



## National Walk @ Lunch Day

**Program Dates:**  
March 17<sup>th</sup> – May 11<sup>th</sup>



Blue Cross Blue Shield is sponsoring National Walk @ Lunch Day on **April 24<sup>th</sup>**—to encourage busy people to take a walk during their lunch break.



**“Like” the Kansas State University Walk Kansas Facebook Page!**

As you may experience, sometimes it may be difficult to fit in 30 minutes of physical activity every day. National Walk @ Lunch Day is designed to complement—not compete—with your busy lifestyle. So, I would encourage you to organize your own Walk at Lunch opportunity by asking your teammates to join you for a 30-minute walk during your lunch break on the 24<sup>th</sup>. Enjoy moving more and eating better—have a great week!

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## Be Food Safe



As continued from last week’s newsletter, the four food safety principles—**Clean, Separate, Cook, and Chill**—work together to reduce the risk of foodborne illness. Consider the actions below for keeping foods *separate* to prevent cross-contamination.

**\*Separate foods when shopping.** Place raw seafood, meat, and poultry in plastic bags. Store them below ready-to-eat foods in your refrigerator.

**\*Separate foods when preparing and serving.** Always use a clean cutting board for fresh produce and a separate one for raw seafood, meat, and poultry. Never place cooked food back on the same plate or cutting board that previously held raw food.



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*Next week’s newsletter will include tips for the **cook and chill** principles.*

# Walk Kansas

*celebrate healthy living*

Flint Hills Extension District  
flinthills.ksu.edu

**K-STATE**  
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## *Coming Next Week*

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### **Like us on Facebook: Kansas State University Walk Kansas**

This newsletter 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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## *Moving Beyond Kansas*

Cheryl Hermann joined a Pottawatomie County Walk Kansas team for the first time in 2010. After finishing the program, she wanted to keep herself and others involved in the transition to a healthier lifestyle. Using the “Walk Kansas” model, she and a coworker created a “Walk Across the U.S.” challenge.

Cheryl works for Community Health Care System Inc., in St. Marys, Kan., as a restorative nurse’s aide. She and a coworker paired staff with residents and kept track of all miles walked to help them “travel” faster. Since then, Cheryl, her staff, and residents have traveled across 20 states and counting.

Keeping residents moving is important to Cheryl. She incorporates range of motion, group cardio, and strengthening exercises into their walking minutes. She creates games and activities centered on the cultural aspects of a particular state. Activities include throwing out fishing nets, tossing peanuts in buckets, and racing through the corn rows. These activities help with mind, body, balance, and endurance. Some residents keep a log sheet to track exercise independently and they enjoy seeing a large map that shows their progress.



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## Moving Beyond Kansas

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Kitchen staff have joined this effort by providing a special treat such as a Hawaiian feast, healthy shakes, and good old fashioned BBQ.

Cheryl enjoys working with the residents, and she has benefitted personally from Walk Kansas. Since 2010, she has lost 20 pounds. She participates in the program every spring and recruits others, improving her own health and the lives of others.

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Erin Tynon, Pottawatomie County Extension Agent

## Success Stories from 2012

"I think Walk Kansas helped our office put activity in the spotlight. We took 15-minute walking breaks, which made our working hours even more productive. It was great to see so many from the office out walking."  
— Geary County

## Make the Healthy Choice the Easy Choice

What do you think a culture of health would look like — a place where the healthy choice was the easiest choice to make? Where the default option was a healthy choice?

Health promotion efforts across the country support this shift in culture. Creating cultures of health often involves changing the environment and policies. It requires action at multiple levels including government, industry, community, neighborhood, school, church, worksite and in your own home.

Shifting a culture to support more physical activity could start with something very simple, such as adding signage on already established bike routes and walking trails, posting creative messages to encourage walking the stairs instead of riding the elevator in buildings, and encouraging your children to play outside more often.

Culture change ideas that are slightly more complex could include adding bicycle racks to buses, placing benches along walking paths in areas where older adults live so they can rest periodically, and adding lights and safety features to walking and biking trails. Changes that are certainly doable, although require more funding, include adding bike lanes, trails, and sidewalks, and creating pedestrian-friendly intersections. A community service project might be a bike drive where used bicycles are refurbished and given to someone who is able to ride but can't afford a bike.

Perhaps the easiest way to influence culture change is to set an example. The more you see others out walking, riding, and being active, the more likely others are to join in. Thank you, Walk Kansas participants, for being that example!

