



# WALK KANSAS

**K-STATE**  
Research and Extension  
[www.WalkKansas.org](http://www.WalkKansas.org)

## 2025 Week Five



## Benefits of Resistance Training

Resistance training, also known as strength training, involves exercising muscles against resistance, such as using weights, resistance bands, or your own bodyweight. The Physical Activity Guidelines for Americans recommend that you do strengthening exercises two or more days a week, with a rest day between.

While resistance training benefits everyone, regardless of age, these benefits are especially helpful as you get older. Here is what resistance training can do for you.

**Stronger bones and better balance.** Doing resistance training consistently can help maintain or increase bone mass and density. Your balance and stability improve as your muscles get stronger.

**Reduces body fat and boosts metabolism.** As muscle mass increases, your body burns more calories, even when you're resting. Muscle tissue is more metabolically active, so it requires more energy to maintain, even when you are not exercising.

**Improves muscle strength and endurance.** Your muscles help you do many tasks throughout the day, such as lifting things, opening containers, moving around, walking up and down steps, and so much more. Resistance training also helps you build muscle mass, or minimize muscle loss, which occurs naturally as we age.

**Improved mental health and self-esteem, better sleep.** Studies show that resistance training can boost mental and emotional health, in addition to physical health, and can help with symptoms of depression. Resistance training, and exercise in general, can also help relieve feelings of anxiety and worry, and it can also help you build confidence and boost your self-esteem. Better sleep is also a benefit.

### Resources to learn more:

<https://www.ksre.k-state.edu/program-areas/health-and-wellness/physical-activity-movement/>  
<https://mcpress.mayoclinic.org/healthy-aging/the-many-benefits-of-resistance-training-as-you-age/>  
<https://extension.sdstate.edu/weighted-exercises>

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On Zoom? Don't just sit there!

Breathe Fresh, Train Smart, Stay Safe!

Understanding Carbs

Recipe: Blueberry Muffins (Lower Carb/Sugar)

## Dealing with DOMS

It is normal to feel a bit sore after exercise; however, aches and pains should be minor. 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 bit 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. Here are some tips to promote recovery after exercise.

**Hydrate.** Water is the best way to hydrate during and after exercise. 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.

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

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



### Breathe Fresh, Train Smart, Stay Safe!

It is up to drivers not to hit bicyclists and pedestrians. Anyone not in a car is a vulnerable road user because when it's a car versus a body, a car is always going to win. This is why pedestrians always have the right of way even when it is inconvenient to drivers.. So, as a driver, pay extra careful attention to those vulnerable road users sharing the road. Triple-check crosswalks before you turn. Slow down when driving through parking lots. Always assume when driving through a neighborhood that kids are out playing and slow down. If you're having a bad mental health day, feeling irritable, or aggressive, please don't drive. Part of pedestrian safety is also how drivers perceive pedestrians. Remember, it's not just a pedestrian, it's another human being. Most drivers want to protect pedestrians, so be patient and watch out.

**Courtney Nowland,**  
*Kansas Traffic Safety Resource Office*

## Walk Kansas Webinars

**April 23: Resistance Exercise – Getting Started**

**May 7: Foot Care**

**May 14: Blue Zones: Keys to Living Longer and Better**

**Time: 12:10 p.m.**



**Link to join or scan the QR code below:**  
<https://ksu.zoom.us/j/97410290196>

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

**Kansas State University Agricultural Experiment Station and Cooperative Extension Service**

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## Enjoy Non-Starchy Veggies

Eating a diet rich in vegetables can help lower your blood pressure and reduce your risk of developing heart disease, cancer, type 2 diabetes, and obesity. While all vegetables should be included in your diet, this article explores the difference between starchy and non-starchy vegetables.

Starchy veggies are higher in carbohydrates and will increase your blood sugar more. If you have diabetes, or watch your carb intake, this is important. You don't need to cut these out of your diet, just limit them to a quarter of your meal or less. Starchy veggies include corn, green peas, plantains, potatoes, yams, beets, parsnips, hominy, sweet potatoes, and squash (acorn and butternut.)

Non-starchy veggies are low in carbohydrates and calories, and rich in fiber, which keeps you full and stabilizes blood sugar by slowing down digestion. There are so many non-starchy veggies to choose from and enjoy :

**Green Veggies:** Asparagus, broccoli, cabbage, celery, cucumbers, leeks, okra, peppers (all green types), scallions, zucchini, brussels sprouts, snow peas, sugar snap peas.

**Lettuces and greens:** Arugula, collard greens, endive, iceberg lettuce, kale, leaf lettuce, spinach, romaine lettuce, turnip greens, swiss chard, radicchio.

**Red and orange veggies:** Carrots, peppers (all red and orange types), pumpkin, squash (summer, crookneck, spaghetti), sweet potato, tomatoes.

**Beans, peas, and legumes:** bean sprouts, green beans, Italian beans, string and wax beans.

**Other non-starchy veggies:** Avocado, bamboo shoots, cauliflower, eggplant, jicama, kohlrabi, mushrooms, onions, radishes, rutabaga, turnips, and water chestnuts.



## Veggie Fajitas

*Makes 4 servings*

### Ingredients:

- 6 ounces white button mushrooms, halved
- 1 medium onion, sliced
- 2 tablespoons olive oil, divided
- 1 tablespoon steak seasoning, divided
- 1 red bell pepper, sliced into strips
- 1 poblano pepper, sliced into strips
- 1 small yellow squash, halved lengthwise and cut into half moons
- 1 small zucchini, cut into half moons
- 2 limes, juiced
- 1 tablespoon honey (can use hot honey)
- 1 cup shredded cheddar jack or Colby cheese (4 ounces)
- 4 8-inch flour tortillas (high fiber variety)

### Directions:

1. Wash hands with soap and water.
2. Prepare produce and rinse under cold running water.
3. Heat 1 tablespoon of olive oil in a large heavy-bottom skillet over medium-high heat. Add the mushrooms and onions in a single layer. Let cook undisturbed for 2 to 3 minutes, allowing the vegetables to char. Season with half the steak seasoning, and stir. Cook an additional 1 to 2 minutes. Remove to a plate and set aside.
4. Add the remaining 1 tablespoon of olive oil to the skillet. Add bell pepper, poblano, yellow squash, and zucchini in a single layer. Let cook undisturbed for 2 to 3 minutes, allowing vegetables to char. Season with remaining steak seasoning and stir. Cook an additional 2 to 3 minutes. Stir in reserved mushrooms and onions.
5. Stir in lime juice and honey, remove from heat.
6. Serve fajitas with tortillas and toppings, such as cheddar jack cheese, pico or salsa, crema or sour cream, and hot sauce.

**Nutrition Information per serving (1 tortilla, approximately 1 cup veggies, 1 ounce cheese):** 311 calories; 19 g total fat (9.5 g saturated fat, 0 g trans fat); 35 g carbohydrates; 12 g total sugars; 22 g protein; 20 g fiber; 505 mg sodium.