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Walk Kansas

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www.WalkKansas.org
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Boost Exercise with Intervals

People of all ages and fitness levels can benefit from interval training, which is simply alternating short bursts of intense activity with lighter activity. In fact, interval training can be better for overall health than slow, sustained exercise.

Life is like interval training. You work and then you rest, and so on. 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 level that is right for you and build from there. If walking is the activity you prefer, alternate with bursts of jogging, or brisk walking, depending on your fitness level. If walking on a treadmill, leave the speed the same, and increase the grade for short amounts of time — 30 seconds to 2 minutes — and back down again.

Interval training can jazz up your activity routine and keep it interesting and fresh. The more vigorous the activity, the more calories you burn, so it makes sense that interval training aids in weight loss. Another benefit is improved cardiovascular fitness, which will allow you to cover a specific distance in less time.

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

In This Issue

Add Intervals
Warm Up, Cool Down
Portions and Servings
Kabobs on the Grill

Coming Next Week

Exercise Benefits Your Brain
Squats to Strengthen
The Sweet Stuff
Recipe: Strawberry Meringue

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Warm Up, Cool Down

Have you been tempted to skip your warm-up before exercise? This is not a good idea, as warming up is an important part of your activity routine. This is what a warm-up before exercise will do for you:

- » Help you avoid a rapid increase in blood pressure by preparing your heart, gradually, for increased activity.
- » Movement will be less painful as a warm-up lubricates your joints.
- » Prepares your muscles for the additional workload to come by increasing blood flow.
- » Increases body temperature and reduces the potential for injuries to muscles and connective tissue.

- » Increases blood flow to muscles, and when more blood reaches muscles they receive more nutrients required for energy.
- » Promotes sweating, which is a good thing. Through sweating, your body cools itself and uses energy — burning more calories.
- » Warm-up time also prepares you mentally for exercise and can get you “pumped up!”

A cool-down time is equally important. Just as you warm up, gradually, you need to cool down. This keeps the blood flowing throughout your body and can prevent a sudden feeling of light-headedness that can occur when your heart rate and blood pressure drop rapidly.

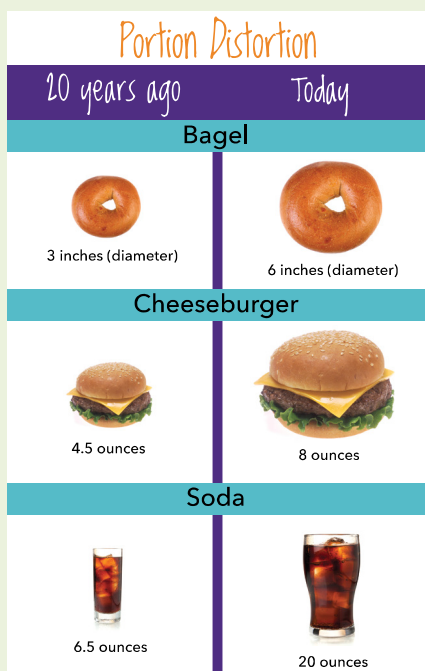
The cool-down time takes your body through a

continued on page 3

Portions and Servings

Most people will eat whatever is put in front of them. Portion sizes in America's restaurants have doubled or tripled over the last 20 years, and research shows that people unintentionally consume more calories when faced with larger portions. These larger portions have distorted what people think is normal, and it also affects how much people eat at home, contributing to the increase in obesity among children and adults.

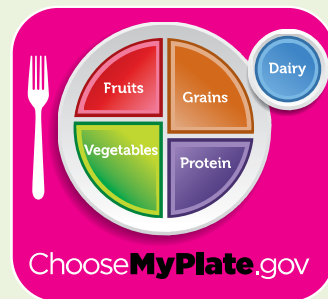
This graphic shows how basic portion sizes have increased. Think about this. In one day, you could easily consume 1,600 more calories, just from larger portions, than if you had the same foods in typical amounts served 20 years ago.



Portions and servings are not the same. A “portion” is the amount of food you choose to put on your plate or to eat. It can be any size, you decide. A “serving” is a measured amount of food or drink, such as 1 cup (8 ounces) of milk. Many foods packaged or served as a single portion will contain multiple servings. The Nutrition Facts label on packaged foods will tell you the exact number of servings in the container, and the amounts listed for calories and nutrients are for one serving. If you eat the entire portion, you need to multiply the numbers on the label by the number of servings in the package.

A good way to keep portions in check is to follow the recommendations from MyPlate, www.choosemyplate.gov. Make it simple — “half your plate” with fruits and vegetables, add protein and grains (whole grains preferred) on the other half. Beware of larger dinner plates, too. Plates were about 9 inches in diameter in the 1960s. The average dinner plate by the year 2000 was 11 inches. Drinking glasses and cups have also increased in size.

To some, a 3- to 4-ounce serving of meat will seem small at first. Try replacing that 8-ounce grilled steak with a flavorful kabob with meat and veggies. Make it fun and let everyone build their own kabobs! Serve with a multi-grain rice and Pineapple Pico de Gallo (recipe from the American Institute for Cancer Research).



continued from "Warm Up"

smooth transition from exercise to a state of rest. It is a time for your body temperature to cool down, and it is a good time to stretch because your muscles and joints are still warm. This will help prevent muscle cramping and stiffness.

After cardio or strengthening exercises, walk for about five minutes at a slower pace to slow your heart rate. Then do static stretching, where you

hold a stretch for up to 30 seconds. The stretch should be strong, but not painful. Do not bounce while you are stretching, and remember to keep breathing — exhale as you stretch and inhale while holding the stretch. An example of a good cool-down is provided on the [Walk Kansas website](#), in the Physical Activity/Exercise Basics section. The specific cool down video is [Post Workout Cool-Down](#).

Kabobs on the Grill

Serves 4 (makes 8 kabobs)

Marinade for Steak

- 1 tablespoon Dijon mustard
- 2 tablespoons fresh rosemary, stemmed
- 4 cloves garlic, minced
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons balsamic vinegar
- ¼ cup olive oil
- Salt and pepper (to taste)
- 1 pound sirloin steak, cut into 1-inch cubes

Vegetables

- Bell peppers
- Onions
- Cherry tomatoes
- Zucchini squash
- Corn on the cob, husked, cut into ½ inch slices
- New potatoes, boiled just until cooked through
- Mushrooms

Basting Vinaigrette for Vegetables

- ¼ cup olive oil
- 2 tablespoons balsamic vinegar
- Salt and pepper to taste

Directions:

1. Whisk all ingredients for the steak marinade together. Toss the steak in the mixture until evenly coated. Cover and marinate in refrigerator for 2 hours.
2. If using bamboo skewers, soak them in water at least 1 hour before assembling kabobs to retard charring. Prepare vegetables by washing and cutting into bite-sized pieces.
3. Puree ingredients for the basting vinaigrette in a blender for 30 seconds.
4. Skewer kabobs with meat and veggies; baste veggies with vinaigrette.
5. Grill kabobs for about 10 to 15 minutes, rotating ¼ turn every 2 to 3 minutes.

Add some extra flavor with a [Pineapple Pico de Gallo](#) salsa! (American Institute for Cancer Research)



Nutrition Information for 1 servings (2 kabobs):
240 calories
20 g fat
16 g carbohydrates
3 g protein
3 g fiber
150 mg sodium