



Walk Kansas

a fitness challenge

K-State Research and Extension

Newsletter 9 • 2010

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Walk Kansas 2011

10th Annual Walk Kansas
March 13 – May 7, 2011

Calendar

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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Action Plans Keep You Going

You have reached an important milestone by completing Walk Kansas. Congratulations to all the teams across the state, including "The Transformers" from *Labette County* (pictured below)!

Take a moment to think about how you felt when you started this program and compare it with the way you feel now, after eight weeks of more healthful living. The positive feelings and outcomes are your reward for lifestyle changes you have made.

Walk Kansas is designed to give you a boost to make physical activity and healthful eating a part of your lifestyle. Think about the goals you set at the program's beginning and what it will take for you to continue reaching toward those goals. You have been reporting weekly to a team captain, so continue to "check in" with yourself.

Make a weekly action plan. Write a simple sentence that includes what you want to do, how much and when, and how many times or days. Examples: "This week I will add 15 minutes of strengthening exercises, two days, on Monday and Thursday, after my 30-minute walk in the evening." "This week I'll visit the farmers market Saturday morning to buy fresh fruits and vegetables for family meals."

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Action Plans Keep You Going

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By making a weekly action plan you stay focused on goals. Write your action statement and post it somewhere you will see it daily. Pick a day of the week to review your plan and progress, and to plan for the next week. Remember to focus on things you want to do, keep it simple, and make it fun!

The website www.walkkansas.org will be updated during the year and will post events for 2011. Look for quarterly newsletters there and at your local K-State Research and Extension office.

Your program suggestions and successes are important to us, so please take a moment to complete the evaluation survey provided by your local office or on the Walk Kansas website.

Enjoy a beautiful Kansas summer!

— Sharolyn Flaming Jackson
Specialist, Family and Consumer Sciences
Walk Kansas Coordinator
K-State Research and Extension

Walk Kansas to Celebrate 10 Years in 2011

Special activities are in the planning stage to celebrate 10 years of Walk Kansas!

Mark your calendars so you can participate: March 13 through May 7, 2011.

Hot Weather Exercise

Warm temperatures can progress to dangerous conditions, so take care when exercising or working outside. Some tips for hot days:

Know how hot weather affects your body. Air temperature and exercise increase body temperature, putting extra stress on your heart and lungs. More blood circulates through your skin, leaving less for your muscles and increasing your heart rate. Under normal conditions, your body will adjust, but if you are in extreme heat and humidity too long, you could experience heat cramps, heat exhaustion, or heatstroke.

Drink enough fluids. Drink water even if you don't feel thirsty. Your body is not able to sweat and cool down if you aren't hy-

drated. Avoid alcohol or caffeinated drinks, which promote fluid loss. Consider sports drinks only if you plan to exercise more than an hour or are doing vigorous work.

Slow down. Give your body time to adapt to the heat, start slowly, and gradually increase the length and intensity of workouts. If you have a chronic medical condition or take medication, consult your physician before exercising in extreme temperatures.

Wear proper clothing. Choose lightweight, loose-fitting clothing that allows sweat to evaporate.

Avoid midday sun and wear sunscreen. Exercise in the morning or evening when it is cooler. Apply sunscreen at least 30

minutes before you go outdoors. If skin is sunburned, your body is less able to cool itself.

Have a backup plan. Sometimes it is just too hot to exercise outdoors. Climb stairs in an air-conditioned building, walk in a mall, or work out in a gym. Water exercise is a great option.

Know when to call it quits. Watch for signs of *heat-related illness*: headache, weakness, muscle cramps, dizziness, nausea or vomiting, and a rapid heartbeat. If you experience any of these symptoms, stop exercising immediately and go somewhere cool. Drink water, splash it on your skin, and fan yourself. Contact your doctor if you do not feel better within an hour.

Keep Food Safe when Dining Outdoors

During the summer, more people cook and eat outdoors. Add hot, humid weather, and the risk for foodborne illness increases. Use these tips for safe food handling.

Start with clean hands. Wash with soapy water before handling food. If safe drinking water is not available at the site, bring water for preparation and cleaning, along with wet, disposable washcloths or moist towelettes and paper towels.

Separate and don't cross-contaminate. Cross-contamination can occur easily during food preparation, so avoid it with advance planning. Clean and prepare foods for grilling, make salads and appetizers, and chill them before packing the cooler. Wrap raw meats securely and pack them in a separate cooler, if possible. Never allow raw meat juices to come in contact with ready-to-eat food. Wash any utensils or plates that touch raw meat or poultry before using them for cooked food. Better yet, bring one to use with raw food and another for cooked foods.

Check temperatures. Use a food thermometer to check meat and poultry before serving: Color is not an indicator. Cook burgers and all cuts of pork to an internal temperature of 160° F, and poultry to a minimum of 165° F. Cook meat and poultry at the picnic site: Partial cooking ahead of time can allow bacteria to survive and multiply so that subsequent cooking cannot destroy them.

Keep cold food cold. Keep perishable foods in a cooler with several inches of ice or ice packs. Put it in the coolest part of the car and keep it out of the sun. If possible, pack beverages in a separate cooler. Food that is out of a cooler more than two hours may not be safe to eat. If the temperature outside is above 90° F, food should not be out more than one hour. Put leftovers on ice as soon as you finish eating. If you have any doubts, throw it out.

The *K-State Rapid Response Center* is a good resource for information on food safety, preservation, and preparation at <http://www.rrc.ksu.edu>. Your local *K-State Research and Extension office* also can provide information.

Did you know?

Pork is safe. According to scientists at USDA and the Centers for Disease Control and Prevention, H1N1 viruses are not transmitted by food, so enjoy pork that is properly handled and cooked.

Pork tenderloin is as lean as a chicken breast and cost per ounce is about the same. When cooking pork, use a thermometer. Cook boneless cuts of pork to an internal temperature of 160° F.

Don't overcook: Pork should be tender and juicy when served.

Grilled Herb Pork Tenderloin

Makes 4 servings

Ingredients:

- | | |
|--|--|
| 1 1/2 tablespoons olive oil | 1 1/2 teaspoons chopped fresh basil or 1/2 teaspoon dried |
| 2 teaspoons balsamic vinegar | 1 1/2 teaspoons chopped fresh thyme or 1/2 teaspoon dried |
| 2 cloves garlic, crushed or 1 teaspoon garlic powder | Freshly ground pepper |
| 1 1/2 teaspoons chopped fresh rosemary or 1/2 teaspoon dried | 1 pork tenderloin, about 1 lb (most are sold in a 2-lb package with 2 tenderloins) |
| 1 1/2 teaspoons chopped fresh oregano or 1/2 teaspoon dried | |

Directions:

- 1) Mix the oil, vinegar, garlic, herbs, and pepper; brush on the pork tenderloin. Refrigerate for at least 30 minutes or overnight.
- 2) Preheat the grill.
- 3) Sear pork on all sides, then cook over medium heat for 8 to 12 minutes until it reaches an internal temperature of 160° F. Let the tenderloin rest on a carving plate for 1 or 2 minutes.
- 4) Slice tenderloin thinly and serve.

Nutrition Information per Serving:

Calories – 160; Fat – 6g; Carbohydrate – 1g; Protein – 24g; Sodium – 60mg.

