

K-STATE
Research and Extension

Walk Kansas

celebrate healthy living

www.WalkKansas.org
Newsletter 1 • 2016

Spring Tune Up for Your Health

Welcome to Walk Kansas 2016! Many of you have told us that the start of Walk Kansas is a welcome sign of spring. We are kicking off a little later than usual this year, due to our new online system for registration and reporting. We appreciate your patience as everyone involved is learning!

I've been asked many times "why are you involved with Walk Kansas?" The simple answer is "I feel better when I move more — you will too." Physical inactivity has emerged as a significant public health threat. According to the Partnership to Fight Chronic Disease: If Americans were to stop smoking, exercise regularly, and eat well, they could prevent up to 80 percent of heart disease and stroke, 80 percent of type 2 diabetes, and 40 percent of cancers. This is powerful! By practicing healthy lifestyle habits, you will also feel better, have a better attitude, be more productive, and enjoy life more.

Most of us engage in the tradition of spring cleaning and organizing, so why not "tune-up" your health at the same time? Stock your refrigerator and cupboards with healthful food for snacks and meals, and find a prominent place to stash your walking shoes and gear so you are ready to go at any time. Schedule time for exercise on your calendar so it becomes a regular part of your day.

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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As you begin your Walk Kansas journey, please be mindful of the types of activity that you count toward Walk Kansas minutes. It's not about making every activity or movement you already do count. We are measuring moderate and vigorous activity that is done for at least 10 consecutive minutes OR steps that you take after you have reached 6,000 in one day. You can also count minutes when you do strengthening exercises. For more guidance on what to count, refer to the Walk Tall, Walk Strong guide in your packet.

You will receive a weekly newsletter and resources throughout the program. Check walkkansas.org for information and use the online system to chat with your team and learn about local events that are part of Walk Kansas. "Like" and follow us on Facebook, Twitter, and Pinterest.

Now, let's get moving — have a great Walk Kansas!

Sharolyn Flaming Jackson

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State Walk Kansas Coordinator

5K For the Fight!

K-State Research and Extension and the Johnson Cancer Research Center will host the first 5K for the Fight and 1.5-mile Fun Walk on the beautiful K-State Manhattan campus on May 7, 2016. All proceeds will be donated to cancer research at the center.

We are excited for this perfect partnership. Exercise, nutrition, and maintaining a healthy weight all reduce cancer risk, and Walk Kansas has helped thousands of people reach fitness goals over the years. Come run or walk to support your health AND K-State cancer research!



More information is available at walkkansas.org/5K.html. To register, go to: runsignup.com/Race/KS/Manhattan/WalkKansas5k or contact sharolyn@ksu.edu for a registration form.

I Feel Pain – What Did I Do Wrong?

It is perfectly normal to feel sore after exercise; however, aches and pains should be minor. Muscles go through stress when you exercise, and small microscopic tears occur in the muscle. This damage, along with inflammation, causes the discomfort. The gradually increasing soreness you often feel 24 to 48 hours later is called delayed onset muscle soreness (DOMS) and is a natural outcome of any physical activity.

Your muscles should burn a little when walking, and you should feel a bit sore a few days after doing strengthening exercises. You know you've done too much if soreness prevents you from performing daily activities or if excessive soreness lasts three days or more after exercise. Too much soreness can discourage you from continuing exercise. Here are some tips to promote recovery after exercise and keep muscle soreness in check.

Hydrate. Water is the best way to hydrate during and after exercise and during recovery. The easiest way to tell if you are dehydrated is by the color of your urine. It should be light yellow or clear within a couple of hours after exercise. If it is dark yellow, you need more hydration.

Fuel. After exercise, have a snack containing carbohydrates and protein. Good choices include yogurt and almonds, peanut butter with a banana, rice cakes, or whole-wheat pretzels. Eating the right foods after exercise will improve your energy level and help with recovery.

Circulation. A light activity, such as an easy bike ride, light stretching, or slower walking, will stimulate blood flow and help you cool down after activity. Better circulation will improve the speed of your recovery.

Compression. A massage or use of a foam roller can help move inflammatory fluids out of muscles and help with sore or tight spots from worked muscles.

Rest. Normal muscle soreness will peak about 48 hours after exercise, and should be much better by the third day. This is why a rest day between strengthening exercises is recommended. If you want to do strengthening on consecutive days, alternate upper body exercise one day and lower body the next. Just don't work the same muscle group two days in a row.

Guidelines for Healthful Eating – What's New?

The USDA released new guidelines for healthful eating in January 2016, and you will learn more about these each week. Dietary Guidelines for Americans can be summed up by these points:

1. Follow a healthy eating pattern throughout your life. All food and beverage choices matter.
2. Focus on variety, nutrient density, and amount.
3. Limit calories from added sugars, saturated fats, and reduce sodium.
4. Shift to healthier food and beverage choices.
5. Support healthy eating patterns for all.

There are many ways you can eat healthfully, and your cultural and personal preferences can be met. All recipes provided will meet guidelines for nutrient density, meaning that significant nutrition is provided along with calories consumed.

New beginning for eggs

The egg has long been a symbol of new beginnings. They are celebrating a new chapter as the revised Dietary Guidelines lifted the limit on dietary cholesterol. For most people, the cholesterol they eat doesn't significantly raise blood cholesterol. Saturated fat seems to be the problem.

People often think of eggs as breakfast food, but egg dishes can be a one-pot entrée for any meal during the day.

Potato, Pepper, and Cherry Tomato Frittata

A hearty egg dish that is easier to cook than an omelet.

Makes 4 servings

Ingredients:

4 large eggs
4 large egg whites
1 tablespoon olive oil
1 medium red potato, cut into ¼ inch slices
1 ½ cups halved cherry or grape tomatoes
½ cup diced green bell pepper
½ cup diced onion
½ cup diced mushrooms
¼ teaspoon dried basil
¼ teaspoon dried oregano
Salt and pepper to taste
Optional: marinara sauce or hot sauce

Directions:

1. In a mixing bowl, whisk together eggs and egg whites, set aside.
2. Heat a non-stick skillet over medium-high heat; add the olive oil and swirl to coat the surface. Add potato slices and saute for 6 minutes, turning slices occasionally, until tender but not too soft. Transfer potatoes to a plate.
3. Add the bell pepper, onion, tomatoes, and mushrooms to the skillet. Saute for 4 minutes, stirring frequently, until vegetables are tender.
4. Pour the beaten eggs over the vegetables in the skillet. Set the heat to low. Arrange potatoes over the eggs in a circle. Season with salt, pepper, basil, and oregano.
5. Cover and cook over low heat until the eggs are just set, about 3 to 5 minutes.
6. Gently slide the frittata onto a serving dish, cut into 4 pieces. Serve hot with marinara or hot sauce, if desired.



Nutrition Information per serving:

201 calories
10 g fat
17g carbohydrates
12 g protein
3 g fiber
290 mg sodium.

Recipe reprinted with permission from the American Institute for Cancer Research, www.aicr.org