

# Walk Kansas

*celebrate healthy living*

**K-STATE**  
Research and Extension

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## *Climb Toward Better Health*

Have you climbed a flight of stairs lately? This can be humbling, even for those who walk and exercise regularly. If you are panting after climbing a flight or two of stairs, consider adding a daily climb to your activity routine.

Stair climbing adds a vertical element that engages your lower body muscles, including your quads, hamstrings, and glutes. Many activities will get your heart rate up, such as swimming, walking, and biking, but they don't have this vertical element.

Stair climbing also provides a cardiovascular workout for your heart, and it burns calories at a faster rate. In 1 minute, a 150-pound person burns about 10 calories walking up stairs, and only 1.5 calories riding an elevator. Just a few minutes of stair climbing a day, at any pace, can boost your health. You can do it just about anywhere. It's free, and there is no need to worry about the weather. You can even save time by taking the stairs. A study involving a group of hospital workers found they saved up to 15 minutes per day taking the stairs instead of waiting for an elevator.

Taking the stairs is a healthy lifestyle habit you should adopt. Encourage your family, friends, and co-workers to do the same. Colorful signs that nudge you to climb instead of ride are available at: [www.pinterest.com/ksuresearchext/walk-kansas/](http://www.pinterest.com/ksuresearchext/walk-kansas/). Print and post these where appropriate.



## Power Forward With Your Arms

Arm motion can add power to your walking, and you can immediately pick up your pace for greater periods of time. You will also burn 5 to 10 percent more calories by using your arms to power forward. If you find the added arm motion tiring, do it for 5 to 10 minutes at a time, then lower your arms to recover. Add arm motion again when you feel rested.

Keep your shoulders relaxed, and swing your arms naturally with each step. Arms should be bent at the elbow at a 90 degree angle. Keeping your arms bent will help prevent problems with swelling, tingling, and numbness of your fingers or hands. Bending your arms will also help you gain upper body strength and tone muscles.

With each step, the arm opposite your forward foot should come straight forward. As the foot goes back, the opposite arm comes straight back. Make sure your arm motions are straight forward, not in a diagonal motion, and keep your elbows close to your body. When your hand comes forward, keep it low — not higher than your breastbone.

Remember that your arm motion should help propel you forward. If this is not the case, pay close attention to your technique. A demonstration of these arm movements is available in this video by former Olympic runner Missy Kane:  
[www.youtube.com/watch?v=PSaXh1pPHal](http://www.youtube.com/watch?v=PSaXh1pPHal)

## 2013 Success Stories

- Our team walked as far as Glenwood Springs, Colo. — 812 miles.
- We all feel so much better and will continue to use our time and eating habits well into the future.

— Hodgeman County

- I work a seasonal job each year, from January 1 to April 15, at least 53 hours a week. Walk Kansas gets me away from my desk, allowing me to clear my mind and increase my energy.

— Miami County

- This year I used an in-home walking program and this was great, because I could walk even when the weather was bad.

— Central Kansas District

## What Is Your Healthy?

Each person takes his or her own personal journey to becoming healthy. While most people often focus first on diet and exercise to improve health, professionals have identified up to eight dimensions of health and wellness, including social, financial, occupational, physical, environmental, intellectual, emotional, and spiritual.

Health can be difficult to define. Your quality of life and physical health are not shaped by isolated events, but rather a complex interconnection between body, mind, and spirit. The World Health Organization created the most famous modern definition of health in 1948, and it has not been amended since. "Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."

The ability to improve your health begins with identifying what being healthy means to you. Here is a sampling of personal definitions of health:

- Feeling strong, energetic, mentally sharp, happy, and confident.
- A balance between mind, body, and soul.
- Health is being able to play with my grandchildren.
- Eating healthful food, being active every day, waking up and feeling rested.
- Independence. Being able to take care of myself.
- Health is not determined by a scale, but rather how my clothes fit and how I feel.
- A balance of healthful food, sleep, exercise, and chocolate (moderate amounts)!
- Being positive, finding exercises I enjoy, eating foods that fuel my body, spending time with people I love.

What does being healthy mean to you? Share your definition of health with team members and through Facebook.

## Quinoa – the Mother Grain

Quinoa (pronounced KEEN-wah) is an ancient grain that has been rediscovered. It is a favorite of whole grain cooks because it can be ready to eat in just 15 minutes, and it is so good for you. Technically, quinoa is not a cereal grain, but a seed that can be cooked and eaten like grains. Quinoa, a highly nutritious food, has the highest protein content of all whole grains. It provides all nine essential amino acids, is gluten-free, and cholesterol-free. This nutrient profile is why quinoa is sometimes called the “Mother Grain.”

Quinoa is an annual plant with stalks that range from 3 to 9 feet tall with large seed heads in a range of colors — red, purple, orange, green, black, and yellow. Seeds are harvested and processed to remove a bitter tasting coating. The quinoa plant is drought resistant and grows well in poor soils. It has been designated a “super crop” by the United Nations because of its potential to feed the hungry poor of the world.

Quinoa has a nutty taste that blends well with all kinds of ingredients, making it a versatile side dish



Beef and quinoa meatballs on whole-grain bread.

or entrée. Cooks can choose from the seed version, as well as quinoa flakes or flour. While the quinoa available to consumers has had the bitter coating removed from the seeds, an extra rinse is a good idea to remove any residue.

Enjoy quinoa in this tabbouleh recipe. More recipes for using quinoa are available at [www.walkkansas.org](http://www.walkkansas.org) including a great Quinoa Meatball recipe from Walk Kansas 2013.

## Quinoa Tabbouleh

Makes 6 servings

### Ingredients:

- 2 cups water
- 1 cup quinoa
- 2 tablespoons olive oil
- ½ teaspoon sea salt
- ¼ cup lemon juice
- 2 cups tomatoes, diced (or quartered cherry tomatoes)
- 1 medium cucumber, diced
- 1 cup minced green onions, white and green parts
- 2 carrots, grated
- 1 garlic clove, minced
- 1 cup fresh parsley, chopped
- ½ cup chopped mint
- ¼ teaspoon fresh nutmeg or allspice (optional)
- Salt and pepper to taste



### Directions:

1. Rinse quinoa before cooking. In a saucepan, bring water to a boil; add quinoa. Reduce heat to low, cover and simmer for 15 minutes. Allow cooked quinoa to cool to room temperature; fluff with a fork.
2. Meanwhile, in a large bowl, combine olive oil, sea salt, lemon juice, tomatoes, cucumber, green onions, carrots, parsley, mint, and cumin (optional.) Stir in cooled quinoa. Add salt and pepper to taste.
3. Serve at room temperature with lettuce leaves, cucumber slices, crackers, or pita chips. For a summer cookout, serve tabbouleh as a side dish with grilled kebabs.

### Nutrition Information

**per serving:** 190 calories; 7 g fat; 0.5 g saturated fat; 29 g carbohydrates; 6 g protein; 4 g fiber; 330 mg sodium.