

Functional Fitness

Functional fitness exercises train your muscles to work together, and they simulate common movements you do in everyday life, such as carrying groceries, gardening, housework, daily chores, and playing games and sports with your children and grandchildren. Functional exercise training can also improve balance, flexibility, muscle strength, agility, and help reduce the risk of falls.

Functional exercises often require you to use muscles in your upper and lower body at the same time, which helps improve core stability and strength. A good example of a functional exercise is the squat, because it trains muscles you use to rise up and down from a chair or pick up objects from the floor. Here are three effective functional exercises to get you started.

1. Squats

This is one of the most beneficial exercises, particularly for your lower body. The movement simply mimics the motion to sit on a chair or low stool. It is important to perform this exercise correctly to prevent injuries, especially to your knees.

Your hips should guide your movement while doing a squat. Keep your knees stacked above your ankles and toes pointed straight ahead as you squat. As you do this exercise, push through your heels, squeeze your glutes and engage your core muscles.

These videos offer specific instructions for doing a standing squat and other versions of the exercise with weight. The instructors address common mistakes people make when doing this exercise as well as modifications to try if the movement is difficult for you.

[Standing Squat](#)
[Dumbbell Deadlift](#)
[Goblet Squat](#)

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www.WalkKansas.org

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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2. Lunges

Basically, a lunge is an exaggeration of a walking gait. It can be helpful to use some type of stick, such as a mop handle, for stability. Transfer the stability stick from one hand to the other between each step. From a standing position, take a large step forward, then bend the knees deeply to lower and raise the weight of your body. This video demonstrates the lunge.

[Walking Lunge](#)

3. Push Ups

You probably remember this classic exercise from gym class in school. As you do a push up, keep your elbows tight to the body and push yourself up without locking elbows at the top. Tighten your core muscles so your midsection is not sagging toward the ground.

If push ups on the floor are too difficult for you, start by pushing against a wall while standing, then

use a countertop, next a lower stable surface, and finally the floor. Push ups with a stability ball are another option, as demonstrated in these videos.

[Basic Push Ups \(with ball\)](#)

[Push Ups: The Next Level](#)

All of these videos and more can be found at www.walkkansas.org in the Physical Activity section, Exercise Basics and Strength Training pages.



Mediterranean-style Eating Pattern

Studies show that Mediterranean-style diets are remarkably connected with good health, which is the basis for including this eating pattern in the recently revised [Dietary Guidelines for Americans](#). Mediterranean eating patterns are associated with longevity and may decrease your risk for heart disease, stroke, type 2 diabetes, high blood pressure, obesity, and even Alzheimer's disease.

The Mediterranean-style diet is reflective of a way of eating that is traditional in countries that surround the Mediterranean Sea. The diet is rich in vegetables, fruits, nuts, beans and peas, whole grains, olive oil and fish. Instead of excess salt, Mediterranean-style foods are flavored with herbs. Sweets are enjoyed in small amounts.

Here are simple ideas for eating the Mediterranean way.

- » **Eat seafood twice a week.** Tuna, herring, salmon, and sardines are rich in omega-3 fatty acids. Shellfish have similar benefits for brain and heart health. When you eat meat, choose smaller amounts.

- » **Enjoy a vegetarian meal one night a week or more.** Include beans and legumes, whole grains, and vegetables flavored with herbs and spices.
- » **Choose healthy fats,** such as extra-virgin olive oil, avocados, nuts, sunflower seeds, olives, and peanuts.
- » **Pile on vegetables.** These are vitally important to Mediterranean-style eating. Start with a simple plate of sliced fresh tomatoes drizzled with olive oil and feta cheese. Enjoy salads, greens, soups and stews, healthful pizzas, and oven roasted veggies.
- » **Switch to whole grains.** They taste nuttier and have more fiber. Traditional Mediterranean grains include bulgur, barley, farro, brown rice, and products made with whole-grain flour.
- » **Make fruit your dessert.** Enjoy a wide range of delicious fresh fruits and pair with cheese or yogurt.

The Skinny on Dietary Fats

Fats in our diet can be found in both plant and animal foods. We need some fats in our diet because they provide essential fatty acids and vitamin E. However, not all fat is the same. The newly revised Dietary Guidelines for Americans recommend that we replace solid fats with oils.

Oils are part of a healthy eating pattern and include canola, corn, olive, peanut, safflower, soybean, and sunflower oils. Healthful oils are also naturally present in nuts, seeds, seafood, olives, and avocados. The recommendation for oils is approximately 5 to 6 teaspoons/day.

