



# WALK KANSAS

**K-STATE**  
Research and Extension

[www.WalkKansas.org](http://www.WalkKansas.org)

2023 WEEK NINE



## Celebrate Your Success

It's time to celebrate! Take some time to reflect and reward yourself for reaching your Walk Kansas goals. Rewards don't have to be big to have big results. Before we look at examples of tangible rewards, take some time to savor the good feelings that physical activity gives you. Has being more active boosted your self-confidence? Do you have more energy during the day, and do you sleep better at night? Have you found a new activity that is fun and also provides social interaction? Maybe you have lost a bit of weight or can feel your muscle tone has improved. Focus on these health rewards that come from within – these internal rewards are the greatest motivators!

External rewards can help motivate as well. Some of these ideas are small rewards that you can give yourself often, which can be more effective than a big reward that requires long and difficult effort.

**Rewards that delight.** Catch up on your favorite show or enjoy a movie to reward yourself for a great workout and healthy dinner. Take time to read a book you have been looking forward to or try a new experience. These are delightful ways to reward your fitness accomplishments.

**Social rewards.** Your brain processes social interactions in much the same way as it does food. We are wired to get extreme pleasure from time with other people. Invite a friend, or several, and plan a fun hike, go out dancing, cook a healthy meal together, or try a new activity like pickleball. These experiences fire up the areas of your brain associated with pleasure and rewards.

**Rewards that relax and pamper.** How does a warm bubble bath sound? Listen to relaxing music and light a candle to turn your bath into a spa oasis – you deserve it! Pamper yourself with a manicure,

## In This Issue

Celebrate Your Success!

How Will You Handle Plan B?

Hydrating for Health

Eating With the Seasons

Enjoy Recipe: Italian Tomato Salad

## Walk Kansas 2024

March 24 – May 18 (tentative)

pedicure, or a massage. A professional massage or pedicure is nice, but a free one at home can work just as well to soothe sore muscles or pretty up tired feet. Schedule the time and enjoy.

**Rewards that encourage.** As you reach bigger milestones on your fitness journey, a great reward is a new pair of walking shoes, exercise apparel, or new tunes to enjoy while you walk. A sponge roller to ease aching muscles is another type of encouragement or join a class to try out a new activity.

As the Walk Kansas program comes to a close, your active lifestyle should not! This program is just one opportunity to help you focus and make your personal health a priority!

## How Will You Handle Plan B?

There will be days when your plans for physical activity are challenged. Some of these will be completely unexpected and others you might be able to anticipate, such as schedule changes, weather, lack of time, etc. For obstacles you can anticipate, have a Plan B in place before you encounter them. This will increase the likelihood that you will overcome these barriers successfully. If lack of time is a problem, take several 5- to 10-minute walks throughout the day, wake up early, or combine physical activity with household tasks. If weather spoils your plan, identify indoor places you can be active or do a no-equipment workout at home.

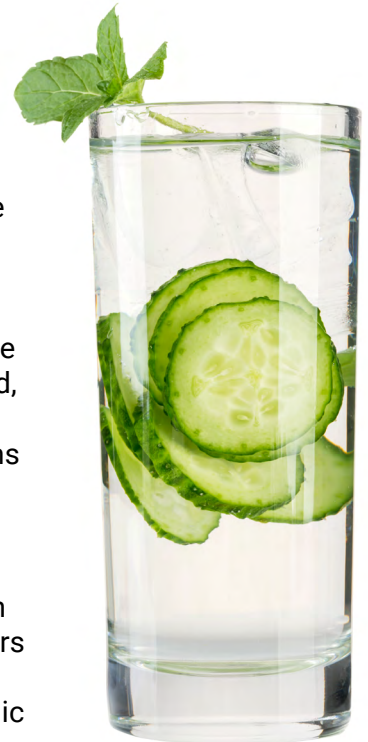
The same approach can be used to prevent a relapse where you return to old inactive habits. The first step is planning for it, because at some point you will experience a relapse. If you have a bad day or bad week, remember that lapses are normal, and having a short period of missed activity does not erase all your progress. Focus on the big picture and think about all the progress you have already made, then get back on track with those activities you enjoy. Again, be ready with your Plan B by answering these questions: What two steps can I take to get back on track immediately after a lapse? What positive thoughts will I use to help me get back on track? How will I reward myself once I get back on track?

