

# Celebrate

## healthy living

2018 Week 2

### Check Your Posture

The benefits of good posture — whether you are sitting, standing, or walking — are numerous. With good walking posture you will be able to breathe easier, and you will find that you can walk farther and faster. Good posture when walking will also help you avoid back pain, and it will make you look longer, leaner, and more fit — what a bonus!

Posture is key to good walking technique. Start by standing up straight and avoid leaning backward or forward, except when on a hill. Keep your eyes forward and focused about 20 feet ahead of you so you can see your path. Your chin should be parallel to the ground. Walking with the head down is a common mistake and can be hard on your neck. Keep your shoulders slightly back and relaxed. Tighten your core muscles to help you keep good posture. Then, tuck in your behind and rotate your hip forward slightly to keep from arching your back.

Each time you come to a halt during your walk, do a posture check before you start again and resist the urge to engage with your cell/smart phone. This will cause you to look down and lose good posture without realizing it.

When walking, move your shoulders naturally and freely and avoid drawing your shoulders toward your ears. Swing your arms with each step, and bend arms at the elbow. This will help you burn more calories, increase your upper body strength, and it also helps to reduce swelling, tingling, and numbness of the fingers or hands. Pump your arms to increase your walking speed and to help you walk up hills.

Your stride should feel natural. Land on your heels and then roll forward to push off with your toes. After you walk leisurely for a few minutes to warm up, increase your pace until you are working at the intensity where you can just barely talk.

During any type of physical activity, watch for signs of overexertion. If you feel pain or pressure in your chest, abdomen, neck, jaw, or arms, stop exercising immediately and see your physician. Do the same if you experience nausea or vomiting, dizziness or fainting, extreme fatigue, excessive shortness of breath, or if your recovery from exercise is very slow. These are warning signs you should not ignore.

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### Coming next week:

How to Walk Faster  
Stretch Your Hip Flexor  
The Power of Purple  
Recipe: Berry Power Salad

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

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## A Great Catch for Health

Omega-3 fatty acids are essential nutrients that keep your heart and brain healthy. The 2015 Dietary Guidelines recommend eating at least 8 ounces of seafood each week to get these nutrients since the body do not produce omega-3 fatty acids. They are found in every kind of fish, and especially those high in fat, such as salmon, trout, sardines, herring, canned mackerel, canned light tuna, and oysters.

While cold water fish are the highest source of omega-3 fatty acids, other foods contain them as well in smaller amounts. These include foods such as walnuts and walnut oil, flaxseeds and flaxseed oil, pecans, canola oil, cod liver oil, soybeans, and most greens. Some foods are enriched with omega-3 fatty acids (and will be labeled as containing them) such as milk, cheese, yogurt, spreads, and grain products.

The benefits of including omega-3 fatty acids in your diet are many. They help maintain a healthy heart by lowering blood pressure and reducing the

risk of sudden death, abnormal heart rhythms, and strokes. They aid healthy brain function and infant development of vision and nerves during pregnancy. Studies show they may also decrease the risk of Alzheimer's disease, dementia, and diabetes and can be helpful in preventing inflammation and reducing the risk of arthritis.

Cooking fish is fast and easy, but it can be intimidating to cook because it is delicate and easy to overcook. The best way to prevent this is to use a food thermometer and cook fish to an internal temperature of 145°. The easiest way to prepare fish is to bake it. Season fish first, place it on a pan lined with parchment paper or foil and bake at 400°, about 8 minutes per inch of thickness. Another easy prep method is to pan-sear in a skillet with oil over medium-high heat.

Salmon is especially easy to prepare on a sheet pan with vegetables. Plan ahead for leftovers and bake extra salmon to top a salad the next day for lunch. (Spoiler alert — this would be great with next week's recipe!)