The type of fat to limit in your diet is anything that is solid or semisolid at room temperature. This includes all trans fats, such as shortening, and saturated fats. Coconut, palm kernel, and palm oil also fall into this category. They are called oils because they come from plants; however, they are considered solid fats for nutritional purposes.

For more information on fats and oils, go to <http://www.choosemyplate.gov/oils>

Greek-Style Scampi with Zoodles

“Zoodles” are zucchini that are spiral cut to look like noodles. This recipe includes whole grain pasta and zoodles. The dish can be gluten-free by increasing the amount of zoodles and omitting the pasta.

Serves 4

Ingredients:

6 ounces uncooked thin spaghetti pasta, whole grain
2 teaspoons olive oil, divided
½ cup chopped green bell pepper
½ cup chopped onion
2 teaspoons minced garlic
1 14.5-ounce can diced tomatoes
½ cup sliced mushrooms
1 small zucchini, spiral cut into zoodles
¼ cup sliced ripe olives
1 pound peeled and deveined shrimp
1 teaspoon dried oregano
1 tablespoon chopped fresh basil
⅛ teaspoon ground red pepper
⅛ teaspoon black pepper
6 tablespoons crumbled feta cheese



Nutrition Information for 1 serving:
340 calories
7 g fat
540 mg sodium
39 g carbohydrates
33 g protein
5 g fiber

Success from Walk Kansas 2016

I have been trying to do the yoga videos (at www.walkkansas.org) along with the strength ones on balance, about three times a week. It has made so much difference in my flexibility. When I planted garden, all the bending and stretching did not bother me. This past week, I [measured] the shot put at two different high school track meets. It requires bending over or squatting to read the tape measure many times. I felt it a little, but not as bad as if I had not been stretching! I hope I can keep this up, because it helps everything, my back too.

— Janice Hershberger, River Valley District (Clay County)



ATCHISON

2016 WEEK 6

COUNTY NOTES & NEWS

Weekly Team Progress Totals

Team	Wk 6 Activity	Wk 6 Strength	Total Miles	Cumulative Miles	Wk 6 F/V	Total F/V	Wk 6 Water	Total Water
AES Winged Walkers	33	210	47	414	23	290	21	229
Are We There Yet?	51	45	54	347	120	715	159	953
Bank of Atchison	50	0	50	349	46	291	124	943
Better Buns	35	0	35	608	24	270	72	1636
Blue Sky Walkers	20	440	49	552	90	661	102	845
Bods Walking	60	0	60	1780	242	1605	268	1696
Bun Burners	93	220	107	756	58	132	1632	2567
Chamber Chics & A Rooster	53	0	53	689	12	306	62	836
Connie Ellerman's Team	168	0	168	500	0	34	0	687
County Sloths	154	0	154	538	6	164	23	457
Ext Team Wildcats & Jayhawks	87	0	87	705	92	492	117	586
Fantastic Six	122	0	122	1065	80	693	266	1328
Farmerettes	87	0	87	690	192	1280	0	10
Happy Feet	19	47	22	590	19	311	26	766
Hard-To-Ware-Us-Out	72	0	72	616	0	0	34	246
I Love Walk and Stroll	192	90	198	733	124	747	187	1088
Masters of Miles	6	0	6	374	8	305	25	599
Move Your Feet, Keep the Beat	49	120	57	328	30	243	91	1697
Not Fast, But Fabulous	274	335	296	1865	221	894	671	2421

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,
- **Tell us** if you have any problems!!!



ATCHISON

2016 WEEK 6

COUNTY NOTES & NEWS

Weekly Team Progress Totals

Team	Wk 6 Activity	Wk 6 Strength	Total Miles	Cumulative Miles	Wk 6 F/V	Total F/V	Wk 6 Water	Total Water
Pavement Princesses	116	0	116	702	28	171	112	650
Sister Sister	2	2320	156	434	133	682	0	0
Sole Sisters Run	58	138	67	1036	59	870	122	1401
Soles Sisters Soar	174	285	193	1117	81	795	147	1301
Sole Sisters Strength	106	230	121	891	498	1350	286	1673
Sole Sisters Walk	22	0	22	662	0	208	0	1546
Spring Steppers	86	0	86	604	169	1194	144	747
Sunsetters	68	0	68	550	136	738	251	1452
Team of Two	3	0	3	103	0	0	0	375
The Leftovers	0	1235	82	506	0	261	0	0
The Ridiculous Six	0	0	0	508	0	54	0	8
The Young and the Rest of Us	0	0	0	14	0	0	0	0
Tight Ends	23	0	23	360	0	294	0	740
USD 409	46	20	47	487	55	418	53	536
Walkee Talkees	1	944	63	507	85	508	74	224
Walking With the Stars	83	0	83	512	106	742	0	0
Walking Wonders	4	1181	82	542	126	692	0	7
Wishful Shrinking	145	280	163	1026	0	16	6	71

