



Posture, Pace, and Power: Walking the Right Way

Walking is one of the simplest and most accessible ways to stay active. A few small adjustments to your technique can make your walks more comfortable, effective, and energizing. By focusing on posture, picking up the pace with intervals, and adding some power with your arms, you can get even more benefit from every step.

Start with good posture, which enables you to walk comfortably and easily, and it helps you breathe easier and avoid back pain. Stand tall with your head up and your eyes focused about 20 feet ahead of you. Your chin should be parallel to the ground, which will reduce the stress on your neck and back. Keep your shoulders relaxed and pulled slightly backward. Engage your core muscles to support your back.

Pay attention to your stride. When walking, move your shoulders naturally and freely, and avoid drawing your shoulders toward your ears. Land lightly on your heel and roll through your foot to push off with your toes. A gentle arm swing helps maintain rhythm and can even help you walk a little faster. Work at a level of intensity where you can just barely carry on a conversation. Resist the urge to check your smartphone while walking, or you will look down and lose good posture.

Pick up your pace and add some intervals. Intervals are short periods of faster walking mixed with your normal pace. For example, walk at a comfortable pace for three minutes, then increase your speed for one minute. Repeat this pattern throughout your walk. Intervals can boost your heart rate, build endurance, and keep your walks interesting. You can boost your walking speed by using your arms correctly. Bend your elbows at 90 degrees and hold them close to your body. Bending your arms will enable you to burn 5 to 10 percent more calories and increase your upper body strength. It will also reduce swelling, tingling, and numbness in your fingers or hands. Keep your hands

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relaxed and loosely closed. Pump your arms to increase your walking speed and to help you walk up hills.

The most important thing is to move in a way that feels good for your body. With a little attention to form and pace, every walk can help you build strength, improve fitness, and feel your best, one step at a time.



Walk Kansas Learning Lounge

Webinar time: Wednesdays at 12:10p.m. (room opens at 12, noon)

April 1: Energize Your Workday: Movement and Nature for Focus and Vitality

April 15: Wiggle While You Work

April 29: Good Gut Health

May 6: Kindness at Work



Link to join or scan the QR code:
<https://ksu.zoom.us/j/92803723573>

Need a boost of energy?

Feeling sluggish by mid-morning or hitting an afternoon energy slump? You're not alone. The good news is that small, intentional choices can give you the boost you need to feel your best throughout the day.

Start with Smart Fuel. Skipping meals or relying on sugary snacks can lead to quick crashes. Aim for balanced meals and snacks that include protein, whole grains, and healthy fats. Snack on a handful of nuts or apple slices with peanut butter — easy, quick snacks to keep at your workplace.

Hydrate! Even mild dehydration can leave you feeling tired and unfocused. Keep a water bottle nearby and sip throughout the day.

Move more. It might seem counterintuitive, but physical activity actually increases energy. A quick 5- to 10-minute walk or a few flights of stairs can wake up your body and mind. These mini-movement breaks add up and support your Walk Kansas goals!

Stretch! Even a short stretching session can increase blood flow and improve energy levels. Just 10 minutes of stretching during your workday can increase vitality and mental health, and decrease exhaustion and body pain.

Let the sunshine in. Enjoy a few minutes of walking outside on a warm, clear day. This can enhance mood, memory, and the ability to absorb new information. Being outside can even improve your self-esteem. At the very least, open the shades and let the sunshine in.

Prioritize sleep. One of the most powerful energy boosters is quality sleep. Aim for a consistent sleep schedule and create a relaxing bedtime routine. Even a short break during the day to rest your eyes and take a few deep breaths can help you recharge.

Learn more and connect with others by joining the first Walk Kansas webinar on Wednesday, April 1, at 12:10 pm. Emily Mailey and Gina Besenyi, both from the College of Health and Human Sciences at Kansas State University, will help you energize your workday with movement and nature.

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Kansas State University Walk Kansas

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Awesome Egg Bites

Makes 12 Servings

Make sure you follow instructions for baking with a water bath so egg bites are tender, creamy, and not overcooked.

Ingredients:

1 cup spinach, chopped

½ cup bell pepper (any color), chopped

1/3 cup feta cheese

8 eggs

1 cup cottage cheese (non-fat)

½ teaspoon dried oregano

Dash of black pepper

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350° F. Make sure one oven rack is in the center and another in the lower third of the oven. Fill a 9x13" pan or casserole dish halfway with water and place in oven on bottom rack. You want the pan in the oven before preheating begins to raise the temperature of the water and create the steamy environment for cooking.

3. Lightly spray a 12-count muffin pan with cooking spray.
4. Divide chopped spinach and bell pepper evenly among the 12 muffin cups; sprinkle equal amounts of feta cheese in each cup.
5. In a blender, combine eggs, cottage cheese, and oregano; blend until smooth.
6. Pour egg mixture into muffin cups, dividing equally. (Mixture will fill the muffin cups to the top.)
7. Bake for about 25 minutes, until egg mixture is set and internal temperature reaches 165°F. Egg bites will puff up during baking. Once removed from the oven, and allowed to cool slightly, they will flatten. Remove from pan, and enjoy.

Storing/freezing: You can store egg bites in the refrigerator for up to 3 days or freeze them for later. To freeze, allow them to cool completely and transfer to a freezer-safe container or freezer bag. To thaw, transfer them to the refrigerator 12 to 24 hours in advance.

Reheating: Place egg bites, in a single layer, on a microwave-safe plate and cover them with a moist paper towel or loosely with plastic wrap to retain moisture. Heat on medium power (50 to 70%) for 30 to 45 seconds, then check and continue in 10 to 15 second intervals until fully heated.

Nutrition Information per serving (makes 12 servings):
70 calories; 3.8 g total fat (1.5 g saturated fat, 0 g trans fat);
2 g carbohydrates; 0.6 g sugar; 6 g protein; 0.5 g Fiber;
132 mg sodium.

Morning Fuel: Why Breakfast Matters

Breakfast provides more than calories. It helps regulate mood, stabilize energy, and gives your brain support to focus and engage. When you wake up, your body has been fasting for 8 to 10 hours. Your brain is your body's hungriest organ, and it needs fuel to function. Without breakfast, you may experience brain fog, low energy, stress, or irritability.

In addition, breakfast plays a key role in regulating energy and metabolism, and it contributes to long-term health. Eating consistent, balanced breakfasts has been linked to improved heart health, better digestion, and a stronger immune system.

A good breakfast can be simple. Aim for a mix of protein, fiber, and healthy fat to keep you full and focused. Go for toast with nut butter and a banana; Greek yogurt with granola and berries; or scrambled eggs with avocado toast. These tasty egg bites are great to have on hand in your freezer for a quick breakfast with toast and fruit.