## Hydrating for Health

Drinking water is a good way to keep your body nourished and help prevent heat exhaustion. Be sure to hydrate well before and during any physical activity. Water helps to regulate a normal body temperature, lubricate and cushion joints, protect the spinal cord and other sensitive tissues, and rid your body of waste. In most cases, water should be your go-to beverage.

Depending on the situation, you may need a sports drink or food to replace lost electrolytes (sodium, potassium, and magnesium). Foods that help you stay hydrated include watermelon, cucumbers, cantaloupe, grapefruit, berries, and iceberg lettuce, to name a few. You can also gauge if you are hydrated by monitoring urine volume output and color. A large amount of light colored, diluted urine is a sign you are hydrated, while dark colored, concentrated urine means you are dehydrated.

If plain water is not appealing to you, try enhancing the flavor with different fruits, cucumbers and herbs. For a special treat, try this non-alcoholic sangria from a past Walk Kansas newsletter ([www.walkkansas.org/doc/newsletter/2019/Week-9-2019-fill.pdf](http://www.walkkansas.org/doc/newsletter/2019/Week-9-2019-fill.pdf)).



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.

## Eating with the Seasons

---

Changes in growing conditions during the four seasons are considered essential for balancing the earth's resources. While modern food processing and worldwide distribution of many foods make them available year-round, there are still plenty of reasons to eat what is in season.

Seasonal produce equals optimum flavor and nutrients. Have you ever tasted a home-grown, freshly picked tomato? Produce that has ripened in the sun is wonderful. When fresh produce is held, it will lose flavor along with moisture. Foods that are chilled and then transported long distances lose their flavor every step of the way, and their nutritional quality declines.

Eating seasonal foods grown in your area is more environmentally friendly. It supports local farmers and reduces pollution from shipping and trucking. In-season foods are also less expensive.

Want to challenge your creativity and try some new foods? Eating seasonally can be fun and delicious when you create dishes based on what you can find at that time of year. Variety is also important for our bodies and we benefit from what nature provides. Eating with the seasons ([www.walkkansas.org/eating/season.html](http://www.walkkansas.org/eating/season.html)) connects you to the calendar and to one another. Think of simple joys that each season brings and how holiday celebrations are often focused on foods that are available that time of year — watermelon and fresh corn in summer; pumpkins and apples in fall/winter; and citrus, greens, and peas in the spring.

Here is just one way to enjoy home grown tomatoes!

## Italian Tomato Salad

---

Makes 6 Servings

### Ingredients:

3 beefsteak tomatoes, sliced 1/3-inch thick  
3 tablespoons olive oil  
2 tablespoons red wine vinegar  
½ tablespoon lemon juice  
3 tablespoons diced red onion  
1 tablespoon fresh basil, diced  
1 tablespoon fresh parsley, diced  
1 clove garlic, minced  
¼ teaspoon sea salt  
Fresh ground pepper to taste



### Directions:

1. Wash hands with soap and water.
2. Prepare tomatoes, onion, and herbs by rinsing under cold running water. Slice tomatoes into approximately ⅓-inch slices and arrange on a platter with a rim, in a single layer. Dice red onion, basil, and parsley; mince garlic.
3. Whisk together the olive oil, red wine vinegar, lemon juice, red onion, basil, parsley, garlic, and sea salt to make the marinade.
4. Pour the marinade evenly over the tomatoes, ensuring that they are all covered in marinade and that the herbs and onion are spread out across the top of the tomatoes.
5. Place the platter in the refrigerator and let sit for at least an hour so the tomatoes can absorb the marinade.
6. Garnish with fresh ground pepper when ready to serve.

**Nutrition Information per serving:** 90 calories; 6 g total fat (1 g saturated fat, 0 g trans-fat); 4 g carbohydrates; 1 g protein; 1 g fiber; 95 mg sodium; 2 g sugar.