

Walk Kansas

celebrate healthy living

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In This Issue

Walk Tall, Walk Strong,
Walk Kansas

No Pain, No Gain — Just a Myth?

Flip Your Fridge

Recipe: Pineapple Black Bean
Enchiladas

Coming Next Week

Why Strength Training?

Make Your Own Weights

Who Is Your Health Buddy?

Benefits From Breakfast

Recipe: Blueberry Oatmeal
Smoothie

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Welcome to Walk Kansas 2015

“The most important thing is posture. If you have poor posture, eventually, you’re going to hurt. And if you hurt, you’re not going to exercise. Everything else goes out the door.”

James R. Thompson, M.S., ACE Certified Trainer

The start of Walk Kansas means spring is just around the corner. If you have participated before, you know that walking and other types of moderate activity are the focus of this program. This year, we also encourage you to do strengthening exercises and practice better posture.

During the next 8 weeks, we will challenge you to make some changes in the culture or environment where you live, work, and play. We make choices all day long that affect our health. Wouldn't it be nice if the healthy choice was the easiest one to make? Check this newsletter each week for a culture change challenge. We are starting out with a fun one — flip your fridge.

To connect with others who have joined Walk Kansas, like us on Facebook, Kansas State University Walk Kansas; follow us on Twitter, #WalkKansas; and on Pinterest, www.pinterest.com/ksuresearchext/.

Have a great Walk Kansas!

Sharolyn Flaming Jackson
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Walk Tall, Walk Strong, Walk Kansas

Here is a quick reminder of key points for your first week of Walk Kansas:

Walk Tall. There is a reason why your mother told you to sit or stand up straight. By practicing good posture, you will feel less tension in your neck and shoulders, your spine feels longer, and you will have better mobility. At first, practicing good posture will take some effort. Once you realize how much better you feel, it will become a habit.

Walk Strong. The exercises promoted through this program will help develop your muscles to make it easier and safer to perform everyday activities, such as carrying groceries or playing a team sport with your kids. Check the Walk Kansas website, www.walkkansas.org, each week for videos that demonstrate these exercises. Start with air squats, parallel arm raises, and a tubing pull across your chest this week. You will find videos at (www.walkkansas.org/p.aspx?tabid=66).

Walk Kansas. Each week during Walk Kansas, log your minutes of moderate/vigorous activity (must be at least 10 consecutive minutes) and report these to your team captain. You can also count minutes you spend doing strengthening exercises. Information in your registration packet includes more detail on what to count as exercise minutes. Also, track how many cups of fruits and vegetables you eat each day.

2014 Success Story

As a result of this program, I am more motivated than ever to keep working out and be more aware of the food choices I make for my entire family. We have switched to drinking more water than juices and take nice walks around the block together. My children have seen me working out, and they actually participate. I decided to take the initiative of being the team captain as it puts more pressure on me to set the example and motivate others.

— Johnson County

No Pain, No Gain – Just a Myth?

It is perfectly normal to feel sore after exercise, especially if the activity is new or if you have increased the level of intensity or duration; however, aches and pains should be minor. Muscles go through stress when you exercise, and small microscopic tears occur in the muscle. This damage, along with inflammation, causes the discomfort. The gradually increasing soreness you often feel 24 to 48 hours later is called delayed onset muscle soreness (DOMS) and is a natural outcome of any physical activity.

Your muscles should burn a little when walking, and you should feel a little sore a few days after doing strengthening exercises. You know you've done too much if soreness prevents you from performing daily activities or if excessive soreness lasts three days or more after exercise. Too much soreness can discourage you from continuing exercise habits. Proper recovery after exercise can keep muscle soreness to a minimum. Here are some tips that may help.

Hydrate. Water is the best way to hydrate during and after exercise, and during recovery. The easiest way to tell if you are dehydrated is by the color of your urine. It should be light yellow or

clear within a couple of hours after exercise. If it is dark yellow, you need more hydration.

Fuel. After exercise, have a snack that contains carbohydrates and protein. Good choices include yogurt and almonds, peanut butter with a banana, rice cakes, or whole-wheat pretzels. Eating the right foods after exercise will improve your energy level and help with recovery.

