

# Walk Kansas

*celebrate healthy living*

**K-STATE**  
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## *Getting Past a Bad Week*

Everyone has them. Relapse from exercise happens when some-  
thing knocks you off track. The best way to handle a fitness setback  
is to prepare for one before it happens. Here are some common  
setbacks along with a strategy to help you get back on track.

**Lose your motivation.** Keep motivation high by setting goals  
that matter to you and prevent exercise boredom. Identify a long-  
term goal and set short-term goals to support it. What will you do  
this week, and this month, to help you stay on track? Write your  
goals down and post in a place you see regularly — your refriger-  
ator, bathroom mirror, desktop of your computer, sun visor of your  
car, or other places.

Keep your workout and activity fun and  
fresh by changing your walking route,  
invite someone to walk with you one  
night each week, add intervals of  
more intense activity during your  
routine, attend a class, or try  
something new like Zumba, or a  
fitness ball workout.

**Weather spoils your  
plan.** This is Kansas and  
weather is going to be less  
than ideal sometimes. Have  
a back-up plan for something  
you can do indoors. Any  
indoor workout is better than  
skipping exercise. If you have a  
treadmill, use it. Keep an exer-  
cise DVD handy or find a work-  
out online that you can do in front  
of your computer. March in place or



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## Getting Past a Bad Week

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walk up and down stairs to get your heart rate up. Have inexpensive exercise props at home, such as hand weights, resistance bands, and a stability ball so you always have something ready.

**Don't have time.** Scheduling time for exercise is good advice, and some people like to exercise first thing in the morning. If you can't fit a workout in, go for several 10- to 15-minute activity breaks throughout the day. Physical activity breaks help your body, focus and refresh your mind, and help you feel more energetic. You will work better and more efficiently.

**Not feeling well.** If you exercise regularly, eat healthful foods, and get adequate sleep, you won't get sick as often. If you have a basic cold and no fever, exercise may help you feel better by temporarily relieving nasal congestion. Generally, when your symptoms are all "above the neck," it is safe to exercise, but you may want to reduce the intensity. Don't exercise if symptoms are "below the neck," including chest congestion, cough, or upset stomach, and don't exercise if you have a fever, fatigue, or muscle aches. Let your body be your guide, and if you feel miserable, take a break from exercise.

**You have to travel.** Think ahead and have a plan. First and foremost, bring your walking shoes! Pack a resistance band in your suitcase. These are lightweight, and you can use them anywhere. Bring a workout DVD that you can play on your laptop. Map out a walking route for when you get to your destination, or have the hotel concierge assist you in planning a safe route. Use a fitness center in your hotel, if available. With a little creativity and planning, you can stay fit while traveling.

Those who view setbacks as learning experiences and plan ahead for these times are the ones who succeed. If you miss a few days or weeks, don't stress over it — just get back to your goals and move on. Remind yourself of the positives — you were able to stick with it for a while, and you can do it again.

## • Use the MyPlate SuperTracker

• Many experts say keeping a food diary can encourage you to make better food choices. The MyPlate SuperTracker is a free website that offers many tools including:

- Food Tracker — Search and add food to view how your daily choices stack up to your food group targets and daily limits.
- Food-A-Pedia — Get quick access to nutrition information for more than 8,000 foods. Choose and compare two foods.
- Physical Activity Tracker — Search and add physical activities.
- My Weight Manager — Enter your weight and track progress over time.
- My Top 5 Goals — Sign up for tips and support from your virtual coach.
- My Recipe — Save your favorite recipes and analyze the nutrition information.

• Set yourself up for success today with the MyPlate SuperTracker at <https://www.supertracker.usda.gov/default.aspx>.

## Move of the Week: Stretching

Should you stretch before or after a workout? The answer is both, but post workout stretches may be more important. The muscle groups you use during exercise are the ones you need to stretch. Muscles contract during exercise and stretching prevents them from shrinking. Stretching allows your muscles to rebuild and to get stronger. It also helps relax your muscles and helps speed circulation to joints and tissues. The end result is less soreness and stiffness.

You should always warm up your muscles before

exercise and cool down after. Stretching comes after the cool down. Hold each stretch until you feel a slight pulling in the muscle and for approximately 30 seconds. You should not feel pain while stretching.

Several stretching resources are available at <http://www.walkkansas.org/p.aspx?tabid=66>.

This slide show of 10 basic stretches is also helpful:

<http://www.mayoclinic.org/healthy-living/fitness/multimedia/stretching/sls-20076840>

## Your Protein Needs

Your bodies use protein to build muscle, bones, skin, hair, organs, and blood. Consuming protein foods each day is essential for good health.

There are many ways to get the protein you need. While meat, poultry, and fish are associated most often with protein, other good sources include nuts, seeds, beans, eggs, and dairy products. Whole grains, including brown rice, whole wheat, quinoa, barley, and amaranth are significant sources of protein too.

There are confusing messages right now related to how much protein a person needs. It varies depending on your age, size, activity level, and health; however, requirements are not as high or varied as you might expect. *Dietary Guidelines for Americans*, established by the U.S. Department of Agriculture, recommends 5.5 ounces of protein daily for women 19 to 30 years of age, and 5 ounces for women age 31 and older. For men, the recommendations are 6.5 ounces (19 to 30 years), 6 ounces (age 31 to 50 years) and 5.5 ounces for men older than 51. If you are measuring protein in grams, 5 ounces equals 142 grams and 6 ounces equals 170 grams.

Do you need more protein if you exercise regularly? The answer is probably not. Endurance athletes and those engaged in intensive strength training need more protein, but not the average person. Your body needs carbohydrates for fuel, and protein is important after a workout to help repair and build muscle. An additional ounce or two is all that is needed to do that.

The dietary guidelines make reference to one of the most important changes related to protein needs — consume 8 or more ounces of seafood each week. Research shows that nutrients in seafood contribute to the prevention of heart disease.

## 2013 Success Stories

We have a "Chamber" walk group — just six of us that are Chamber of Commerce members who don't necessarily see each other that often. Once a week, we all gathered at the lake, a park, or a mowed trail through CRP grasses for our exercise. We accomplished our walk, relieved mental stress, and networked at the same time. We always looked forward to this day to exercise together. This was what kept our team going.

— Pratt County

## Spanish-Style Cod in Tomato Broth

Makes 4 servings.

### