

Walk Kansas

celebrate healthy living

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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Exercise Is Medicine

“If walking was a pill or surgical procedure it would be on 60 Minutes.” — Dr. Bob Sallis, Kaiser Permanente family practitioner from Fontana, Calif.

Dr. Sallis prescribes regular walks for his patients and believes that walking is like medicine for them. If your physician prescribed a pill that would extend your life, would you take it as prescribed?

Walking may be the next big health-care breakthrough that could save Americans more than \$100 billion a year. Research supports the power of walking, and other forms of moderate activity, which could cut the rates of heart disease, diabetes, colon cancer, and Alzheimer’s by at least 40 percent. People out walking also benefit their towns, cities, and communities by making them livelier, safer, and more attractive places to live, work, and play.

For 13 years, K-State Research and Extension has promoted and encouraged this amazing health treatment — walking — through the Walk Kansas program. More than 185,000 people have joined this “movement” to better health, and we welcome you this year.

There are many ways you can stay connected to other Walk Kansas participants in your community and across the state and country. Like us on Facebook (Kansas State

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All You Need Are Shoes

Walking doesn't require practice or fancy gear — just a good pair of walking shoes. The best shoes for you are those that fit you the best. They should feel supportive, not constrictive, and the toe box should be roomy. While most athletic brands offer shoes designed for walking, some people find a running shoe design is better for them.

Walking is a natural rolling movement from heel to toe. Your foot will bend at the ball on each step, and your shoes must be flexible enough to complete this motion. Many shoes marketed as walking shoes do not provide enough flexibility as they are built for comfort and stability. If you are fitness walking in nonflexible shoes, your ankle and shin muscles end up fighting your shoes, leaving you with tired, sore feet and shins.

You can test shoes for flexibility in several ways. First, grab the shoe with both hands and twist in opposite directions. It should twist a little, but not completely into a spiral. Next, bend the shoe in half, pushing the heel toward the toe. Make sure the shoe bends at the ball of the foot and not the middle of the arch. For one more test, place the shoe on a level surface and poke the toe down. The heel should rise up off the surface. This type of shoe will help you roll through your step while walking.

The heel of a walking shoe should be no more than an inch higher than the sole under the ball of the foot. Avoid a flared heel. Since walkers strike with the heel, it is best to have a heel that is undercut to help you roll through a step.

Exercise Is Medicine

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University Walk Kansas), follow @GottaWalkKansas and the Walk Kansas hashtag on Twitter (#WalkKansas), and find us on Pinterest at www.pinterest.com/ksuresearchext. Most of all, stay connected with your team captain and teammates. Best wishes for a great Walk Kansas experience — now let's move!

*Sharolyn Flaming Jackson
Family and Consumer
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State Walk Kansas Coordinator*

2013 Success Story

I joined Walk Kansas in 2011 and have lost 110 pounds — I have been able to keep it off because of this program and the incentive it gave me.

— Central Kansas District

Move of the Week: Warm Up, Stretch for Cool-Down

Guidelines for physical activity are two-fold. First, take as many steps as you can throughout the day and make sure you break every hour of sitting by standing or moving for a few minutes.

Second, get at least 150 minutes of moderate to vigorous activity every week. Moderate is working at the intensity where you can just barely talk, not sing. Log these minutes as long as you are working at the moderate level for at least 10 consecutive minutes.

Warm your muscles to prepare your body for activity and to prevent injury. Start by walking comfortably for a few minutes and include a few stretching moves, rock back and forth from heels to toes, and warm up your torso and arms with large movements.

While walking doesn't require any special skill, good walking technique will help you reach

your ideal stride. Keep your body elongated, shoulders down and relaxed — away from your ears. While walking, focus 15 to 20 feet in front of you, keeping your chin parallel to the floor and your eyes up. As you walk, keep your back straight, belly tight, and butt tucked in. Keep your arms bent at the elbow and close to your torso. As you walk, land with your heels and push off with your toes.

To cool down from your walk, slow your pace and do some static stretching, where you hold each stretch for 20 seconds. Make sure you stretch your arm and shoulder muscles, torso, and lower body. The Walk Kansas website includes videos and stretching tips under "Steps to Fitness." The videos "Walking Basics" and "Post Workout Cool-down" are a good place to begin.

Eating for Energy

A car with an empty gas tank wouldn't make it out of the driveway. Your body is much the same. You need fuel — calories and fluids — to stay energized. Nutrition articles in the Walk Kansas newsletter this year will focus on eating for energy. A good place to start is with the first meal of the day.

Make sure your daily breakfast is giving you the fuel and staying power you need and helping set the stage for you to make smart decisions all day long. One easy tip to remember is "strive for five," which means to include at least 5 grams of fiber and 5 grams of protein in every breakfast.

Your breakfast meal should be balanced. Carbohydrates will give you nearly instant pep, and protein provides staying power to keep your blood sugar on an even keel. Choose carbs that are 100 percent whole grain such as whole-wheat toast, oatmeal, and whole-grain cereal, and go for fruit rather than fruit juice to boost fiber. To make sure you are getting a whole-grain product, check the ingredient list and make sure whole grains are listed first. Avoid processed grains (such as white bread), pastries, scones, and sugared cereals whenever possible.

Good protein choices include lean meats, eggs, low-fat dairy products, legumes, nuts, and nut butters. A quick and easy breakfast on the go could be a peanut butter and banana sandwich on whole-grain toast and a cup of skim milk. Another good option starts with plain, unsweetened yogurt. Add fruit, some nuts or seeds, and raw or toasted oats. Try the Yogurt Parfait recipe from 2009: www.walkkansas.org/doc5200.aspx

These Veggie Quiche Bites can be made ahead of time and kept in the refrigerator for a quick breakfast. They also freeze well. When reheating in a microwave oven, use a medium power setting so the eggs are not overcooked. Vary the veggies to see what combination your family prefers.



Veggie Quiche Bites

Makes 6 servings

Ingredients:

- 1 teaspoon olive oil
- 1 cup chopped vegetables*
- ½ cup part-skim mozzarella cheese
- ¼ cup nonfat milk
- 5 large eggs
- ¼ teaspoon garlic powder
- Salt and pepper to taste

Directions:

1. Preheat oven to 350° F.
2. Coat 6 muffin cups with cooking spray. Heat a nonstick skillet over medium-high heat. Add oil and swirl to coat. Add vegetables and sauté for 3 minutes or until almost tender. Transfer vegetable

mixture to a small bowl; cool for at least 3 minutes, then stir in cheese.

3. Combine milk and remaining ingredients, stirring with a whisk until blended. Stir in cheese/vegetable mixture. Divide mixture evenly among prepared muffin cups. Bake at 350°F for 20 minutes or until puffed and set. (Quiches will deflate slightly as they cool.) Serve warm.

*Start with ¼ cup chopped onions, then add any combination of vegetables you prefer: bell peppers, mushrooms, tomatoes, spinach, broccoli, etc.



Nutrition Information

per serving: 110 calories; 7 g fat; 4 g carbohydrate; 8 g protein; 1 g fiber; 160 mg sodium.