



# Walk Kansas

a fitness challenge

K-State Research and Extension

Week 2 • 2011

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## Run with Dean Karnazes

On February 25, ultramarathon runner, author, and motivator Dean Karnazes began a coast-to-coast challenge designed to inspire Americans to get up, get active and get healthy. The popular morning talk show "LIVE! with Regis and Kelly" teamed up with Karnazes in this effort to send an important message about health and fitness.

The goal Karnazes has set for himself is unthinkable to most people. He will run nearly 3,000 miles, and average 40 to 50 miles daily. This run will also benefit Action for Healthy Kids, a national nonprofit volunteer network fighting childhood obesity and undernourishment. Action for Healthy Kids helps schools become healthier places and teaches kids to eat right, be active every day, and be ready to learn.

You can participate in a "Run with Dean" as he travels through Kansas in late March. He is scheduled to appear in the Wichita area on March 31 and partner with Discovery Intermediate School in Goddard for a 5k fun walk/run at 9 a.m. The fee for adults to participate in the run is \$50, and children can participate free. You can also cheer for Karnazes and the Goddard

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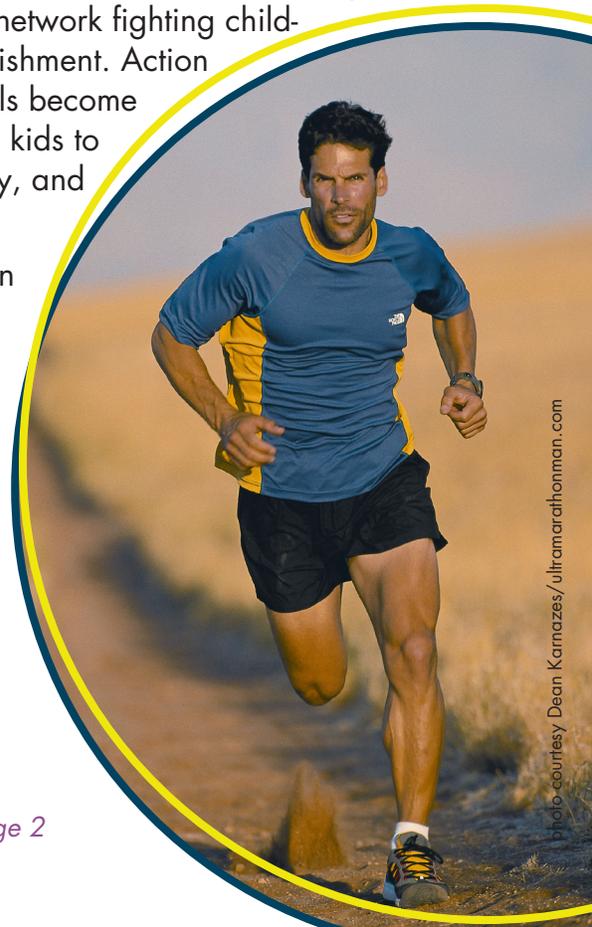


photo courtesy Dean Karnazes/ultramarathonman.com

## Run with Dean Karnazes

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schoolchildren from the sidelines. Don't forget to wear your Walk Kansas T-shirt! Portions of this event will be televised.

While a special event is planned for March 31 in Goddard, there will be other opportunities to support Karnazes and Action for Healthy Kids as he runs through these towns and cities in Kansas: Plains (March 27), Minneola (March 28), Greensburg (March 29), Pratt (March 30), Goddard (March 31), Wichita (April 1), Reece (April 2), Yates Center (April 3), and Elsmore (April 4).

For schedule updates, information on Action for Healthy Kids, and the "Run with Dean" visit [www.actionforhealthykids.org/media-center/afhk-in-the-news/run-with-dean-at-a-school.html](http://www.actionforhealthykids.org/media-center/afhk-in-the-news/run-with-dean-at-a-school.html)

## Return to Pouch Cooking

For healthful food that is fast and easy, try pouch cooking. Food enclosed in parchment paper or foil cooks quickly because steam from the moisture in food is trapped inside the pouch. The flavors and aromas of the food are captured as well, and the result is magnificent.

Flavors can be easily blended with this cooking method. Since it is a moist environment, very little added fat is needed. This is a great way to cook foods that tend to overcook easily with other methods, and it is perfect for seafood. Other pouch-positive

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## Choose Seafood Once a Week

The 2010 Dietary Guidelines for Americans recommends adults consume 8 or more ounces of seafood per week.

