



Walk Kansas

a fitness challenge

K-State Research and Extension

Week 9 • 2011

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Walk Kansas 2012,
March 18 – May 12

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Kansas State University
Walk Kansas

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Walk Kansas Reflections

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This has been another great year for Walk Kansas. Thank you for participating and making a personal commitment to live a more healthful lifestyle.

It is appropriate that our 10th anniversary year is one of our largest, with 19,785 participants. Plans are already in motion for next year so mark your calendar to join us for Walk Kansas 2012, March 18 through May 12.

Experts in the field of wellness have shown that leading change requires engaging the head and the heart.

K-State Research and Extension is known for providing credible and current information — focused on health through this program.

We hope the information provided through newsletters, websites, and your local extension office have been educational and helpful. Your personal stories engage the heart. A huge thank-you goes out to those who have shared their inspirational stories!

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Walk Kansas Reflections

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Walk Kansas 2011 started during a chilly month of March. (Pictured on the front page, Bob and Carolyn Crosby of Leavenworth County enjoy a Walk Kansas Kick-Off event.) Looking back over the past eight weeks, several key messages have emerged:

- Find activities you enjoy and do them often.
- Take a recess break.
- Sit less and move more — you'll feel better.
- Enjoy food, but eat less.
- Fill half of your plate with vegetables.
- Eat less sodium — food can taste great without salt.
- Drink plenty of water.
- Make changes one small step at a time. Small steps lead to great rewards.

Quarterly newsletters will be provided in August, November, and February as a way to stay connected and to remind you of your healthy lifestyle goals. Newsletters and program information will be posted regularly at www.walkkansas.org and will also be available through your local office.

We would like to know more about your Walk Kansas experience and encourage you to complete the evaluation survey provided by your local office or on the website:

<https://surveys.ksu.edu/TS?offeringId=175518>

Enjoy a beautiful Kansas summer!

• Drink More Water

- Calories in beverages are not hidden, but they are often overlooked as part of the big picture of a healthful diet.
- For the average American, 36 percent of added sugars in the diet come from soda, energy drinks, and sports drinks. Here are some ways to make better beverage choices.
- Drink water with meals and order water when eating out. If you eat out twice a week and order water instead of another beverage, you could save more than \$200 in a year.
- Make water more exciting by adding slices of lemon, lime, orange, cucumber, or strawberries.
- Drink sparkling water. For a refreshing, low-calorie drink, add a splash of 100 percent juice to plain sparkling water.
- Keep a jug or bottles of water in the refrigerator at home, and at work, instead of sugar-sweetened beverages.
- If you choose a sugar-sweetened beverage, go for the small size. Some companies offer 8-ounce cans of soda, which contain about 100 calories.
- Carry a water bottle and refill it throughout the day. Keep a tall glass of fresh water on your desk at work so you won't be tempted to get a sugary drink from the vending machine.

Add Vigorous Activity to Your Workout

If you have been doing moderate-level activities for the past eight weeks, you may be ready to add more effort or intensity with vigorous activities. Working at this level will provide benefits in less activity time. In general, 15 minutes of vigorous activity provides the same benefits as 30 minutes of moderate activity. However, it is best to maintain the same

number of minutes while increasing intensity for even greater health benefits.

Introduce vigorous activities a little at a time. For example, you could substitute a few minutes of fast walking or jogging several times during your 30-minute walk. Other vigorous activities include hiking uphill, biking faster than 10 miles per hour, tennis (singles), aerobic and

fast dancing (such as Zumba), and sports with a lot of running, such as basketball and soccer. You know you are working at a vigorous level if you can say only a few words without stopping to catch your breath. Adding these activities is just one way you can challenge yourself so you don't grow bored with your routine.

Enjoy Local Foods in Season

Have you ever tried a tomato that was picked within the past 24 hours? Most people would agree that taste is one of the top reasons to buy locally grown foods. Fresh foods that are picked just as they ripen have the very best flavor and are at their peak nutritionally. Locally grown foods allow you to eat with the seasons, when these foods are at their peak taste, most abundant, and the least expensive.

Local food also provides more variety. Farmers have more options when the food they produce does not have to travel a long distance, and it allows them to try small crops of fruits and vegetables that would likely never make it to a large supermarket. A bag of mixed lettuce greens at a farmers market could easily have more than 10 types of greens. Tomatoes may be various shades of red, yellow, orange, or purple. You can even find purple potatoes, so enjoy the variety.

Farmers Market Quesadillas

Makes 4 servings

| | | | |
|----|--|----|--|
| 2 | tablespoons vegetable oil | 1 | cup tomato, diced |
| 1 | cup fresh, mild chiles, (Anaheim or Poblano), diced | ¼ | cup fresh cilantro or basil to taste, chopped |
| ½ | cup red onion, diced | 1 | tablespoon fresh lime juice |
| 1½ | cups summer squash (such as zucchini and yellow squash), diced | 4 | 8-inch flour tortillas |
| 1 | cup fresh or frozen corn kernels | 1⅓ | cups low-fat sharp cheddar cheese, grated |
| ⅛ | teaspoon chipotle chile powder | | Salt and pepper to taste (optional) |

Directions:

1) Heat the oven to 200° F. Fit a cooling rack over a baking sheet and put in the oven so you can keep quesadillas warm as you prepare them.

2) Heat 2 teaspoons of the oil in a 12-inch skillet over medium-high heat. Add chiles and onion; stir and cook until soft (3 to 4 minutes). Add squash and continue to cook, stirring, until the squash softens and starts to brown. Stir in corn and chipotle powder, and cook 2 minutes more.

3) Spoon vegetables into a bowl to cool for a few minutes. Fold in the tomato, cilantro or basil, and lime juice. Set aside ¾ cup of the mixture.

4) Place several layers of paper towel on a clean work surface. Wipe out the skillet, place over medium-high heat, and add 1 teaspoon oil.

5) Place one tortilla in the pan. Quickly distribute ⅓ cup of the cheese evenly over the tortilla and a quarter of the remaining vegetable mixture over half the tortilla. When the underside of the tortilla is browned and the cheese is bubbly, use tongs to fold the cheese-only side over the vegetable side.

6) Using tongs, place the quesadilla on paper towels, blot for a few seconds, then transfer to the rack in the oven. Repeat with the remaining oil and tortillas.

Cut the quesadillas into wedges and serve immediately with the reserved vegetable mixture and garnishes.

Nutrition information for one quesadilla: Calories — 340; fat — 14 g; carbohydrate — 40 g; fiber — 4 g; protein — 16 g; sodium — 540 mg. 180% of vitamin C, 25% calcium, 20% vitamin A, 15% iron.

Note: If you use regular cheese in this recipe, one quesadilla would contain 430 calories and 24 g fat.