Circulation. A light activity, such as an easy bike ride, light stretching, or slower walking, will stimulate blood flow and help you cool down after activity. Better circulation will improve the speed of your recovery.

Compression. A massage or use of a foam roller can help move inflammatory fluids out of muscles and help with sore or tight spots from worked muscles.

Rest. Normal muscle soreness will peak about 48 hours after exercise, and should be much better by the third day. This is why a rest day between strengthening exercises is recommended. If you want to do strengthening on consecutive days, alternate upper body exercise one day and lower body the next.

Make the Healthy Choice the Easy Choice

Flip Your Fridge

Open your refrigerator door. What can you “flip” around to make healthy eating easier for you and your family?

Easy to see, easy to grab. Place healthier snacks — such as fresh fruit, veggies, hummus, string cheese, light yogurt, and bagged nuts — at eye level. Use clear bags and containers so you can see what is inside.

Store foods snack-ready. Keep washed and cut produce so it is ready for snacking.

Out of sight, out of mind. Keep less healthy items in the back of the refrigerator or in a drawer.

Keep food safe. Store raw meat in the bottom section or drawer of your refrigerator.

Rethink your drink. Keep water, unsweetened tea, and nonfat milk at eye level. Keep washed and sliced lemon or lime to add to water and tea.



Chicken Pineapple Black Bean Enchiladas

The popularity of Hispanic style food has surged the past several years, making it the most popular ethnic food in America. This recipe is a little spicy and a little sweet. Omit the chicken for a vegetarian version that is just as tasty.

Makes 8 servings

Ingredients:

- 2 teaspoons vegetable oil
- 1 large yellow onion, chopped (about 1 cup)
- 1 medium red bell pepper, chopped (about 1 cup)
- 1 can (20 ounces) pineapple tidbits in juice, drained, $\frac{1}{3}$ cup pineapple juice reserved
- 1 can (15 ounces) black beans, drained, rinsed
- 1 can (4.5 ounces) chopped green chilies
- $\frac{1}{2}$ cup diced cooked chicken breast
- $\frac{1}{2}$ cup chopped fresh cilantro
- $\frac{1}{2}$ teaspoon cumin
- $\frac{1}{4}$ teaspoon cayenne pepper (optional)
- $1\frac{1}{2}$ cups shredded low-fat Cheddar cheese
- 1 can (10 ounces) green enchilada sauce
- 8 whole wheat flour tortillas (8- or 9-inch)
- Reduced-fat sour cream or Greek yogurt and chopped fresh cilantro for garnish

Directions:

1. Heat oven to 350 degrees F. Spray 13-by-9-inch (3

quart) glass dish with cooking spray. In 12-inch skillet, heat oil over medium heat. Add onion and bell pepper; cook 4 to 5 minutes or until softened. Stir in pineapple, beans, green chilies, and chicken. Cook and stir until thoroughly heated. Remove skillet from heat. Stir in cilantro, cumin, cayenne pepper (optional) and 1 cup of cheese.

2. Spread 1 tablespoon enchilada sauce onto each tortilla. Spoon about $\frac{3}{4}$ cup vegetable mixture over sauce on each. Roll up tortillas; place seam side down in baking dish.
3. In small bowl, mix reserved $\frac{1}{3}$ cup pineapple juice and remaining enchilada sauce; pour over entire surface of enchiladas in dish. Sprinkle with remaining $\frac{1}{2}$ cup cheese. Spray sheet of foil large enough to cover baking dish with cooking spray. Place sprayed side down over baking dish and seal tightly.
4. Bake 35 to 40 minutes, removing foil during last 5 to 10 minutes of baking, until cheese is melted and sauce is bubbly. Top each baked enchilada with 1 teaspoon sour cream or Greek yogurt and 1 teaspoon cilantro.



Nutrition Information per serving: 330 calories; 10 g fat; 46 g carbohydrates; 14 g protein; 6 g fiber; 810 mg sodium. (Sodium per serving if you replace canned beans with $1\frac{1}{2}$ cups cooked dried beans – 700 mg.)