

# Walk Kansas

*celebrate healthy living*

**K-STATE**  
Research and Extension

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## *Coming Next Year*

Walk Kansas 2015,  
March 15 to May 9

### **Like us on Facebook: Kansas State University Walk Kansas**

This newsletter developed by Sharolyn Flaming Jackson, Extension Specialist – Family and Consumer Sciences, K-State Research and Extension.

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## *Celebrate Your Health and Play*

Another awesome Walk Kansas is complete. Approximately 16,000 people joined the effort this year to live a more healthful lifestyle. Take some time to celebrate what you have accomplished and just play. Sometimes we get so serious about exercise that we forget to play. This week, do things you enjoyed as a child and allow yourself to have a little fun!

**Play in a park.** Swing, slide, and climb on a playground. Tie a piece of rope between two trees for an easy net and play volleyball. Play games like hide and seek or red light, green light. Play with a Frisbee.

**Dance.** Music makes exercise more enjoyable. It doesn't matter what kind as long as it makes you get your groove on. Try Zumba, a workout that blends footwork and body movements from salsa, merengue, flamenco, and other dances. Don't worry about how you look, just laugh and enjoy!

**Hula-Hoop.** "Hooping" has re-emerged as a cardio workout and can be done indoors or out, on your own or with a group. You will need the right hoop, one that is heavy and about waist high. You might remember the moves from your childhood, or search for hula hoop workouts on YouTube.

**Jump Rope.** This will make you feel like a kid again! Rope jumping

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## Celebrate Your Health and Play

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works well with interval training. After your warm-up, alternate intervals where you jump rope fast and then pace or march in place to catch your breath.

Inspiring stories from Walk Kansas 2014 are coming in, and we want to hear all of them. Please share your story when you complete your evaluation survey at: [https://kstate.qualtrics.com/SE/?SID=SV\\_bCRsS-2wf1icN165](https://kstate.qualtrics.com/SE/?SID=SV_bCRsS-2wf1icN165) or a paper survey provided by your local extension office. You can also send success stories to [sharolyn@ksu.edu](mailto:sharolyn@ksu.edu).

We hope that you will take the healthy lifestyle habits you have practiced the past 8 weeks and continue these for a lifetime. Congratulations and thank you for participating in Walk Kansas 2014. Until next year . . . Walk Tall — Walk Strong — Walk Kansas!

Sharolyn Flaming Jackson  
Family and Consumer Sciences Specialist  
State Walk Kansas Coordinator

## • 2014 Success Story

- A record number of 56 teams
- from Cowley County celebrated
- healthy living as part of Walk
- Kansas 2014. Weekly events
- were scheduled for participants
- and the public. The rural communi-
- ties of Burden and Udall hosted
- community fitness sessions that
- helped promote physical activi-
- ty for all ages. The increase in
- participation is a result of work-
- place wellness promotion from
- USD 465, USD 470, and Cowley
- County Commissioners. This year,
- 69 Cowley County employees
- are participating, with two-thirds
- being first time participants!

## Are You Ready for a 5K?

Have you ever participated in a 5K or 10K Fun Walk/Run? Many communities offer events like this, often to support a local charity. Alec Wuellner and Hope Grable, seniors at Piper High School in Kansas City, organized a "Wells for India" 5K fundraiser as part of their senior project. They researched water quality issues in India and are raising funds to help build a well there. Local Walk Kansas participants enjoyed the walk and supporting a worthwhile cause.

The joy of events like this is that everyone can participate. After 8 weeks of regular walking, you may be ready to try a 5K fun walk/run and challenge yourself to take things to the next level.

Pat Melgares, a distance runner and marketing coordinator for K-State Research and Extension, offers these guidelines to help you prepare your body to cover the distance of a 5K or 10K.

**1. Walk-Jog-Run.** Any combination of movement will move you toward the goal. Some mistakenly think they must always run — or always run fast — in order to get in shape. Run a slow pace comfortably, with periodic walk breaks. In general, walk 30 to 60 seconds before getting into a slow running pace again.

**2. Progress to more exercise over time.** In the first couple weeks, you may only be able to



work out three days. Move it up to four days for a couple weeks, then maybe five days a week after that. Taking a day off is OK. Even high-level athletes understand that rest is a training principle, too.

### **3. Don't concern yourself with distance.**

One pitfall is that people worry about how far they need to go. Instead, start by exercising for 30 minutes — walk a little, run a little, etc. — and then move that up to 40 minutes as your motivation increases. Your heart and lungs need to be exercised for periods of time, not necessarily for a specified distance.

Most of all, have fun! Exercising with others is a great time for conversation and friend-building. You'll find that in many local races, even strangers become friends because you're working toward a common goal — the finish line!

