



WALK KANSAS

K-STATE
Research and Extension

www.WalkKansas.org

2025 Week Six



Steps for Happy, Healthy Feet

What is made up of 26 bones, 33 joints, and more than 100 muscles, tendons, and ligaments? Your feet! Your feet are mechanical wonders, and all of these parts work together so you can walk, run, skip, dance, and more. With the stress of supporting the weight of your bodies and the many ways you move about, there is a lot that can go wrong with feet.

Be sure to join the next Walk Kansas webinar (<https://ksu.zoom.us/j/97410290196>), on May 7 at 12:10 pm, when Marty Reed goes into more detail on foot care. Here are some basic tips to keep your feet happy.

Listen to your feet. Sometimes your feet can alert you to other health issues, like arthritis, diabetes, or nerve damage. Catching foot problems early is important. Pay attention to: Changes in skin or nails, pain/swelling/redness, tingling/burning/numbness, stiff/swollen joints, and difficulty walking or balancing. If you notice any of these or have severe pain that doesn't go away with rest, call your doctor. This is especially important if you have diabetes.

In This Issue

Steps for Happy, Healthy Feet

On Zoom? Don't just sit there!

Breathe Fresh, Train Smart, Stay Safe!

Understanding Carbs

Recipe: Blueberry Muffins (Lower Carb/Sugar)

Coming Next Week

Blue Zones Lifestyle

Does Your Body Feel Stiff?

Breathe Fresh, Train Smart, Stay Safe!

Med Instead of Meds

Recipe: Quinoa Strawberry Salad

Steps for happy feet:

- » Wash your feet every day. Use soap and water, then dry them thoroughly — especially between your toes. Moisturize dry, rough, or cracked areas. Then put on clean, dry socks.
- » Check your feet often. Watch for cuts, sores, blisters, or changes in skin color.
- » Trim your toenails regularly. Cut them straight across and not too short.
- » Wear comfortable, supportive shoes. Your feet can change over time, so always pay attention to how footwear fits you — not too tight, not too loose, not too short or long.
- » Keep your feet active. Stretches and exercise will help improve blood flow, strengthen your feet, and help with flexibility. When sitting for a long time, put your feet up to improve blood flow and take movement breaks often.

Your feet are your foundation, so treat them right!

On Zoom? Don't just sit there!

On Zoom? Don't just sit there! Zoom calls and webinars can be tiring and it is too easy to lose focus, especially if you find yourself "Zooming" frequently.

Getting a bit of exercise while you Zoom can help relieve physical tensions, reduce boredom from being stuck in front of a screen, and help you focus and be more creative. And, you can do it without people noticing! Give some of these ideas a try.

Work on posture. Sitting on an exercise ball is a great way to practice good posture. If you don't have one, simply remind yourself to sit up straight. Look at the little picture of yourself in the Zoom window. Make sure you don't slump. If you are feeling tense, try rolling your shoulders nice and slow.

Stand up for yourself. It's easy to stand up during your Zoom session if you have a standing desk. If you don't, you can improvise. Find a box or something to place your computer on so it is at a good height to practice good posture. If it is not too distracting (and if your camera is off) step side-to-side and forward-backward while on zoom. You can also march in place.

Practice balance while on Zoom. This is an easy one to do. Just stand on one leg and hold it for as long as you can, then move to the other leg. Lift a little. Keep hand weights close by your desk and pick them up while on Zoom. You can get some upper body exercise (with your camera off).

Stretch your hip flexor. While standing, lift one leg up behind you, grab your foot, and then pull it towards your glutes. Here are more stretches you can do at work www.verywellfit.com/best-stretchesfor-office-workers-1231153.

Breathe life into your Zoom session. Practice deep breathing and start with good posture. Take a deep breath through your nose and through your belly. Hold for a couple seconds, then breathe out slowly and gently through pursed lips. Repeat.



Breathe Fresh, Train Smart, Stay Safe!

