

**K-STATE**  
Research and Extension

# Walk Kansas

*celebrate healthy living*

[www.WalkKansas.org](http://www.WalkKansas.org)  
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## You've Got Heart

Every 43 seconds, someone in the United States has a heart attack, and someone in the U.S. dies from a heart disease-related event each minute, according to the Centers for Disease Control and Prevention (CDC).

Heart disease remains the leading cause of premature death for both men and women. The good news is you can lower your risk for heart disease and heart attack by living a healthy lifestyle — eating a healthy diet, maintaining a healthy weight, getting regular exercise, not smoking, and limiting use of alcohol.

So, how does exercise help your heart? The heart is a muscle, and just like other muscles in your body, it gets stronger and healthier if you lead an active life. Aerobic exercise provides the most benefit for your heart. Over time, this type of regular activity can help decrease your heart rate and blood pressure, and improve your breathing. Aerobic exercise is any activity that causes you to breathe harder and gets your heart to beat faster. Not only does it strengthen your heart and lungs, it trains your cardiovascular system to manage and deliver oxygen more effectively throughout your body.

Aerobic activity is what you log for Walk Kansas — working at a level of intensity where you can just barely talk for a minimum of 10 consecutive minutes. As you become more physically fit,

you will find that you can walk the same distance in less time. Each week, challenge yourself a bit more. Walk a little further and a little longer, as health benefits increase with more exercise. Try a different walking route or add a slight incline on your treadmill. Add a new activity to keep things interesting. Just keep moving a little more or a little harder each week!



## In This Issue

You've Got Heart  
Stayin' Alive  
The Salty Six  
Recipe: Healthy Homemade Pizza

## Coming Next Week

Add Intervals  
Warm Up, Cool Down  
Portions, Servings — How Much?  
Kabobs on the Grill

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## Stayin' Alive

You can help save the life of someone who is having a heart attack. Most people who experience cardiac arrest in their home, workplace, or a public location die because they don't receive immediate cardiopulmonary resuscitation (CPR). This is unfortunate, because receiving CPR can more than double a person's chances of survival.

Guidelines for CPR have changed in recent years. The American Heart Association recommends Hands-Only CPR. If you see a teen or adult suddenly collapse, call 911 first. Be specific in stating your location, especially if you are calling from a mobile phone. Next, push hard and fast in the center of the victim's chest to the beat of the classic disco song "Stayin' Alive," which has the right beat for Hands-Only CPR. Watch this [video](#) to see CPR in action.

## Success from Walk Kansas 2015

After a few years of decreasing physical activity, at 62 I was a complete example of "use it or lose it." I had lost it . . . this became apparent on a visit to family 5 weeks before Walk Kansas started. While younger, everyone else was far more able to walk and take advantage of fun than I was. After getting giant blisters trying to keep up, I came home and started walking on my treadmill. The Walk Kansas program came along at about the point where I began to think that I had "lost it" forever. Thanks to the Walk Kansas program, the commitment I made encouraged (forced) me to walk another 8 weeks. At the end of the program, I am no slimmer and no younger, but I am stronger, firmer, more motivated, and the ongoing lower back issues that I have experienced for years have improved, due to strengthened back muscles. Thanks, Southwind Extension District and Walk Kansas.

## The Salty Six

High blood pressure is often the culprit when someone has a heart event. Your genetics can play a role in high blood pressure and heart disease, and your environment and lifestyle can increase the risk. Most of the time, too much salt or sodium in the diet is a factor.

The dietary guidelines recommend limiting sodium to less than 2,300 mg per day, and only one in 10 Americans actually meets this goal. It is hard to know where sodium is in food because only about 10 percent of it comes from the salt shaker. About 80 percent of the sodium in most people's diet is from processed foods.

The American Heart Association has identified "The Salty Six" popular foods that can add high levels of sodium to your diet. They include: bread and rolls; cold cuts and cured meats; pizza; poultry; canned soup; and sandwiches. High sodium foods won't always taste salty. Ketchup is high in sodium and certainly doesn't taste salty.

Here are tips to reduce sodium:

1. Dial down your salt tooth. It is amazing how trainable your taste buds can be. If you cut back on salty foods for a little while, you actually stop wanting them.
2. Read and compare food labels. Know what you are buying and eating. Track your sodium for several weeks just to get an idea of how much you are getting right now and where you can cut back.
3. Choose "no salt added" or "reduced sodium" products. Make more things from scratch, such as salad dressings, sauces, and soups.
4. Rinse canned vegetables. This can reduce sodium by up to 40 percent.
5. Experiment with herbs and spices for flavor. Tingle your tongue by using lemon juice or balsamic vinegar instead of adding salt.
6. Eliminate or reduce salt in recipes for entrees, salads, and side dishes.



# Make your pizza more healthful!

Pizza doesn't have to be on the "Salty Six" list. By making your own at home, you can significantly reduce the sodium and boost fiber by using whole wheat flour. Try white whole wheat flour for a tasty crust, or use half all purpose and half whole wheat flour. Add dried herbs for extra flavor in the crust.

If you compare one slice of this homemade veggie pizza to a similar size slice of take-out pizza with similar toppings, this recipe reduces sodium by half and triples the fiber while calories remain about the same. A slice of supreme topping take-out pizza will boost sodium to 950 mg/slice. Here's the shocker — the same size slice with all meat toppings will contain 720 calories and 1650 mg of sodium — per slice!

## Pizza – Make it Healthful

### **Crust — (Makes 2 pizza crusts)**

1 package pizza yeast  
1 cup water (120°F)  
2 teaspoons brown sugar  
2 tablespoons olive oil  
3 cups white whole wheat flour, or half white/half whole wheat flour  
Cornmeal

### **Sauce (Makes 2½ cups)**

1 28-ounce can whole or diced tomatoes  
6 to 8 garlic cloves, roughly chopped  
2 teaspoons balsamic vinegar  
1 teaspoon olive oil  
Black or cayenne pepper, to taste  
½ teaspoon salt, optional

### **Toppings**

Thinly sliced/chopped vegetables — bell peppers, onion, mushrooms, fresh spinach  
Fresh or dried herbs — basil, oregano, red pepper flakes, or prepared pizza seasoning  
1 cup mozzarella cheese

### **Directions:**

1. In a large bowl, dissolve the yeast and brown sugar in the warm water; let sit for about 10 minutes.
2. Stir in oil and flour; turn onto lightly floured surface and knead until mixture forms a ball easily (about 5 minutes). Place dough in a small, greased bowl; cover and let rise in a warm place for 10 to 15 minutes.
3. Preheat oven to 425°F. Divide dough into two parts. If you are only making one pizza, wrap the second crust in waxed paper and then heavy duty foil and freeze for future use.
4. While the pizza dough is rising, make the sauce. Place all ingredients in a blender or food processor and puree. For a more concentrated sauce, drain some juice from the tomatoes before adding other ingredients. No cooking required for this sauce, which makes enough for at least 5 pizzas. Spoon unused sauce into muffin tins, freeze until solid, transfer sauce cubes into a freezer bag and freeze for up to 3 months.
5. Roll the dough out to desired thickness and place on pizza pan or stone dusted lightly with cornmeal. Turn over the outside edge of the dough.
6. Spread ½ cup sauce over pizza (adjust amount to your preference); add herbs and/or pizza seasoning; add toppings and sprinkle cheese on top.
7. Bake at 425°F for 15 to 17 minutes or until cheese/crust have turned golden brown.



**Nutrition Information per slice — 8 slices per pizza**  
240 calories  
7 g fat  
33 g carbohydrates  
10 g protein  
6 g fiber  
290 mg sodium