

# Celebrate

## healthy living

2018 Week 8

### How Long Does it Take to Lose Fitness?

Congratulations on completing Walk Kansas! If you have been walking or doing some other type of aerobic activity, and adding strengthening and/or stretching exercises at least twice a week, you probably have noticed that many of your daily activities are easier, that you have more stamina and endurance, and you feel stronger.

So, what happens if you hit the “pause” button on your daily activity? It depends. Most participants in this program likely fall into the category of a recreational exerciser and it would take 2 to 4 weeks of inactivity before you see real change in your fitness level.

If you stop exercising, the first change you will notice is a decline in your aerobic fitness. You’ll notice that you get out of breath more quickly when climbing stairs or walking longer distances. While cardio conditioning falls faster than strength, it is easier to regain. It is also important to remember that taking time off from exercise once in a while can be a good thing, and a good exercise routine includes rest days.

The effect of inactivity on your muscle strength and endurance will be slight during the first few weeks. After that, your muscles will not feel as firm and you will notice a decline in muscle strength. The effect inactivity has on your waistline is based on input and output. When you exercise, you burn more calories. If you stop being active, you will need to reduce calories to avoid weight gain.

Other factors play a role in how quickly you lose health benefits after you stop exercising. When comparing adults who were either 20 to 30 years old or 65 to 75 years old, the older adults lost fitness gains almost twice as fast as the younger set. The good news is that if you have fallen out of your routine, you can regain fitness and health benefits simply by being active again!

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### Coming next year:

Walk Kansas 2019 —  
March 17 to May 11

[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.

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## Fitness, continued

The Walk Kansas program is designed to be a catalyst for change — to nudge you to be more active for at least 8 weeks. Hopefully, you have experienced how much better you feel when you are more active every day. This feeling of improved health is called “intrinsic” motivation. Because you feel better, you are motivated to continue a more active lifestyle. Your motivation to be active is internal (how you feel) rather than external (motivated by prizes or things). Internal motivation is much more powerful, and the lifestyle changes you make as a result will last longer.

As always, we welcome your thoughts and suggestions on how we can make Walk Kansas better. Please complete this [online](#) survey or ask your local extension office for a paper version to provide your responses. We are already planning for 2019, and your timely response is important to us. Also, if you did the flexibility and walking tests before Walk Kansas (as described in the Activity Guide), please do those same tests again so you can compare the pre and post results.

Have a wonderful summer — be active and be well!

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

## Health Quest Credit for Walk Kansas

If you have the state employee health plan (SEHP) benefits, you are eligible to receive Health Quest rewards for participating in Walk Kansas. This program is considered a “Wellness Challenge” and worth four Health Quest credits. Please provide the requested information [here](#) before June 12.

Please contact Sharolyn Jackson, [sharolyn@ksu.edu](mailto:sharolyn@ksu.edu), 785-532-2273, if you have any questions.

## Make Water Your Beverage of Choice

Water is considered the best beverage of choice because it is easy to acquire, relatively inexpensive, and it is free of calories. It is a natural thirst quencher and so good for our bodies!

Water helps to regulate a normal body temperature, lubricate and cushion joints, it protects the spinal cord and other sensitive tissues, and it helps our bodies get rid of waste through urination, perspiration, and bowel movements. Here are some tips to help you make water your go-to beverage.

Acquire a taste for water. The more often you choose water over other beverages, the better it will taste. Think of sweet beverages as “candy drinks” and enjoy them occasionally. Know that when you choose water over sugar-sweetened soda, you are saving about 240 calories per/20 ounces of soda. Not all water tastes the same, either, so try water from different sources and at different temperatures. Water that has been infused with fruits or vegetables and herbs is so refreshing. Try some of these combinations on the second page of [this past Walk Kansas newsletter](#).

Always order water with your meal and drink before you eat. Your mind doesn’t always know whether you are hungry or just need a drink of water. Drinking a moderate amount of water before a meal or snack may suppress your appetite. In fact, studies show that water drinkers ate 75 to 90 fewer calories per meal.

