



# Walk Kansas

*a fitness challenge*

K-State Research and Extension

Newsletter #10 • 2009

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## *Walk Kansas 2010*

March 7 – May 1

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### **Kansas State University Agricultural Experiment Station and Cooperative Extension Service**

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## *Fall into Fitness*

Fall can be a treat for the senses. The air is crisp, apples are in season and leaves crunch underfoot as you walk under a gorgeous canopy of fall foliage. This is a perfect time to be outdoors and enjoy a variety of exercise, such as raking leaves and doing outdoor yard work, playing a vigorous game of fetch with your dog or walking and hiking while admiring awesome colors.

Walk Kansas is not just a springtime event. The goal of the program is to motivate you to lead an active lifestyle throughout the year. During the fall your schedule may change with school, children's sport activities, holidays and other duties. Fall is a good time to adjust and evaluate your physical activity choices; plan ways to stay active as your routine and weather conditions change. Here are a few tips for taking advantage of changes inspired by the season:

**Think outside the box.** Fall is a great time to learn something new. Maybe you have always wanted to learn to tap dance, try yoga or work with a personal trainer. Perhaps you have a new neighbor you could get acquainted with by inviting him/her to walk with you. Community education classes tend to follow the school year, so check what is offered in your area.

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## Fall into Fitness

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**Rethink how you integrate exercise into your life.** Are you spending time taking your children to soccer practice, gymnastics or another sport? Rather than visiting with another parent or reading, use that time to walk around the field or the gym. Change your routine by taking a different route to work, park in a different parking lot (farther from your workplace), change the music you listen to while you walk — just mix it up a little.

**Be an active TV watcher.** Make a date with exercise while you watch your favorite fall TV shows. Use the treadmill or exercise bike, walk or run in place, or do some strengthening exercises and stretching.

**Dress in layers.** You may feel chilled before your body warms up and overdressed once your blood gets pumping. It is best to dress in three layers, starting with a moisture-wicking fabric as the inner layer. This fabric will wick sweat away so you don't become chilled. The second layer should be for warmth, and the third layer a windbreaker or rain slicker.

**Be safe in the dark.** A great way to enjoy fall is to exercise outdoors. As the temperatures drop the daylight hours also get shorter, so be smart and safe. If you're outdoors when it's dark, wear a reflective vest and carry a flashlight. Walk in well-lit areas or at a local school track to avoid vehicle traffic.

**Reconnect with Walk Kansas teammates.** Plan a group walk to share ideas and motivate each other, or catch up over a healthy lunch.

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## Success Story

"Because of Walk Kansas, I was able to get through a very difficult time in my job. Walking gave me time to do some personal reflection and also helped me toward a more positive outlook on what was ahead. I was able to focus more clearly and had more energy to deal with the stress associated with my difficult experience at work."

## Slow Cookers

### Still Hot

Convenience and good home cooking go together when using a slow cooker. This appliance can save you money as it uses less electricity than your oven, and slow-cooker meals save time. Just combine ingredients in the cooker before you go to work or at lunchtime, turn it on, and come home at the end of the day to a hearty homemade supper. While many recipes are designed for this appliance, you can adapt most conventional recipes for the slow cooker. Any oven or stovetop recipe that has some moisture in it should work fine. Here are a few tips for adapting your favorite recipes to a slow cooker version:

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## eXtension — A Great Resource

eXtension is an interactive learning environment. The research-based information provided through eXtension is brought to you by the nation's largest and oldest network of universities. K-State Research and Extension is part of this network, which collects research from land-grant universities across America.

eXtension is unlike any other search engine or information-based Web site. It includes a



wide variety of content areas with information and tools you can use every day to improve your life. Check out the Families, Food and Fitness community at <http://www.extension.org/families%20food%20fitness>.

Other resource areas include

family caregiving, food safety, parenting, personal finance, gardening, landscaping, pest management and a variety of farm-related issues. Look for more resource areas, also known as Communities of Practice, in the future.

Existing Communities of Practice are updated continuously with the most current information on each subject. Check eXtension regularly to stay informed.

## Test Your Slow Cooker

- Fill cooker with two quarts of water.
- Heat on low for 8 hours.
- Check the water temperature after 2 to 3 hours (it should reach 140 degrees F) and after 8 hours (it should reach 185 degrees F).

## Slow Cookers Still Hot

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- Cut liquid amounts in half when adjusting for the slow cooker, except for soup, sauce, chili and chowder.
- For every hour of cooking in the oven or on the stove, allow 8 hours on the low setting in the slow cooker or 4 hours on the high setting.
- Add tender vegetables, cooked pasta and seasonings during the last 30 minutes of cooking.
- If there is too much liquid, remove the lid and turn the cooker on high to allow some of the water to cook out.
- Add thickeners, sour cream or cheese at the very end of cooking.
- Test your slow cooker occasionally to make sure it is working properly.

## Healthy Autumn Colors Soup

Makes 8 Servings

2 cups fresh tomatoes (diced)  
2 cups fresh cabbage (diced)  
1 cup zucchini (chopped)  
½ cup corn (fresh or frozen)  
½ cup chopped onion  
2 teaspoons chicken bouillon granules  
1 teaspoon chili powder

½ teaspoon celery salt  
1 can (12 oz.) tomato juice  
1 cup water  
1 teaspoon dried or 1 Table-  
spoon fresh parsley  
1 cup rainbow rotini pasta  
(cooked and drained)  
1 cup boneless, skinless chicken  
(cooked and diced)

### Directions:

1) In a large stockpot, combine tomatoes, cabbage, zucchini, corn, onions, chicken bouillon, chili powder, celery salt, tomato juice and water. Additional vegetables, such as mild peppers and carrots, may be added if desired.

2) Cook over medium heat, until vegetables are tender, stirring often.

3) Stir in parsley, pasta and chicken. Continue simmering until all ingredients are fully warmed and tender.

### Slow Cooker Alternative:

Combine all ingredients, except parsley, chicken and pasta, and cook for at least 4 hours on medium heat. Add parsley, cooked pasta and chicken during final 30 – 45 minutes of cooking.

Serve soup steaming hot with pumpkin muffins or corn bread.

### Nutrition Information per serving:

Calories – 90; Fat – 2g; Carbohydrate – 11g; Dietary Fiber – 2g; Sodium – 190 mg. One serving also provides 45% of the daily value recommendation for Vitamin C and 15% for Vitamin A.

For more soup and hearty bread recipes, go to [www.walkkansas.org](http://www.walkkansas.org) and click on "Healthy Eating for Life."