Reporting Tips

- Report numbers are based on information reported by noon Tuesday.
- Let us know about any reporting errors so they can be corrected.
- Teams can report weekly or daily.
- If your team was unable to report this week, information can be updated next week.
- **This is catch up reporting week. If your team has unreported minutes from past weeks, simply call or email us the details. We can adjust your totals for you. (It's okay if you forgot!)**

Food Safety & Selection at Farmers Markets

The U.S. Department of Agriculture (USDA) estimates a million people visit a farmers' market weekly. The average supermarket produce travels about 2,000 miles to its destination, compared to 50 miles for farmers' market produce. That's



like traveling from Chicago to Los Angeles as compared to Atchison to Topeka. The farm fresh flavor is one of the appeals of shopping at the market.

Farmers markets offer a variety of fresh, locally-produced fruits, vegetables, bakery and meat products in a festive atmosphere. Get the most from your local farmers market purchases with the following information.

Food & Nutrition

Farmers' markets offer a colorful variety of fruits and vegetables—which provide vitamins, minerals and phytochemicals. Many phytochemicals help the body:

- Stay healthy and energetic
- Maintain a healthy weight
- Protect against the effects of aging
- Reduce the risk of 17 cancers and heart disease

Friendly Advice

Farmers' markets are a great place to shop and to get some exercise. Enjoy walking round the market. Have fun looking at all the produce. Got kids or grandkids? Take them along!

Be sure to take your own basket or canvas or net bags to carry home your colorful purchases.

Try these tips for market bags:

- Reusable bags are an eco-friendly alternative to plastic bags for carrying your food home from the farmer's market, grocery store or big box store. You can help prevent bacteria, yeasts and mold from growing on your bags and cross-contaminating your food by washing and storing the bags safely between each use.
- Wide woven baskets help prevent produce from piling on each other.
- Place heavier items at the bottom of the basket or bag.
- To avoid squishing your produce, consider shopping with several bags or baskets.

Shop early. The most popular items go first. Enjoy the cooler mornings for your market adventure. Avoid over-buying. Buy only what you'll eat when fresh or plan to preserve. Fresh produce is not stored properly can lose its valuable nutrition content.

Food Safety

Go directly home from the market. Avoid side trips. Foods will decline in quality and perishable foods like meats and eggs can pose food safety problems if left sitting in your car. Plan ahead, bring a cooler. Additional tips for handling food for best safety and quality include:

Different fruits and vegetables require different temperature and humidity levels for proper storage. Some foods that taste best stored at room temperature include: bananas, melons, onions, potatoes, sweet potatoes, tomatoes and winter squashes. Store them in a clean, dry, well-ventilated place, away from direct sunlight and away from areas where meat is prepared.

Some produce can be ripened on the counter and then stored in the refrigerator. Examples include: nectarines, peaches, pears and plums. Avoid leaving produce in a sealed plastic bag on your countertop. This slows ripening and may increase odors and decay from the accumulation of carbon dioxide and depletion of oxygen inside the bag.

Most other fresh fruits and vegetables keep best stored in a clean refrigerator at a temperature of 40°F or below. Use your refrigerator crisper drawer for whole



produce. Store fruits in a separate refrigerator crisper drawer from vegetables. Fruits give off ethylene gas which can shorten the storage life of vegetables. Some vegetables give off odors that can be absorbed by fruits and affect their quality.

Refrigerate fruits and vegetables in perforated plastic bags to help maintain moisture yet provide air flow. Unperforated plastic bags can lead to the growth of

mold or bacteria. If you don't have access to commercial, food-grade, perforated bags, use a sharp object to make several small holes in a food-grade plastic bag (about 20 holes per medium-size bag). *continued next page...*



Food Safety *continued*

If fruits and vegetables are placed on refrigerator shelves, store meats on pans or plates below the produce to prevent meat juices - which may contain harmful bacteria - from dripping on them.

Wash hands before working with produce. Wash produce thoroughly. Wash produce before you use it, NOT when you bring it home. Fresh produce has a natural protective coating that helps keep in moisture and freshness. Washing produce before storage causes it to spoil faster. Remove and discard outer leaves. Rinse under clean, running water just before preparing or eating. Don't use soap or detergent as it can get into produce and make you ill.