Create a morning “water” ritual. Fill a water bottle and take it with you so you start your day drinking water. Wash the water bottle daily with soap and water and let it air dry. If you don’t have a sink handy at work, store the water bottle in a refrigerator at the end of the day so germs won’t grow overnight. Water bottles should be sanitized once a week with a solution of 1 teaspoon bleach in a quart of water.

Know the signs of dehydration. Your body loses water every day. When the amount of water lost is greater than the amount of water you take in through drinking and eating, your body becomes out of balance — a condition called dehydration. Thirst is not the most reliable gauge of your body’s need for water. The color of your urine is a better indicator. Clear or light-colored urine is a sign you are well hydrated. Dark yellow or amber color is a sign of dehydration. Other signs include headaches, tiredness, dry mouth, dry skin, constipation, and feeling lightheaded.

Animals can also experience dehydration. When you walk your dog, take extra water along so your pet can have a drink, too. Excessive panting, slowed pace, sunken and dry eyes, and dry mouth, gums, and nose are signs your dog may be dehydrated.

## Is the DASH Diet Right for You?

The DASH (Dietary Approaches to Stop Hypertension) eating plan is typically recommended for people with hypertension. In reality, it is a healthy plan that is designed for the entire family. In addition to being a low salt (low sodium) plan, the DASH diet is rich in fruits and vegetables, and low-fat or non-fat dairy, with whole grains. It is a high fiber, low-to-moderate fat eating plan, rich in potassium, calcium, and magnesium.

For the eighth year in a row, US News & World Report has ranked the DASH diet as the best diet. A panel of experts (physicians) chose DASH because it is proven to improve health, has a balance of healthful food groups, and it works. Positive outcomes from following the DASH diet include lower blood pressure and cholesterol, and an

association with a lower risk of several types of cancer, heart disease, stroke, heart failure, kidney stones, and reduced risk of developing diabetes. It can also slow the progression of kidney disease and is now associated with reduced risk of depression.

Resources on the DASH eating plan are available on a variety of places online. Here is a good overview: <https://www.nhlbi.nih.gov/health-topics/dash-eating-plan>.



## Refrigerator Pickles

Makes 4 cups brine, 14 pickle spears

Try this brine with other vegetables as well, such as bell pepper slices, onion slices, asparagus spears, or carrot sticks.

You can also make a Giardiniera, which means "gardener" in Italian. It is a mixture of pickled vegetables, such as onions, carrots, cauliflower, zucchini, and celery plus fresh herbs such as basil, oregano, and thyme. For the Giardiniera, use red wine vinegar in place of white vinegar.

### Ingredients for the brine:

- 1½ cups distilled white vinegar
- 4 teaspoons sugar
- 4 teaspoons salt
- 2 cups water
- 8 cloves garlic, sliced
- 2 tablespoons coriander seeds
- 1 tablespoon black peppercorns
- 2 teaspoons mustard seeds
- Pinch of red pepper flakes

### Ingredients for the pickles:

- ½ medium cucumber (8 inches), cut crosswise into rounds or lengthwise into 6 wedges
- 2 small zucchini (6 to 8 inches), but cut lengthwise into quarters
- 6 sprigs fresh dill
- (You can use only cucumber if you prefer)

### Directions:

1. Shake vinegar, sugar, and salt for the brine in a sealed 1-quart container, like a jar, until sugar and salt dissolve. Add water, garlic, coriander seeds, peppercorns, mustard seeds, and pepper flakes.
2. Divide most of the brine among smaller jars. Place cucumber, zucchini, and dill in jars and top off with remaining brine; close tightly with lids and refrigerate 1 day to develop flavor. Pickles will keep in the refrigerator up to 1 week.
3. **Note: These "quick" pickles are not preserved and must be refrigerated to avoid food-borne illness.**

### Nutrition Information for 3 pickle wedges:

11 calories; 0 g fat (0 g saturated fat, 0 trans fat); 2 g carbohydrates; 1 g protein; 1 g fiber; 36 mg sodium

Compare one serving of these refrigerator pickles (36 mg sodium) to a serving of regular dill pickles at 785 mg of sodium.