## Improving Flexibility

Flexibility relates to the range of motion of a joint, including how far it can be bent and how far the joint can be stretched. This range will be different for all joints. For example, you may have good shoulder flexibility and poor hip flexibility. Many people will experience limited or reduced range of motion at some point in their lives as a result of an injury, infection, swelling, inflammation, or disease (such as arthritis). Range of motion exercises can help with gentle stretching aimed to move each joint as far as possible in all directions.

Flexibility, like muscle strength, decreases with age. The good news is no matter your age, you can always improve flexibility. Stretching can help normal activities of daily living become easier. By improving your flexibility, you could reach items on a high shelf more easily or getting up and down from the floor could become easier.

As a reminder, stretches should be held for a minimum of 15 seconds (no bouncing), repeated at least twice, and should be done only when your muscles are warmed up. Stretching should not cause pain, but you should feel a slight pull and only slight discomfort. Remember to relax and breathe while you are stretching and do not hold your breath. Stretch both sides of your body equally and include stretches for your shoulders, arms, back, thighs, calves, hands, and neck. The goal is to achieve good flexibility, meaning you are able to stretch, bend, and twist without stiffness or pain.

This **Zipper Stretch** can improve shoulder flexibility. You will need a towel or scarf to do the stretch.

Stand or sit with a straight posture. Bring right hand holding a towel or scarf behind head, grabbing the towel or scarf with the left hand at the level of lower back and pulling with the left hand to stretch right tricep. Hold this position for 15 seconds. Relax. Now assume the same position, but this time pull up with the right hand to stretch the left arm. Hold for 15 seconds. Relax. Switch arms to repeat motions.



## 5K for the Fight!

Celebrate Cinco de Mayo with us! The 3rd annual Walk Kansas 5K for the Fight and 1.5 mile Fun Walk will be held on the beautiful K-State campus on Saturday, May 5. While the 5K is a timed event, going the distance at any pace or style is just fine. Finishing is all that counts!

The purpose of this event is to promote healthy lifestyle habits that aid in cancer prevention. All proceeds from the event will support the Johnson Cancer Research Center at K-State. This year, a fiesta-themed celebration will offer something for the entire family, including a 50-yard dash for the kids — even furry walkers are welcome. The Pride of Wildcat Marching Band will perform, and Sunny 102.5 will be onsite playing music. All participants receive a souvenir shirt and other goodies, as well as water and post-race healthful snacks. So plan to participate in the 5K or the Fun Walk and bring your kids.

More information is available at <http://cancer.k-state.edu/newsevents/WalkKansas5K.html>. To register, go to: <https://runsignup.com/Race/KS/Manhattan/WalkKansas5K>. The 5K event is \$25 and the Fun walk is \$20. Prices increase after April 24.



## Salmon and Spring Vegetables — Sheet Pan Style

*Makes 4 servings*

### Ingredients:

#### *Marinade*

- 3 tablespoons lemon juice
- 1 tablespoon soy sauce (reduced sodium)
- 1 tablespoon olive oil
- 1 tablespoon honey
- 2 cloves garlic, minced

#### *Salmon and Veggies*

- 2 salmon fillets (4 ounces each)
- ¼ pound asparagus, trimmed and halved
- 1 cup cherry tomatoes, halved
- ¼ pound small potatoes (tri-color, if available) cubed
- ¼ red pepper, cut into 1-inch piece
- ½ tablespoon olive oil
- Salt, pepper, lemon pepper seasoning, and dried dill to taste

### Directions:

1. Whisk together marinade ingredients.
2. Place asparagus and cherry tomatoes in a quart-size bag; add 2 tablespoons marinade. Place salmon in another quart-size bag; add remaining marinade. Seal bags and place in refrigerator for 30 minutes.
3. Preheat oven to 425°. Line a baking sheet with parchment paper or aluminum foil.
4. Place prepped potatoes and peppers onto baking sheet; add a dash of salt and sprinkle with lemon pepper seasoning (or black pepper.) Bake in preheated oven for 10 minute.
5. Remove pan from oven, stir potatoes/peppers and then add the remaining vegetables with marinade on top. Place salmon fillets next to vegetable mixture and season with lemon pepper and dill; then place pan back in oven for an additional 15 minutes, or until vegetables are tender and salmon reaches an internal temperature of 145°.



