



Walk Kansas

a fitness challenge

K-State Research and Extension

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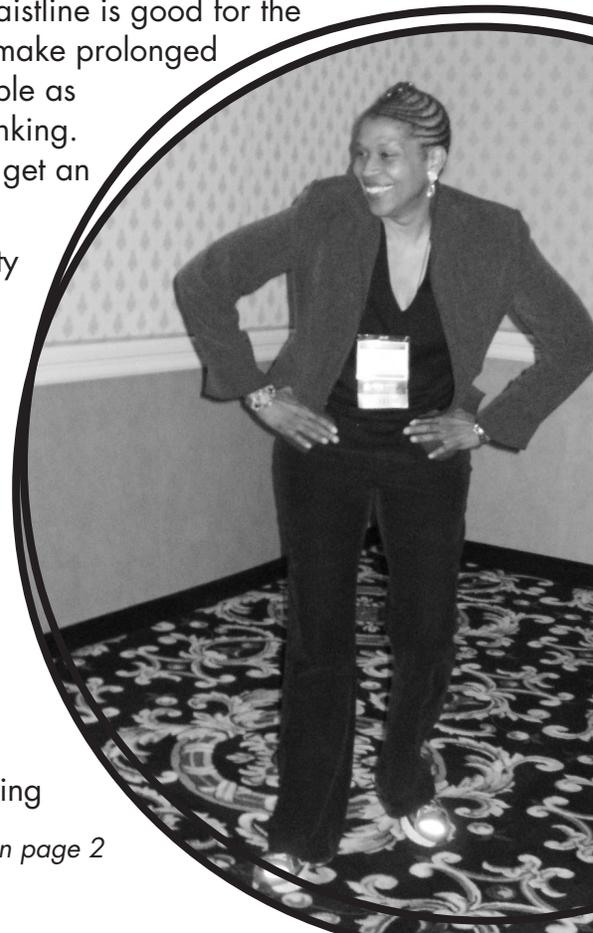
Instant Recess: Take a Break

Children look forward to recess breaks in school every day. Wouldn't it be great if adults could take a recess break too?

Toni Yancey, M.D., M.P.H., (lower right) is passionate about recess. Yancey is a professor in the Department of Health Services and co-director of the UCLA Kaiser Permanente Center for Health Equity at the School of Public Health, University of California, Los Angeles. She is also creator of "Instant Recess" — tools that inspire people of all ages to move and be active 10 minutes at a time.

Dr. Yancey, an expert in the field of workplace wellness, believes that "what is good for the waistline is good for the bottom line." Her goal is to make prolonged sitting as socially unacceptable as smoking, or driving after drinking. She offers advice on how to get an organization moving.

- Take a 10-minute activity break at a scheduled time every day at your workplace or any place where people gather for an hour or more. It can be structured activity (like Instant Recess) or just a brisk walk.
- For every hour that you sit to perform your job or a task, stand for at least two minutes during



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Instant Recess: Take a Break

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that hour. (You burn 33 percent more calories when standing instead of sitting.)

- Make standing ovations, instead of sitting and clapping, the standard way to show appreciation for speakers, etc.
- Link networked computers to printers a short walk away from work or study spaces.
- Replace some conference and desk chairs with stability balls.
- If you are a presenter, in charge of meetings, a classroom teacher, etc., structure time to include activity/standing breaks.

Dr. Yancey recently provided professional development training for Cooperative Extension Service family and consumer sciences agents. She has given K-State Research and Extension permission to copy and distribute Instant Recess tools through local offices and the Walk Kansas website www.walkkansas.org. You can also learn more about Dr. Yancey (a Kansas City, Kan., native) at www.ToniYancey.com.

Need a Nudge?

Sometimes an hour or two will go by before you realize it. If you need a nudge to stand or move a little each hour, consider downloading a free app to your computer or phone that will prompt you every 60 minutes. One example is Workrave, www.workrave.org.

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• Think About Your • Calorie Budget

- A certain number of calories (energy) are needed each day to keep your body functioning. For a moment, think of calories as money and consider how you would spend your "calorie budget." You have enough to cover essentials and a little left over for extras.
- If you eat an average of 2,000 calories per day, you have about 258 for extra calories — solid fats and added sugar foods (SoFAS). If you are not physically active, that allowance is even lower. If you have one chocolate iced doughnut for breakfast you have used your extra calories for the day. A 2-ounce candy bar is 271 calories, a 20-ounce regular soda is 250, and a half-cup of rich vanilla ice cream is 266. You could have just one of these extra foods or beverages per day.
- You can include the extras in your calorie budget — just don't overspend!

