



Walk Kansas

celebrate healthy living

www.WalkKansas.org
Newsletter 1 ★ 2017

Earn Your Health

We all know it takes work to earn a diploma, a paycheck, or a privilege of some kind. It also takes work to earn your health, which we all do by making choices every day. Walk Kansas 2017 is dedicated to helping you make life-style choices that add up to better health, one step at a time!

You should have received a Participant Guide that describes how the program works and an [Activity Guide](#). In addition to the goals of Walk Kansas that include increasing moderate/vigorous physical activity and eating more fruits and vegetables, a simple and fun “mini health challenge” will be issued each week. Watch for details in this weekly newsletter and read more about the first one — “Lights Out!” — in this issue.

In addition, there are great resources on the [Walk Kansas website](#) and you will find helpful strength exercise videos in the Physical Activity section. Newsletters from previous programs are also posted that offer a wealth of information – and tasty recipes! Check for events in your local community through the [online system](#) where you enter activity minutes and fruits/vegetables. Here you can chat with team mates and see how far your team has progressed. Check the “Map” regularly to learn more about Kansas history and geography along your trail. Another way to stay connected is through Facebook, so “like” Kansas State University Walk Kansas.

Now, it's time to move — have a great Walk Kansas!

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Walk Kansas

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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The journey to
healthy living
begins with
one step

5K For The Fight!

Participating in an organized 5K event is magical in some ways. Everyone is there for common goals — to raise money for a worthy cause, do something good for your health, and to have fun! While these are timed events, there is no pressure to run or get to the finish line by a certain time. Just going the distance, 3.1 miles, in your style is all that counts.

Would you consider setting a goal to go the distance of a 5K by the end of Walk Kansas? Most communities host a 5K event of some sort. You are also cordially invited to participate in the second annual Walk Kansas 5K for the Fight on Saturday, May 6, on the beautiful K-State campus. In addition to the 5K, there is also a 1.5 mile Fun Walk and a 50-yard dash for kids. All proceeds will be donated to the Johnson Cancer Research Center at K-State.

This year, the Pride of Wildcat Land Marching Band will perform and Sunny 102.5 will be onsite playing music. All participants receive a souvenir shirt and other goodies, as well as water and post-race snacks.

More information is available on WalkKansas.org. To register, go to: <https://runsignup.com/Race/KS/Manhattan/WalkKansas5K>



Lights Out! Mini Challenge

We all benefit from a good night's sleep and setting a consistent bedtime can help you sleep better. This challenge invites you to establish a routine of going to bed at the same time each evening, give or take 30 minutes. Ideally, you also set a specific time to get up every morning and allow 7 to 9 hours of rest time. Why is rest so important? Sleep deprivation has been proven to impair your performance, concentration, and memory. It can make you feel irritable and can lead you to overeat. Establishing a consistent bedtime can be difficult, but it's worth it. When you get adequate sleep, your heart and mind can rejuvenate and you feel better!

This week, plan ahead so you can turn in at approximately the same time each evening. Is this something you could continue to do as a healthful lifestyle habit?

Walk this Way

As you begin Walk Kansas, pay attention to your walking technique, and use your arms to power forward and increase your pace. Start by checking your posture — you should be able to draw a straight line from your ear down to your shoulder, to your hip, knee, and ankle. Tighten your stomach muscles and tuck your pelvis under your torso.

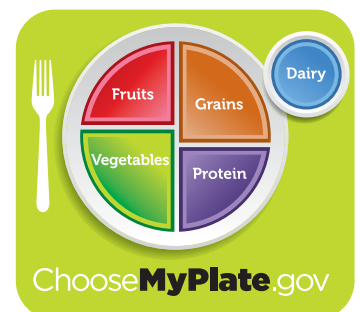
When walking, move your shoulders naturally and freely, and avoid drawing your shoulders toward your ears. Swing your arms with each step, and bend arms at the elbow. This will help you burn more calories, increase your upper body strength, and it also helps to reduce swelling, tingling and numbness of the fingers or hands. Pump your arms to increase your walking speed and to help you walk up hills.

Your stride should feel natural. Land on your heels and then roll forward to push off with your toes. After you walk leisurely for a few minutes to warm up, increase your pace until you are working at the intensity where you can just barely talk.

During any type of physical activity, watch for signs of overexertion. If you feel pain or pressure in your chest, abdomen, neck, jaw, or arms, stop exercising immediately and see your physician. Do the same if you experience nausea or vomiting, dizziness or fainting, extreme fatigue, excessive shortness of breath, or if your recovery from exercise is very slow. These are warning signs you should not ignore.

Healthy Eating for Life

Healthy eating is a way of life, and it can be exciting, flavorful, and fun! This section of the newsletter will help you put healthful meals on the table for your family each week. For more information on nutrition recommendations, check the [Healthy Eating](#) section of the Walk Kansas website. Here you will also find tips for eating in season, food safety information, and more healthful recipes. For complete nutrition guidance on building a healthy eating style, learn more at [MyPlate](http://MyPlate.gov).



Tingle your Tongue

You can cut back on table salt and still enjoy flavorful foods. Acids, such as lemon juice and balsamic vinegar, enhance the “salty” taste so you can feel that tingle on our tongue. By using just enough acid you can reduce table salt and still get that same saltiness in taste. These acidic flavors work well in the kitchen: citrus juices (lemon, lime, tangerine, orange), red wine vinegar, balsamic vinegar, rice wine vinegar, cream of tartar, and white wine. When using citrus fruit juice, include some grated rind for more flavor.

Herbs and spices also add depth of flavor to many types of food. Use dried or fresh herbs. If you have fresh herbs that need to be used, make a pesto. Mix fresh herbs in a food processor with some olive oil. For more flavor, add garlic, lime or lemon, and toasted nuts. Use this pesto as a topping for meats, add to soup or a sauce for pasta, or use as dip for veggies. Pesto can also be frozen in ice cube trays, and then store frozen pesto cubes in plastic freezer bags for up to 6 months.

Lime and Chicken Soup with Avocado

Lime juice gives this soup a “south of the border” taste.

Beans can be substituted for chicken.

Makes 6 servings

Ingredients:

2 tablespoons olive oil
1 large yellow onion
3 stalks celery, thinly sliced
1 medium jalapeno pepper, seeded, diced
5 cloves garlic, minced
1 pound boneless, skinless chicken breast
1 cup frozen corn
1 can (14.5 ounces) no-salt-added diced tomatoes
6 cups reduced-sodium chicken broth
1½ teaspoon Italian seasoning
1 teaspoon oregano
¼ teaspoon cumin
3 medium limes, 2 cut in half, 1 cut into 6 wedges for garnish
½ bunch cilantro, rinsed, chopped
1 medium avocado, cut into ½-inch cubes

Directions:

Nutrition Information per serving:

285 calories
12g fat
18g carbohydrates
124g protein
4g fiber
589 mg sodium.

Recipe reprinted with permission from the American Institute for Cancer Research, www.aicr.org

1. In soup pot, heat oil over medium-high heat. Sauté onion, celery, jalapeno, and garlic for 6 minutes or until tender.
2. Add whole chicken breast, corn, tomatoes, broth, and seasonings to pot. Stir to mix ingredients.
3. Bring soup to a boil over high heat; then reduce heat, cover and simmer for 55 minutes.
4. Remove chicken breast to large platter and shred using two forks. Return chicken to soup.
5. Over strainer to catch seeds, squeeze juice of 2 limes into soup. Add cilantro and gently stir.
6. Ladle soup into serving bowls. Top each bowl with avocado, garnish with lime wedge and serve.