### Nutrition Information per serving:

- 370 calories
- 18g fat (3g saturated fat)
- 17g carbohydrates
- 28g protein
- 3g fiber
- 360 mg sodium



# ATCHISON 2018 WEEK 1

## COUNTY NOTES & NEWS

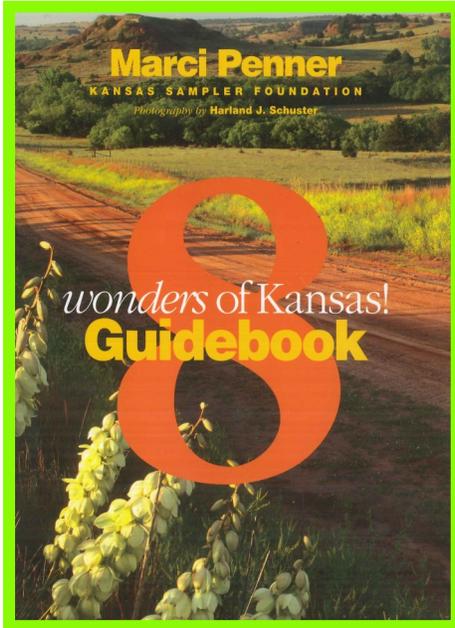
### Weekly Team Progress Totals

Team	Wk 1 Activity	Wk 1 Strength	Cumulative Miles	Wk 1 F/V	Total F/V	Wk 1 Water	Total Water
Atcorod1	22	0	22	35	35	80	80
Belly Acres	84	10	84	189	189	204	204
Busy Bees	31	4	31	19	19	267	267
Cruzin Kansas	107	18	107	131	131	305	305
Deer Creek Valley Walkers	67	13	67	77	77	166	166
Evaluators In Motion	197	16	197	60	60	74	74
Mister & The Sisters	67	0	67	0	0	0	0
Progress Rail Team 1	141	0	141	101	101	375	375
Progress Rail Team 2	62	2	62	28	28	113	113
Progress Rail Team 3	79	21	79	51	51	179	179
Scrambled Legs	89	0	89	87	87	38	38
Sister Sister Wonders	7	1	7	4	4	8	8
The Pacemakers	76	0	76	0	0	0	0
The Walking Read	25	2	25	48	48	64	64
Treas-tastics I	67	10	67	96	96	191	191
Treas-tastics II	82	3	82	29	29	186	186
Trixie's Troopers	83	9	83	28	28	50	50
Walkie Talkies	73	3	73	65	65	4	4
Walking Wonders	84	0	84	116	116	126	126
Wishful Shrinking	48	3	48	8	8	62	62

### Website & Reporting Tips

- When you add **minutes** in the purple box, (**activity**) it converts to miles and displays as miles. **15 min = 1 mile.**
- **Strength Training** this year (Yellow box) is logged as **days**, you will mark whether or not you completed it for the day.
- Report fruits/vegetables in **cups.**
- Report water in **8 oz glass** amounts.
- Report numbers are based on information reported by noon Tuesday.
- Teams can log weekly or daily.
- If your team was unable to report this week, information can be updated next week.