Recently, moderate evidence has emerged about the health benefits from consuming seafood — in particular the role nutrients from these foods play in preventing heart disease. Seafood contributes a range of nutrients and is one of the best sources for omega-3 fatty acids.

Currently, the average American consumes about 3½ ounces of seafood per week. About 20 percent of total protein foods should come from a variety of seafood.

Seafood is quick and easy to prepare. Avoid breading, frying, and other preparation methods that add significant calories, fat, and sodium.

## Move More – Feel Better

Physical health benefits from regular exercise are no secret — lower blood pressure, better management or prevention of diabetes, lower blood cholesterol, and more. While these health improvements develop over a period of time, there is one immediate benefit to physical activity. You feel better.

Feeling better is the most powerful reason to move your body more. When you feel better you have a better outlook on life, you are better able to handle stress that comes your way, you feel more energetic, and you rest better at night.

Perhaps Dr. Wayne H. Ossness, from Lawrence, Kan., captured it best when he said, "A lot of people never get to know how 'feeling good' feels. They don't know what they are missing."

Why do you feel better after exercise? Physical activity delivers oxygen and nutrients to your tissues, and your heart and lungs work more efficiently. That is why you feel more alert and have more energy to do things you enjoy. Physical activity is one of the best ways to energize your body after a long day at the office. Walking may not be what you feel like doing

when you get home, but it could be exactly what you need. Exercising regularly clears your mind and you can actually accomplish more.

This is week two of Walk Kansas, and hopefully you are feeling a little better already. Take a minute to write down how you feel after a walk or some sort of physical activity each week. Make note of changes in your mood, if you sleep better, feel more energetic, and any other improvements in how you feel. This is your greatest reward!

## 2010 Success Story

This was the first year I participated in this program in my workplace. The program is awesome. I have been able to get off cholesterol medication and cut my blood pressure medication dosage in half as a direct benefit of working out and healthy eating. Also learned that working out when exhausted can be a good thing — it's rejuvenating.

– 2010 Walk Kansas  
Participant

## Return to Pouch Cooking

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foods include vegetables, poultry, pork, fruit — anything you would consider steaming.

Pouch cooking is also great fun! Everyone can get involved by assembling an individual meal. Even the cleanup is easy.

The sky is the limit when it comes to creating pouch meals. Parchment paper works well for most foods, especially fish. Foil also works, but if you are cooking outdoors directly on coals make sure you use a double wrap.

To create a meal in a foil pouch, spray the interior of the pouch (shiny side) with cooking spray. Layer foods, such as potatoes, carrots, meat, onions, and bell peppers. Then season with a little salt, pepper, and herbs to taste. Almost any combination of vegetables and meat will work, or make it a meatless pouch. Use fresh or dried herbs to season and top with lemon slices, then cook in the oven or outside on a grill. Don't forget dessert — wrap up fresh apples, pineapple, or any fruit. Bananas are tasty and only take about 10 minutes to cook.

### Fish en Papillote

"Fish in a pouch or paper"

Makes 1 serving

- |   |   |   |  |
|---|---|---|--|
| 1 | 6-ounce fillet of fish (tilapia or any fish you prefer) | 1 | tablespoon shredded carrots                  |
| 1 | dash or two of paprika (to season fish)                 | 2 | tablespoons sweet bell pepper, thinly sliced |
| 4 | skinny asparagus stalks, cut into 2-inch segments       | 1 | large pinch dried parsley                    |
| 1 | teaspoon minced onion                                   | 1 | large pinch dried thyme                      |
|   |   | ½ | teaspoon of olive oil                        |
|   |   | 2 | thin lemon slices                            |

**Note:** Parchment paper needed for this cooking method.

#### Directions:

- 1) Preheat oven to 400° F.
- 2) Place all ingredients in the order given in the center of the parchment paper.
- 3) Drizzle olive oil over fish and vegetables. Place lemon slices on top.
- 4) Seal the packet closed by rolling and crimping the long sides of paper together over the fish and vegetables. Then roll and crimp the ends closed so no steam can escape. Place on baking sheet.
- 5) Bake 12 to 15 minutes in the center of the oven.
- 6) Serve with brown rice and fresh green salad.

**Nutrition information per serving:** Calories – 270 ; fat – 8 g; carbohydrate – 5 g; fiber – 2 g; protein – 46 g; sodium – 360 mg

