

**K-STATE**  
Research and Extension

# Walk Kansas

*celebrate healthy living*

www.WalkKansas.org  
Newsletter 8 • 2016

## Exercise to Prevent and Manage Diabetes

Regular physical activity plays a key role in managing diabetes. It can also help you prevent or delay the onset of diabetes. Proper meal management is also essential, along with taking medications as prescribed, and managing stress effectively.

Why is physical activity so important? Your cells become more sensitive to insulin when you are active, which allows insulin to work more effectively. Also, during exercise, your cells remove glucose from the blood using a mechanism totally separate from insulin.

The bottom line is that exercising consistently can lower blood glucose and improve your A1C, which could reduce the amount of medication needed to manage your diabetes.

Lifestyle habits are also powerful in preventing diabetes. The number of Americans with diagnosed diabetes has increased four-fold since 1980 — a trend we have the ability to change.

Here are key tips for preventing diabetes.

**Maintain a healthy weight.** One of the leading risk factors for type 2 diabetes is obesity. If you are overweight, dropping just 5 to 10 percent of your weight cuts your risk of developing diabetes in half.

**Eat plenty of fruits and veggies.** Studies show that eating a variety of fruits and

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## Coming Next Week

Celebrate Success!

Summer Safety

Walk Kansas 2017

Recipe: Corn and Quinoa Salad with Chicken

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vegetables may cut your diabetes risk by as much as 22 percent.

**Avoid sugary beverages.** Replace sweet drinks, such as soda or fruit juice, with water, tea, and other non-sugary options.

**Get moving.** Regular physical activity can help you achieve and maintain a healthy weight and cut your diabetes risk.

**Reduce TV time.** There is a correlation between the amount of time spent watching television and diabetes risk. The assumption is that people who watch TV are not physically active and are likely consuming unhealthy snacks as well.

## Photo Challenge Deadline Extended

We are seeking inspirational photos from amateur photographers that capture the spirit of Walk Kansas. Photos will be used to promote Walk Kansas, displayed on the website, and featured on social media. The photographer must be a Walk Kansas participant, and photos can show kids, families (including pets), and/or adults being physically active, supporting Walk Kansas goals, or include a motivational message.

Photos will be accepted through June 17. Each photographer that submits a selected photo will receive a Walk Kansas SportTek shirt of their choice. More information is available at <http://www.walkkansas.org/doc/wkphoto.pdf>

## Exercise with Weights: How Much?

During the first several months of strength training, you will notice the most rapid changes. You may find it is easier to climb stairs, carry groceries, perform gardening activities, etc. Also, it is normal to have more energy at the end of a hectic day. These are welcome changes and to keep things moving in the right direction you will need to challenge yourself when the exercises you are doing become easy.

The best way to continue getting the best results from strength training is to stay in Level 4 on this Exercise Intensity Scale.

Exercise Intensity	Description of Effort
1	Very Easy: Too easy to be noticed, like lifting a pencil.
2	Easy: Can be felt but is not fatiguing, like carrying a book.
3	Moderate: Fatiguing only if prolonged — like carrying a full handbag that seems heavier as the day goes on.
4	Hard: More than moderate at first, and becoming difficult by the time you complete four or five repetitions. You make the effort 10 times in good form, but need to rest afterwards.
5	Extremely Hard: Requires all your strength, like lifting a piece of heavy furniture that you can only lift once, if at all.

When to add more weight:

If you can do more than 10 or 12 repetitions with the current amount of weight, it is time to increase the intensity of your workout by adding weight.

When to scale back:

If you are challenged to complete 10 repetitions with good form, or are not feeling well from illness or soreness, you should decrease the intensity by decreasing weight.

When it is just right:

If you are challenged by the amount of weight and can maintain the integrity of the movements (practicing good form), you are using a “just right” weight. Continue at this level until the weight seems easier and then move to the next level of weight.

