

Walk Kansas

celebrate healthy living

K-STATE
Research and Extension

Newsletter #7 • 2015

In This Issue

Exercise for Healthy Skin
Join the Petite Plate Club
Spotlight on Italian Cuisine
Recipe: Italian Wonderpot

Coming Next Week

Maintain Your Strength
Sleep Matters
Point of Decision Prompts
Enjoy Heart-Healthy Avocados
Recipe: Bruschetta with Avocado Spread

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.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer.

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact the Director of Institutional Equity, Kansas State University, 103 Edwards Hall, Manhattan, KS 66506-0124, (Phone) 785-532-6220; (TTY) 785-532-4807.

Walk Interval Style

No matter what your age or fitness level, you can benefit from interval-style walking and exercise. Interval-style is simply alternating short bursts of intense activity, such as brisk walking or jogging, with lighter activity. In fact, interval training can be better for overall health than slow, sustained exercise. Recent studies show that interval walkers may be better able to control their blood sugar than steady-paced walkers. This is helpful to the millions of people with Type 2 diabetes and pre-diabetes.

Daily activities follow a similar pattern of work, then rest. 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 pace that is right for you and build from there.

If you prefer walking, you can add intervals by increasing your speed for 30 seconds to 2 minutes, and then returning to a moderate pace. You can also increase resistance by walking up hills or increasing the incline on the treadmill during the high-intensity intervals. Interval training can jazz up your activity routine and keep it interesting and fresh. The more vigorous the activity, the more calories you burn, which means interval-style activity aids in weight loss. Another benefit



continued on page 2

Walk Interval-Style

continued from page 1

is improved cardiovascular fitness, which allows you to cover a specific distance in less time.

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

2014 Success Stories

Staff members at the KU Alumni Association formed teams and participated in the Walk Kansas program together. I think it improved our office morale and strengthened our relationships.

— Douglas County

I am serving more of a variety of fruits and vegetables to my family. Even my children are frequently choosing more healthy options for snacks. My children usually go with me when I walk.

— Wyandotte County

Exercise for Healthy Skin

The Walk Kansas newsletter routinely highlights how exercise benefits your heart and lungs, and how it helps manage stress and improves mental outlook. Exercise is also a key to healthy skin because it enhances circulation, which promotes healthy vibrant skin.

Blood carries oxygen and nutrients to all working cells in the body, including the skin. In addition, it helps carry away waste products. Because exercise relieves tension, stress-related skin conditions may actually improve.

A balanced diet also plays a major role in skin health. A simple approach for healthy skin is to eat more fruits and vegetables and drink more water. Foods

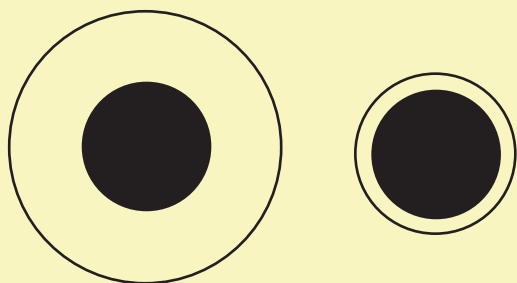
from all food groups contribute but these, in particular, promote healthy skin: avocados, green tea, tomatoes, salmon, eggs, walnuts, and beans.

If you exercise outdoors, wear sunscreen. Sunburns increase the risk of skin cancer and rapidly age your skin. If possible, avoid exercising outside between 10 a.m. and 4 p.m. when the sun's rays are strongest. During warm weather, wear moisture-wicking clothing to help keep your skin drier and cooler, and shower immediately after exercising. Take special care to keep your skin protected during exercise if you have skin conditions such as acne, rosacea, or psoriasis.

Make the Healthy Choice the Easy Choice

Join the Petite Plate Club

Which black circle looks larger? They are actually the same size, although the circle on the right appears larger to most people.



This illustrates how the size of a plate can influence how much you eat. Research shows that people prefer a plate that is about 70 percent full, and will fill it to that amount regardless of the size.

So, join the petite plate club! Use smaller dishes and bowls every day and you will likely eat smaller portions.

Spotlight on Italian Cuisine

Italian cuisine follows the Mediterranean pattern of eating and is packed with healthful benefits. The focus is on simple, natural ingredients such as whole grains, tomatoes, garlic, olive oil, beans, dark leafy greens, fish, poultry, dairy, and red wine. True Italian dining means enjoying the experience of eating, including good conversation and relaxation. Leisurely dining does not lead to overeating for Italians. By eating slowly, the brain receives the signal to stop eating when full. It takes about 20 minutes for your brain to get this message.

Some of the health benefits of Italian cuisine have been lost in America. From cheese-laden pepperoni and stuffed-crust meat pizza to fettuccine Alfredo, Americans have promoted Italian foods that are anything but healthy. In addition, many people add bread baskets and enormous portions that tempt diners to eat more.

Italian-style food can be a healthy option when eating out if you plan ahead and follow these tips.

- Skip the bread or limit yourself to one piece. If you have a choice, ask for unbuttered Italian bread.
- Ask for salad dressing on the side and choose a low-fat option.

- Choose whole-grain pasta when available and avoid cream-based sauces such as Alfredo and carbonara.
- Order dishes that have cheese added to them only after they are made or ask for half the normal amount of cheese.
- If you know portions will be large, ask for a half-serving, or plan to take part of your meal home to enjoy later.
- Eat slowly and mindfully in the Italian way.

Italian-inspired food can be simple to prepare at home. The added benefit is that you control the ingredients and the portion size. This Italian Wonderpot is easy and quick to prepare. It can be served with meatballs or as a meatless dish.

Serving tip: Keep cooked meatballs in your freezer so they are ready to reheat when needed. The recipe below is served with Beef and Quinoa Meatballs from a 2013 Walk Kansas newsletter.

Italian Wonderpot

Makes 6 servings

This one-pot pasta dish is super easy and packed with flavor!

Ingredients:

- 4 cups low-sodium vegetable broth
- 2 tablespoons olive oil
- 1 28-ounce can diced tomatoes, low-sodium
- 2 medium onions, sliced
- 4 cloves garlic, sliced
- 2 teaspoons dried basil
- 2 teaspoons dried oregano
- ¼ to ½ teaspoon red pepper flakes, optional
- Ground black pepper, to taste
- 1 13.25-ounce box whole-grain spaghetti
- 6 ounces fresh spinach, chopped
- Parmesan or feta cheese for garnish

Directions:

1. Add 4 cups of vegetable broth to a large pot. Add canned tomatoes (undrained), olive oil, onion, garlic, basil, oregano, red pepper (optional), and ground black pepper. Stir ingredients; place a lid on top of the pot and heat on high until boiling.
2. Remove the lid and add the spaghetti, breaking it in half to make stirring easier. Reduce heat to medium.
3. Continue to cook over medium heat without a lid for 10 to 12 minutes or until the pasta is cooked and most of the liquid has been absorbed. Stir the pot every few minutes as it cooks. Add chopped spinach; stir and cook until spinach is wilted.
4. Serve garnished with parmesan or feta cheese.



Nutrition information per serving: 330 calories; 6 g fat; 63 g carbohydrates; 12 g protein; 13 g fiber; 160 mg sodium.