## Flavor Water Naturally

Flavored water is so refreshing. For subtle flavor, toss frozen berries into your water bottle and let them melt as you drink. Add frozen berries or citrus zest to water when you make ice cubes. For a clean refreshing taste, add freshly cut cucumbers to water. For a natural tummy tamer, add fresh sliced ginger. The flavor combinations below are refreshing, healthy, inexpensive, and gorgeous!



**Citrus Water.** Slice one orange, one lime, and one lemon into rounds; cut the rounds in half. Place fruit in a jar, press, and twist with a muddler or handle of a wooden spoon to release some of the juices. (Don't pulverize the fruit.) Fill the jar with ice and pour in water to the top. Put on a lid and place it in the refrigerator to chill.

**Raspberry Lime Water.** Quarter two limes and squeeze the juice into a jar, then add the limes. Add raspberries. Gently muddle to release some juices. Fill the jar with ice and top it off with water.

**Other flavor combinations to try:** Watermelon and rosemary; pineapple and mint; blackberry and sage; pomegranate and blueberry; cranberry and orange; lemon and ginger; strawberry and vanilla; apple slices; mango and kiwi.

Flavored water will keep up to three days, covered with a lid, in your refrigerator. If you find these are undrinkable without sweetening, add a very small amount of sweetener. One teaspoon of sugar has 15 calories, compared to a single can of soda that has the equivalent of 10 teaspoons of sugar.



## Reasons to Love Legumes

The legume family includes beans, peas, lentils, chickpeas, and other seeds that grow in pods. Beans, in particular, are inexpensive sources of protein and readily available. They are tasty, packed with fiber, and virtually fat free.

Legumes in your diet can help fight diabetes, heart disease and some types of cancer. They are good sources of folate, potassium, iron, and magnesium — a mineral that offers protection against the development of Type 2 diabetes. Legumes are a good choice for people who must control blood sugar and a good alternative for a meatless meal.

Beans also give you a boost of antioxidants. These are health-promoting substances that neutralize molecules called free radicals, which form when cells burn oxygen for energy. Free radicals damage or destroy healthy cells. Beans are considered heavyweights when it comes to antioxidant power,

especially those with a deep-colored coat such as black, kidney, and pinto beans.

Legumes are available dried, canned, and frozen. Canned beans are easy to use and rinsing them removes about 40 percent of the sodium. To save time in the long run, cook dry legumes, divide into smaller quantities and freeze to use later. For more information on using legumes, including recipes, go to [www.walkkansas.org/p.aspx?tabid=69](http://www.walkkansas.org/p.aspx?tabid=69).

## 'Lose It' App for Weight Loss

This app provides a simple way to track calories ingested in the form of food and expended in the form of exercise. You set weight loss goals and track over time.

<https://itunes.apple.com/us/app/lose-it!/id297368629?mt=8>



## Wrap and Go Burrito

Makes 6 servings

### Ingredients:

- 2 teaspoons olive oil
- 1 cup diced onion
- 1 sweet bell pepper, chopped
- 1 tablespoon minced garlic
- 1 ¾ cups cooked pinto beans
- 1 ¾ cups cooked black beans
- 1 ½ cups diced fresh tomatoes
- 1 tablespoon ground cumin
- 2 jalapeno chile peppers, diced (optional)
- 1 tablespoon lime zest
- 2 tablespoons lime juice
- 2 teaspoons dried oregano
- ¼ teaspoon ground black pepper
- 6 whole-wheat tortillas (8-inch)
- 1 ½ cups shredded 2% cheddar cheese, divided

### Directions:

1. Heat oil in a non-stick

skillet over medium heat. Add onion, bell peppers, and garlic; sauté until softened. Stir in beans.

2. Add tomatoes, cumin, jalapenos, lime zest, lime juice, oregano, and pepper; cook 5 minutes. Remove skillet from heat; let filling cool completely.
3. Place tortillas flat on a counter. Divide filling evenly among tortillas and top each with ¼ cup Cheddar cheese. Fold in two sides of one tortilla; bring the front over the filling, continue rolling and tucking in the filling until it's completely enclosed. Repeat with remaining tortillas.
4. Wrap each burrito in two layers of plastic wrap. Tightly seal wrapped tortillas in freezer bags and freeze up to 8 weeks.
5. To reheat: Unwrap burrito and discard plastic wrap. Place burrito on microwave-safe plate and heat in microwave oven for 3 to 4 minutes. Heat a thawed burrito for 2 minutes or until filling is hot. Enjoy with tomato salsa!

**Note:** You can use canned beans and canned tomatoes for this recipe; however, the total amount of sodium would be more than double at 1,080 mg per serving.

**Nutrition information per serving:** 370 calories; 8 g fat; 55 g carbohydrates; 14 g fiber; 500 mg sodium.