Wellness at Work Promotes Productivity

Workplace wellness programs are on the rise as more employers realize that healthier employees call in sick less often, are more productive and efficient on the job, and have a better attitude at work. They know every effort needs to be made to reduce health-care costs.

Most Walk Kansas teams come together through a workplace connection, and many are supported by employers. Susan Krumm, Douglas County family and consumer sciences agent with K-State Research and Extension, reports that 157 (84 percent) of the 186

Walk Kansas teams in Douglas County are from workplaces.

"A multitude of media sources are used to promote Walk Kansas (WK) to workplaces," Krumm says.

Krumm uses the program newsletters as a recruitment tool, promotes WK through her weekly news column, and sends personalized email messages to community coalition members and employers. She also led a 30-minute "pep rally" for representatives of a state agency. Krumm is involved with WorkWell Lawrence, a coalition of employers and

community leaders who work together on a shared goal of "wellness in the workplace." Her efforts generated teams from 18 workplaces, including Lawrence Public Schools.

"Given that adults spend approximately half of their waking hours on the job, worksites provide an optimal opportunity to initiate and support healthy environments," Krumm says. "Healthy people have more fun and get more done! The time has come for us to support each other in making better use of our 'feet and forks' at work."

Go for Three Whole Grains a Day

Americans are consuming enough grain-based foods, but need to choose whole grains more often. Dietary recommendations are expressed in ounce-equivalents, so out of the six ounce-equivalents of grain-based foods needed each day, at least three should be whole grains. One slice of bread is approximately 1 ounce, as is a half-cup of rice.

On average, Americans eat less than one ounce-equivalent of whole grains each day, but get plenty of refined grains. If you eat most of your meals away from home, getting enough whole grains could be a challenge.

To be sure you are getting whole grains, check the ingredient label. The first ingredient should be a whole grain such as oatmeal, quinoa, rolled oats, brown or wild rice, whole-grain barley, whole wheat, whole rye, buckwheat, bulgur, or millet.

You can increase whole grains by choosing foods that are 100 percent whole grain at least half of the time, or choose partially whole-grain products all of the time.

This cookie recipe is a 100 percent whole-grain product. It contains a fair amount of sugar and solid fat, however, so enjoy in small amounts — not more than two cookies a day.



Ultimate Chocolate Cookie

Makes 26 cookies

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|------------------------------------|---|
| 1 ¼ cups old-fashioned rolled oats | ½ cup brown sugar, packed |
| 1 cup white whole-wheat flour* | ½ cup sugar |
| ¼ teaspoon salt | 1 egg |
| ½ teaspoon baking powder | ½ teaspoon vanilla |
| ¼ teaspoon baking soda | 1 bar dark chocolate (2 ounces), grated |
| ½ cup unsalted butter, softened | ½ cup dark chocolate chips |

Directions:

- 1) Preheat oven to 375° F.
- 2) Place oats in a food processor and process until the mixture becomes a powder.
- 3) In a medium bowl, whisk together the powdered oats, flour, salt, baking powder, and baking soda.
- 4) In a large bowl, cream together butter and both sugars for 3 minutes on medium speed. Beat in egg and vanilla. Gradually beat in dry ingredients. Stir in grated chocolate, then add chocolate chips.
- 5) Roll or scoop dough into 1 ½ inch balls and place 2 inches apart on ungreased cookie sheet. Bake 12 minutes. **
- 6) Cool 2 minutes on baking sheet before transferring to a cooling rack.

* White whole-wheat flour is widely available, and Kansas farmers grow both red and white wheat. White wheat has a milder taste with more sweetness than red. In many recipes, you can decrease sugar if you use whole white wheat flour, and white wheat is just as nutritious as red.

**The scooped dough freezes well and bakes up as delicious as fresh. Add 1 to 2 minutes to baking time for frozen dough.

Nutrition information per serving: Calories — 130 ; fat — 6 g ; carbohydrate — 9 g ; fiber — 1 g ; sodium — 45 mg.