# ATCHISON 2018 WEEK 8

## COUNTY NOTES & NEWS

### Weekly Team Progress Totals

Team	Wk 8 Activity	Total Miles	Wk 8 Strength	Total Strength	Wk 8 F/V	Total F/V	Wk 8 Water	Total Water
Atcorod1	12	94	0	0	21	167	56	464
Belly Acres	12	311	0	11	27	600	34	959
Busy Bees	122	654	0	14	135	693	984	3230
Cruzin Kansas	124	966	13	121	105	965	280	2396
Deer Creek Valley Walkers	56	500	11	60	5	144	18	592
Evaluators In Motion	133	979	6	66	49	376	119	815
Mister & The Sisters	117	678	0	0	0	0	0	0
Progress Rail Team 1	168	788	2	20	82	523	378	2667
Progress Rail Team 2	95	394	5	18	48	219	256	1048
Progress Rail Team 3	32	738	0	92	0	293	0	991
Scrambled Legs	70	597	0	0	92	715	42	329
Sister Sister Wonders	0	98	0	1	0	118	0	8
Team Dare To Be You	27	302	1	11	37	233	54	348
The Pacemakers	116	707	0	0	0	0	0	0
The Ramblers	38	540	2	32	67	660	97	893
The Walking Read	12	213	0	22	3	322	3	442
Treas-tastics I	0	227	0	14	0	350	0	791
Treas-tastics II	39	392	0	4	27	218	124	1005
Trixie's Troopers	43	476	14	62	0	28	0	133
Walkie Talkies	61	607	0	20	49	571	0	80
Walking Wonders	0	571	0	0	0	829	0	784
Wishful Shrinking	164	869	14	96	39	314	221	1289

### 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.

The most **difficult** thing  
is the **decision** to **act**, the  
**rest** is merely **tenacity**.

- *Amelia Earhart*



Atchison's favorite daughter, Amelia Earhart is listed as one of 8 wonders of Kansas under the People category. Her feats of being the first aviatrix to fly solo across the Atlantic and setting many aviator records are reasons that she is celebrated around the world 121 years after her birth. Likewise, Lewis & Clark's visit to pre-Atchison and the Kanza Indian reproduction hut score on the 8 wonders list under history. Knowing an international celebrity like Amelia, it is easy to forget about personal challenges. A read of Amelia's life allows us to discover that she faced many obstacles but maintained a positive outlook on life and belief in her ability to overcome the odds.

The word tenacity seems to best capture the spirit of Amelia, Lewis & Clark, Kanza Indians and even today's Walk Kansas teams. Persistence, determination, perseverance, staying power, endurance, stamina and even stubbornness are all synonyms. Yet, somehow just saying tenacity seems to bring on a fit of fun to the journey to healthy living. While Walk Kansas 2018 wraps up this week, I do hope the Walk Kansas team support continues. Likewise, your "weekly perseverance" to make small weekly changes has resulted in big wins for your health! Congratulations.

Several persons have commented that the daily logging while at times annoying has helped to walk, drink water and consume more fruits and veggies. You will continue to be able to log onto the Walk Kansas site this summer and monitor your progress. It is also possible to begin a new trail challenge.

Walk Kansas has become a spring tradition in our community. I would encourage you to complete the online survey link [kstate.qualtrics.com/jfe/form/SV\\_1Ba8xJRMPH9czP](https://kstate.qualtrics.com/jfe/form/SV_1Ba8xJRMPH9czP) to help plan for an even better 2019 Walk Kansas. Meanwhile, for those eligible Health Quest points be sure to complete that link as well. If you have questions about either survey, don't hesitate to give me a call! Have a healthy summer!

Diane



# K-STATE

Research and Extension

## K-State Research & Extension

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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

**Kansas Wonders to explore in Atchison County this summer. Each destination offers plenty of opportunities to add some activity to the day and be inspired! Happy Trails, See you next year!**  
Diane