Rub briskly - scrubbing with a clean brush or hands - to clean the surface. Dry with a clean cloth or paper towel. Cut away bruised and damaged areas. Rinse fruits and vegetables even if they have a peel which will be removed (such as melons and citrus fruit). Bacteria on the outside of produce can be transferred to the inside when they are cut or peeled.



Founded in 1998, growers from the Atchison area provide fresh, locally produced vegetables and fruits at the market. Weekly, there is entertainment, including food demonstrations, musicians, and fundraisers sponsored by local non-profit organizations. The market also participates in the Kansas Senior Nutrition Program and doubles Vision card benefits up to \$50.

Hours: Wednesday 2:30 - 5:30 pm

Saturday - 8:00 am - 12:00 pm

Location: Main Street in Downtown between 5th & 6th streets.

Sign up for the market e-newsletter or meet local vendors at:

www.atchisonfarmersmarket.wordpress.com

Atchison County Extension Goes To The Market



This summer extension staff will return to the Farmer's Market. On the 2nd and 4th Wednesday afternoons from 3 to 5:30, the popular Vegetable Petting Zoo will be featured. First introduced by 2015 extension intern, Rachel Lanter, the zoo will feature activities for youth and those young at heart to discover fresh market produce.

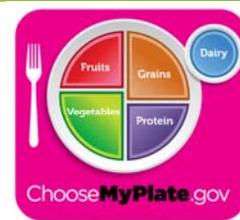
Matching seeds to vegetables, taste testings, veggie float tests and more promises to whet one's appetites to try veggies with a new appreciation of the flavor, aroma and color they provide.

Summer Feeding Program To Showcase Farmer's Market Family Activities

During summer months, lunches are served at the Atchison Middle School daily from 11:30-12:30. As part of the summer feeding program, lunches are free on-site for youth ages 1-18. Cost for a healthy MyPlate style meal for adults is \$3.50.

Atchison County Extension will be offering the Book in the Bag program on Thursdays from 11:40-1:00. The come-and-go sessions include reading a story, a stretching activity, making a healthy snack, and an art activity. Plus this year, kids will grow a garden to carry out our farmers market theme. And for moms, dads and interested adults, you are encouraged to join the fun with your kids or grandkids and pick up some nutrition tips, taste healthy recipes, learn more about farmers market offerings and other community food resource programs. Cost is free to those interested in celebrating healthy living. K-State intern, Mikaela Lehew, will head up the program. Volunteers are always welcome to assist with the popular kid-friendly activities.

Use MyPlate as your guide: **Eat the equivalent of 2 cups of fruits per day** (for a 2,000 calorie diet). Note this equivalent: 1/4 cup dried fruit = 1/2 cup fruit. **Eat the equivalent of 2 1/2 cups of vegetables per day** (for a 2,000 calorie diet). Note this equivalent: 2 cups raw leafy greens = 1 cup of vegetables.





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**Providing Knowledge For Life
It's What We Do**

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 Extension professionals made over 7,000 educational contacts in our community. 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. We are K-State University in your community partnering with YOU to make Atchison County a healthier place to live and work.

"FOR OPTIMUM HEALTH, SCIENTISTS SAY EAT A RAINBOW OF COLORS. YOUR PLATE SHOULD LOOK LIKE A BOX OF CRAYONS." – JANICE M. HOROWITZ

Give a kid a box of crayons and undoubtedly they grab  and the many shades in between. Kids love to brighten their world with a rainbow of colors.

MyPlate recommendations suggest we fill half of our plate with fruits and vegetables. Farmers' markets offer a great way to add a splash of color to your plate. Chances are the vendor farmers know a lot about the produce as they have watched it grow from seedlings to harvest. Many vendors offer recipes and cooking tips.

Did you know that just 16 cents of every dollar spent at the grocery store goes back to pay the farmer? Meanwhile, at farmers' markets, every dollar spent goes directly to support the farmer. Farmers' market produce can be more expensive, yet chances are those same farmers support local businesses in Atchison County. Every dollar earned when spent locally yields another six to nine dollars in our community as it is "spent again". Shopping locally pays big dividends to our community. Two Atchison County 4-Hers enrolled in the entrepreneurship project are learning about economics. They have named their business Two Hungry Lads and will be showcasing their 4-H cooking skills as a market vendor. **This week the first three people who send a "selfie picture at the market buying fruits and veggies" will win \$10 Atchison Farmers Market gift cards.** Email those selfies to AtchisonCoExt@ksu.edu

Reviewing total mileage for Atchison County teams, this week finds us just 800 miles short of circling the globe. This is cause for celebration of your healthy living lifestyle changes the past 7 weeks. Have a great final Walk Kansas week 8!

~Diane, Atchison County Extension Agent