsetters	91	40	94	284	181	380	246	596
Team of Two	19	0	19	71	0	0	70	206
The Leftovers	0	1410	94	171	62	158	0	0
The Young and the Rest of Us	0	0	0	0	0	0	0	0
Tight Ends	31	10	32	182	10	202	43	549
USD 409	68	85	74	243	64	180	39	217
Walkee Talkees	0	0	0	181	0	109	0	51
Walking With the Stars	94	0	94	251	125	384	0	0
Walking Wonders	10	1220	91	265	128	345	3	7
Wishful Shrinking	168	180	180	555	3	16	8	54

### Tips If You Are Using the Website To Report

- When you add **minutes** in the purple box, **(activity)** it converts to miles and displays as miles.
- When you add **minutes** in the yellow box **(strength)**, it displays minutes, and it converts to miles in the red team total box.
- It also shows these miles in the purple box which is why you **should not enter the same minutes in two places**. They should be on the same conversion scale: **15 min = 1 mile**.
- Report vegetables in **cups**.
- Report water in **8 oz glass** amounts,
- Let us know if you have any problems reporting!!!

## Choices and Chances

From decades of cancer research, a simple yet powerful conclusion has emerged:

**The choices we make every day affect our chances of getting cancer.**

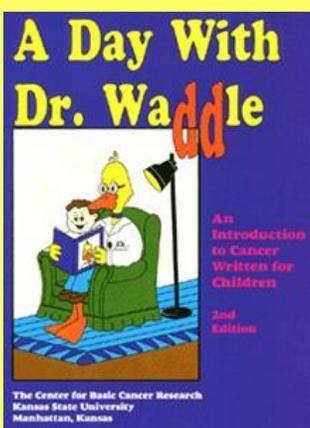
No single food or food component can protect you against cancer by itself. But strong evidence *does* show that **a diet filled with a variety of plant foods such as vegetables, fruits, whole grains and beans helps lower risk for many cancers.** Lab studies reveal many individual minerals, vitamins and phytochemicals demonstrate anti-cancer effects. Yet evidence suggests **it is the working together in the overall diet cancer protection.** That is why My Plate recommends filling at least 2/3 of your plate with vegetables, fruits, whole grains, and beans. In spite of advertising claims, drinking a nutrient supplement does not offer the same health benefits as eating plant-based foods. It often takes a child 21 times to taste a food before they discover they like it. Adults who missed food tasting experiences as a child, need to be patient. A new food ritual may take adults at least 21 tastings, too! **Focusing on filling up your 2/3 of your plate daily with plant based foods also offers the indirect benefit of helping to maintain a healthy weight.** Vegetables and fruits are low in calories. Whole grains and beans are rich in fiber and moderate in calories, which also help in weight management efforts. **Ongoing research indicates a healthy diet, maintaining a healthy weight and regular physical activity work together to prevent cancer risks.**



Lab studies reveal many individual demonstrate anti-cancer **synergy of compounds that offers the strongest** Plate recommends filling at fruits, whole grains, and taking a daily vitamin pill or not offer the same health ben-

## Johnson Cancer Center Resources

In addition to cancer research, the Johnson Cancer Center provides education and resources. Established in 1980, the Johnson Cancer Center is located 1 Chalmers Hall on the K-State campus in Manhattan. The **5K for The Fight** (<http://cancer.k-state.edu/newsevents/WalkKansas5K.html>) will start at the Center. Highlighted below are two outreach resources provided by the Center.

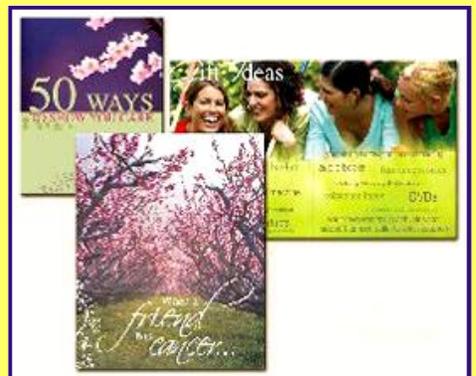


**Children's Resources** When cancer strikes in the family, at school, or in the neighborhood, children often harbor many questions and fears. The center's staff created this activity book to help adults explain cancer to kids. Filled with pictures to color and puzzles to solve, *A Day With Dr. Waddle* presents a friendly duck who happens to be a scientist and explains cancer in an informative, yet sensitive, manner. Spend a day with Dr. Waddle in his super-doooper research laboratory and learn about cancer, science and good health habits.

Cost is \$3 per book, which includes shipping within the U.S. A order form may be printed from the website. ([www.cancer.k-state.edu/outreach/waddle/](http://www.cancer.k-state.edu/outreach/waddle/)). If you have questions, please feel free to call the cancer research center at 785-532-6705.

**Caring Resources** It can be hard to know what to say or do when a friend has cancer. This booklet created by the Cancer Resource Network of Manhattan includes cancer survivors and nurses ideas on how to show you care. This resource provides suggestions for providing emotional support and practical help as well as gift ideas.

Contact **Marcia @ksu.edu** at the center to request a free copy,



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, sharing information on the web, or leading a workshop. You may 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. Last year over 7,000 Atchison County educational contacts were made. Whether you live in Atchison, on a farm or a community in between, we are here to provide answers to make life a little easier. Last year Extension professionals made over 7,000 educational contacts in our community. We are K-State University in your community partnering with YOU to make Atchison County a healthier place to live and work.



## **K-STATE** Research and Extension

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### **READY FOR A FIGHT—IT'S SCHEDULED MAY 7**

Kansans can proudly boast about being home to two major universities. On the sports field, simply declaring allegiance to the Jayhawks or the Wildcats can be fighting words. But off the field, the two Kansas Universities team up to fight cancer. Extension programs have benefited from both schools.

The University of Kansas Center for Cancer is a national leader when it comes to the fight against cancer. In addition to offering

quality care and treatment options, innovative research to seek cures is ongoing. Their website provides excellent resources for families seeking information. ([www.kucancercenter.org](http://www.kucancercenter.org)) Their campus is located in close proximity to Atchison County thus making it possible to attend one of the many support groups and educational programs offered by staff. Meanwhile at the state land grant university Kansas State University, Johnson Cancer Center researchers in 5 colleges are currently conducting cancer research. From nanoparticles and stem cells to antioxidants and drug discovery, faculty are conducting the basic and translational cancer research that leads to improved prevention, diagnostics and treatments, as well as training future scientists.

As members of Walk Kansas teams you are aware of the many benefits of exercise. But associate professor of exercise physiology Brad Behnke's research is showing promise related to using exercise as a form of treatment in the future. In partnership with medicines, personalized exercise programs would be designed to fight specific cancers by altering a tumor's oxygen environment

**A 5K For The Fight** in Manhattan will support the Johnson Center's work. This May 7 Walk Kansas event also includes a 1.5 Walk. Complete details found on the Walk Kansas website.

Enjoy your walk this week and join the fight against cancer! ~~ Diane Nielson, CEA