## Build it – Wrap it – Grill it

Meals that are healthful, light, and fresh are perfect for summer. Who wants to spend lots of time cooking? Here are some ideas to help you build, wrap and grill great summer meals.

**Build a meal salad.** This is a salad that boasts enough nutrients and density to serve as a meal. Start with a base of dark greens, such as spinach and romaine, or a mix of greens. Leftover pasta, rice, couscous, or quinoa can also provide a salad base or be added as a topping.

Include protein with beans, hard-boiled eggs, edamame (green soybeans), grilled chicken, shrimp, tuna, cubed deli ham, cheese, or strips of lean flank steak. Add plenty of colorful vegetables, dried and fresh fruit, nuts and seeds. Top it off with your favorite light dressing or make your own. In a jar, combine ½ cup balsamic vinegar, 3 tablespoons olive oil, ¼ cup water, 1 tablespoon Dijon mustard, 1 teaspoon honey, and 1 teaspoon garlic powder. Seal the jar tightly and shake to combine ingredients.

**Wrap it up.** Wraps can include fillings that are “messier” than a sandwich as the wrap is designed to hold ingredients together. They are traditionally

loaded with flavor from fresh veggies and fruit, hummus, herbs, sauces, and many types of filling. The “wrapping” can be a whole grain flatbread, tortilla, or lettuce.

During summer, lettuce wraps are especially appealing because they are light and fresh. The Asian Beef Lettuce Wrap below can be made with ground turkey, pork, or tofu. Try a shrimp and mango lettuce wrap, black beans and corn, or a combination of pinto beans, quinoa, avocado, onions, and spices. The possibilities are endless!

**Take cooking outside.** Summer is grilling season and the perfect opportunity to expand your grilling skills beyond burgers. Of course, all types of meat, poultry, and seafood taste great when cooked on a grill. You can grill almost every vegetable, including romaine lettuce; grilled peaches are a perfect dessert, or try banana boats.

Don't forget about pouch cooking on a grill — fish is especially good prepared this way. Instructions for pouch cooking can be found at: <http://www.walkkansas.org/doc10921.ashx>.

## Asian Beef Lettuce Wraps

Makes 6 servings.

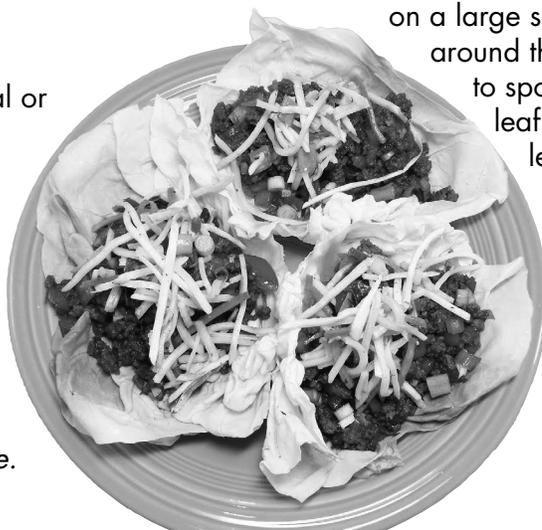
### Ingredients:

- 1 tablespoon fresh lime juice
- 2 cups broccoli slaw
- 2 teaspoons canola oil (divided)
- Salt and pepper to taste
- ½ cup green onions, chopped (divided)
- 1 red bell pepper, diced
- 1 onion, diced
- 1 pound lean ground beef (browned and rinsed)
- 2 garlic cloves, minced
- 2 teaspoons light soy sauce
- ¼ cup hoisin\* sauce
- 1 teaspoon chili sauce (optional or to taste)
- 1 teaspoon ground ginger
- ½ tablespoon honey
- Lettuce leaves (Boston or romaine)

\*Hoisin sauce, also called a Chinese barbecue sauce, is used frequently in Asian stir-fries and marinades. You can substitute your favorite barbecue sauce.

### Directions:

1. To make slaw, combine lime juice, broccoli slaw, oil, and ¼ cup green onions. Season lightly with salt and pepper.
2. Heat a large frying pan over medium high heat. Add 1 teaspoon oil, bell peppers, and onions; cook 3 minutes.
3. Add garlic, cooked ground beef, soy sauce, hoisin sauce, chili sauce, ginger and honey. Cook 3 minutes. Stir in green onions.
4. Spoon meat mixture into a medium bowl and place on a large serving platter. Arrange lettuce leaves around the bowl. To serve, allow each person to spoon a portion of the meat into a lettuce leaf and top with broccoli slaw. Wrap the lettuce around the meat like a burrito and enjoy!



**Nutrition Information per serving:** 200 calories; 9 g fat; 14 g carbohydrates; 2 g fiber; 17 g protein; 330 mg sodium.