Walk Kansas is a great opportunity to get out with friends and family and enjoy nature, and that might include having kiddos with you! Think about the best, safest route for kids and their level of stamina. You might bring along a stroller or wagon, which could make your route harder. Kids don't inherently understand safety around cars, so make sure they're not walking or standing along a curb or close to traffic and hold their hand. When crossing at a crosswalk, make sure they stick with you rather than running ahead since cars may not be able to see them as well. It might also be easier to put your child in their car seat and drive to a trail with no cars around for more peace of mind! Bringing your kids along is a great way to get the whole family involved in walking. Just plan ahead and prepare!

Courtney Nowland,
Kansas Traffic Safety Resource Office

Walk Kansas Webinars

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>

Like us on Facebook:

Kansas State University Walk Kansas

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

K-State Research and Extension is an equal opportunity provider and employer. Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact the Director of Institutional Equity, Kansas State University, 220A Kedzie Hall, Manhattan, KS 66506-0124, (Phone) 785-532-6220; (TTY) 785-532-4807.

Understanding Carbs

Carbohydrates are sugar molecules that provide your brain and body with energy. Healthy carbs, as part of a balanced diet, provide fuel to get through the day.

There are three main types of carbohydrates found in food — sugar, starch, and fiber.

Simple carbs, like sugar, provide a quick burst of energy. Some healthy options include fruit and milk. However, simple carbs are also found in unhealthy options like sugary sodas, pastries, candy, and processed snacks.

Starches are complex carbs and are digested more slowly than simple carbs, offering a steady release of sugar into the bloodstream.

Another complex carb is fiber, which is not broken down by the body, so doesn't cause blood sugar spikes like other carbs. Fiber aids with digestion and helps you feel full longer.

Choose foods with healthy, complex carbs whenever possible. Unrefined whole grains are a great choice. They contain all three parts of the kernel — the bran, germ, and endosperm. Refined grains have been processed to remove the bran, germ, and fiber. So, go for brown rice rather than white, choose whole grain pasta or bread, oatmeal, quinoa, popcorn, bulgur, millet, whole-grain barley, and whole-wheat flour. Other complex carbs include starchy veggies, like sweet potatoes, legumes, and fruit.

If you are managing diabetes, know that simple carbs can cause blood sugar levels to spike. Timing meals consistently and consuming the same amount of carbs each time can help. Here is a tip: fill half your dinner plate with non-starchy vegetables, one-fourth with lean protein, and one fourth with higher carb foods.

These blueberry muffins are loaded with complex carbs. If you choose, you can use regular sugar instead of artificial sweetener.



Blueberry Muffins (Lower Carb/Sugar)

Makes 9 servings

Ingredients:

- 1¼ cup rolled oats
- 1 cup white whole wheat flour
- 1 tablespoon baking powder
- ½ teaspoon salt
- ⅓ cup artificial sweetener for baking
- 1 egg
- 1 cup milk
- ¼ cup vegetable oil
- 1 tablespoon lemon zest
- 1 cup fresh blueberries or partially thawed frozen blueberries

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 400°F
3. Prepare fresh blueberries by rinsing under cold running water.
4. In medium-sized bowl, stir together the rolled oats, white whole wheat flour, baking powder, salt, and sweetener.
5. In a small bowl, beat the egg with a fork, then stir in milk, vegetable oil, and lemon zest.
6. Pour the wet ingredients into the bowl with the dry ingredients and stir until barely combined. Be careful not to mix too much. Gently fold in blueberries.
7. Spray muffin pan with non-stick spray. Divide batter evenly among muffin cups, filling at least ¾ full.
8. Bake muffins 20 to 25 minutes, until tops are starting to brown and a toothpick inserted comes out clean.

Nutrition Information per serving (1 muffin): 177 calories; 8 g total fat (1.3 g saturated fat, 0 g trans fat); 22 g carbohydrates; 2.6 g total sugars; 5 g protein; 2.6 g fiber; 317 mg sodium.