## Choose Whole Grains

Whole-grain foods are essential for good health. They provide energy, help promote digestive health, and reduce the risk of developing a number of diseases such as heart disease, type 2 diabetes, obesity, and some forms of cancer. Whole-grain foods are also more satisfying. They have great texture and taste, provide a feeling of fullness, and have staying power. You won't feel hungry as quickly.

While health benefits from whole grains are known, only 10 percent of Americans eat the recommended minimum of three servings a day.

Why? One reason is that it is hard to tell which foods are whole grain. Packages of grain products might say "multigrain," "100% wheat," "stone ground," and these sound healthy, but they are not whole grains. Check the ingredient list to be sure. The first item listed is the ingredient highest in quantity by weight. Look for the word "whole" in front of a grain, such as "whole wheat." If the list starts with "wheat flour," it is not a whole grain.

Another reason Americans avoid whole grains is they have the perception that whole grains just don't taste good or they don't like the texture. With the variety of whole grain products available today, it is

likely there are some that will satisfy your taste buds. Common whole grains include brown rice, oatmeal, popcorn, whole wheat, and wild rice. Expand your whole-grain choices with quinoa, whole-grain barley, whole-grain corn or cornmeal, whole rye, and others.

One easy way to add whole grain is to replace half the flour in a recipe with whole-wheat flour. Give white whole-wheat flour a try. White wheat is lighter in color and has a sweeter, milder, and somewhat nutty flavor. It has the same nutritional benefits as traditional whole wheat. White whole-wheat flour is available in most grocery stores. Another way to lighten up a whole wheat product is to use whole-wheat pastry flour in any recipe that is not leavened by yeast, so this works well for many baked items such as quick breads and cookies.

Another way to ease into more whole grains is to mix whole-grain pasta and rice with the traditional variety.

If you have celiac disease, gluten intolerance, and/or wheat allergies, you can still enjoy whole grains. Gluten-free grains include quinoa, oats, rice, corn, buckwheat, sorghum, wild rice, amaranth, and millet.

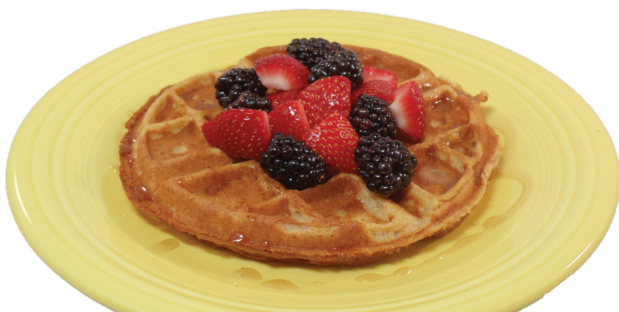
## Whole-Grain Waffles

*This recipe lists two types of whole-wheat flour; however, you may use 1½ cups of either whole-wheat pastry flour or white whole-wheat flour*

*Makes 4 Belgian-style (deep-pocket) 7-inch waffles*

### Ingredients:

¾ cup whole-wheat pastry flour  
¾ cup white whole-wheat flour  
2 teaspoons baking powder  
¼ teaspoon baking soda  
½ teaspoon cinnamon  
½ teaspoon salt  
2 tablespoons sugar  
1 large egg  
1½ cups lukewarm fat-free milk  
⅓ cup vegetable oil (or melted butter)



### Instructions:

1. Preheat your waffle iron while you make the batter.
2. In a medium-sized bowl, whisk together both types of flour, baking powder, baking soda, cinnamon, salt, and sugar.
3. In a separate bowl, whisk together the egg, milk, and oil.
4. Add wet ingredients to dry ingredients, stirring just until combined. The batter will be a bit lumpy.
5. Cook the waffles as directed in the instructions that came with your waffle iron.
6. Top each waffle with sliced fresh fruit and drizzle a small amount of maple syrup before serving.

### Nutrition Information for 1 waffle:

390 calories  
20 g fat  
42 g carbohydrates  
10 g protein  
5 g fiber  
630 mg sodium