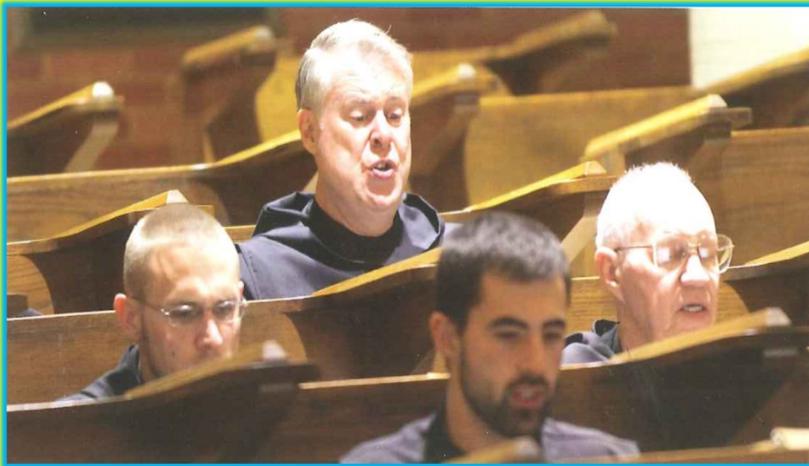
## More About The 8 Wonders of Kansas Guidebook



The 8 Wonders of Kansas contest series was organized by the Kansas Sampler Foundation to inspire awareness of the beauty and value to be discovered in Kansas by traveling across our state. In addition to the 8 overall Wonders of Kansas, you will discover with your team Walk Kansas journey, there are 216 finalist wonders in 8 categories. These categories include architecture, art, commerce, cuisine, customs, geography, history and people. **To celebrate the kickoff of Walk Kansas, this week's weekly random drawing will receive an 8 Wonders of Kansas Guidebook. We congratulate Progress Rail Team 2 member Audrey Denton!**

Guidebooks can also be purchased online at [www.kansassampler.org](http://www.kansassampler.org).

### This week's Travel Guide highlights 8 Wonders of Kansas a local customs



**of Kansas finalist– Reciting and Chanting the Psalms by the Benedictine Monks.** This ritual is performed at St. Benedict's Abbey 4 times a day, 7 days a week. According to the Wonders of Kansas Guidebook, "Since 1857 the monks have practiced this form of prayer known as the Liturgy of

the Hours. The liturgy combines reciting and musical chanting of the Psalms. The monks' prayer joins unaccompanied and organ-accompanied singing in unison. The public may participate with the monks in vespers at the St. Benedict's Abbey Church (1020 N Third) at Benedictine College. Weekday vesper times are 6:45 p.m.; Saturday 5:35 p.m.; Sunday 5:05 p.m. The College was established in 1858 as one of the first secondary schools in the new state of Kansas. The campus offers picturesque scenery for a Walk Kansas walk.



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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.

Kansas Walkers,

Last week you started your “walking” journey to discover our state. Currently we have twenty-two Walk Kansas teams. As you log your Walk Kansas effort, take a moment to check out the online leader board. Not only will you see the Atchison County teams but you will be able view the progress of teams across the state. Nearly 10,000 fellow Kansans are joining you on this journey. That is something to celebrate. Walk Kansas is designed to celebrate healthy living by taking healthy steps each week. Warning after 8 weeks, we hope you have acquired a few new healthy habits to last a lifetime. Each of us joined Walk Kansas at a different level of fitness. Likewise, some already drank plenty of water each day; others may have been consuming 4 or 5 cups of fruits and vegetables each day. Logging your healthy living numbers each day will allow you to see your progress and assist you to make small changes. Small lifestyle changes can pay huge health benefits.

April 4 is the American Heart Association sponsored **National Walking Day**. On this day, Americans are encouraged to lace up their sneakers and take time out of their day to get up and walk. Research shows that by walking at least 30 minutes a day you can reduce the risk of heart disease, stroke and type 2 diabetes as well as improve your physical and mental well-being. Thirty minutes a day, five times a week, is an easy goal to remember. You’ll experience benefits even if you divide your time into two or three segments of 10 to 15 minutes per day. Think of your heart as a muscle, and you will understand why it important to strive for **vigorous activity** during your daily 30 minutes.



So, grab your sneakers, lace up and get moving toward a healthier heart!

Diane Nielson, Atchison County Extension Agent