

Walk Kansas

celebrate healthy living

K-STATE
Research and Extension

Newsletter #3 • 2013

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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Are You House Walking?

Are you walking with purpose, or just “house walking” — moving at a speed people walk when going from one room in the house to another? With several weeks of *Walk Kansas* behind you, this is a good time to increase your walking pace.

When you walk, or do other types of activity, make sure you are working at a level that ensures the most benefit for your physical activity — not overdoing or underdoing it. Basically, there are two ways to determine if you are working at the right level of intensity. One is based on how you feel during exercise and the other involves measuring your heart rate.

Take the talk test. Activity minutes you report for *Walk Kansas* should be at moderate or vigorous intensity. Moderately intense activity means you can just barely talk, but you can't sing. Your breathing quickens; however, you are not out of breath. You develop a light sweat after about 10 minutes of activity.

Vigorous activity will feel challenging. Your breathing is deep and rapid and you develop a sweat after a few minutes of activity. You can say only a few words before pausing for breath.

Measure your heart rate. A more scientific way to measure intensity is to see how hard your heart is beating during exercise. First, you need to know your maximum heart rate, which is

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the upper limit of what you can handle during physical activity. A basic formula for this is to subtract your age from 220. Moderate intensity exercise is 50 to 70 percent of your maximum heart rate. Vigorous intensity is 70 to 85 percent of your maximum heart rate. A quick and easy way to determine your desired heart rate zone is to use an online target heart rate calculator such as this one: www.webmd.com/fitness-exercise/healthtool-target-heart-rate-calculator. To determine if you are working in the zone, check your heart rate during exercise using these steps:

1. Stop for a moment.
2. Take your pulse for 15 seconds.
3. Multiply this number by 4 to calculate your heartbeats per minute.
4. Compare this number with your heart rate zone for moderate or vigorous activity.

To benefit the most from your physical activity, make sure you are exercising at the proper intensity level for your health. Also, be aware that certain types of medication can lower your maximum heart rate zone. Be sure to talk with your physician about your appropriate heart rate zone if you take any medications or have any medical conditions.

Success Stories from 2012

"After having two total knee replacements in the past year, I was having difficulty walking. Walk Kansas gave me the motivation to increase activity and focus on creating a new stride. As a result, I now have the strength and balance back to feel confident and comfortable walking."

— Sumner County

Choose "Soda-briety"

Part 2

By choosing tap water as a beverage, you save calories and you'll notice savings in your wallet, too. For every beverage you replace with water (when eating out or from a vending machine), you'll save at least \$1.50. Make this change five times each week and you would save \$60 during the eight weeks of *Walk Kansas*.

Think about what you would save during one year (\$390) or 2 years (\$780). What could you do with an extra \$780? You could buy a new laptop computer, a new wardrobe, or it could go toward a vacation. It is quite simple, and the payoff is huge — all because you substitute water for soda when you eat out or pass up a vending machine. Think it over — choose water!

Take 10 for Better Health

Taking 10-minute breaks in your day is like having recess. Children look forward to recess breaks at school, and adults should do the same to break up their daily routine.

Physical activity guidelines from the U.S. Department of Health and Human Services recommend a minimum of 150 minutes of activity (moderate to vigorous) each week. The guidelines also highlight the need to do these activities for at least 10 minutes at a time.

"Instant Recess" is a tool that inspires people of all ages to move and be active 10 minutes at a time. You can enjoy recess at home, at work, during meetings and conferences — wherever and whenever you need a break. Your recess could be a 10-minute brisk walk, or play one of the "Instant Recess" videos and join the fun!

"Instant Recess" videos can be found at www.walkkansas.org/p.aspx?tabid=77 or request a DVD from your local K-State Research and Extension office.

To learn how workplaces and communities across the country are implementing recess, like "Instant Recess" on Facebook.

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Vary Your Protein

Protein-rich foods are vital for good health. Most people eat enough protein, and some eat more than needed. Adults typically require 5 to 7 ounces of protein foods each day. While you may be getting enough protein in your diet, it is possible you could make better choices. The key is to choose variety and go lean with protein.

Foods that contribute protein include beans and peas, nuts and seeds, soy foods, seafood, red meat, eggs, poultry, and dairy products. As you make protein choices, opt for lean or low-fat cuts of meat such as round or sirloin, and choose ground beef that is at least 90 percent lean. Watch portion sizes and be aware that many restaurant portions are often greater than 4 to 5 ounces. Eggs are also a great source of protein, and an average of one egg each day does not increase your risk for heart disease. The most recent dietary guidelines promote eating seafood twice a week in place of meat or poultry, and to eat plant proteins more often.

A plant-based food gaining popularity right now is quinoa. While often considered to be a whole grain, quinoa is actually a seed. The plant is native to the Andes Mountains of Bolivia, Chile, and Peru. Quinoa is a highly nutritious food and has the highest protein content of all whole grains. It provides all nine essential amino acids, is gluten-free, and cholesterol-free.

There are many ways to enjoy quinoa. It tastes great on its own and when combined with almost any vegetable for a side dish or entrée. In the recipe below, quinoa and vegetables combine with beef to add flavor and to stretch your food dollar. Enjoy these with marinara sauce and spaghetti (or spaghetti squash), or on a whole-grain hoagie as a meatball sandwich. Try them as an entrée with different sauces. Make smaller meatballs and add to soup, stew, a casserole, or top a pizza.

Beef and Quinoa Meatballs

Makes 6 servings

Ingredients:

- Nonstick cooking spray
- 1 pound lean ground beef
- $\frac{3}{4}$ cup cooked quinoa
- $\frac{1}{4}$ cup finely chopped onions
- $\frac{1}{4}$ cup grated carrots
- $\frac{1}{4}$ cup grated zucchini
- $1\frac{1}{2}$ tablespoons ketchup
- 1 tablespoon chopped garlic
- 1 tablespoon reduced sodium soy sauce
- $\frac{1}{2}$ teaspoon pepper
- $\frac{1}{4}$ teaspoon dried oregano
- $\frac{1}{4}$ teaspoon dried thyme
- 1 egg

Directions:

1. Preheat oven to 450 degrees F.
2. Line a large baking sheet with foil, then spray with cooking spray, set aside.

3. In a large bowl, mix together all remaining ingredients.
4. Shape beef mixture into 18 balls and transfer to prepared baking sheet.
5. Roast until cooked through and meatballs reach internal temperature of 165 degrees (approximately 12 to 15 minutes).

Note: To cook quinoa, bring 1 cup water to boil in a small pot. Add $\frac{1}{2}$ cup quinoa, cover and simmer 10 to 12 minutes until water is absorbed. Remove from heat and let set for 10 minutes, then fluff with a fork. This makes about $1\frac{1}{2}$ cups.

Nutrition information for one

serving (3 meatballs): 190 calories; 9 g fat; 8 g carbohydrates; 1 g fiber; 210 mg sodium.

To freeze cooked meatballs: Place them on a cookie sheet and then in your freezer. After meatballs are frozen, transfer to a freezer bag and seal. Take out and reheat as needed.

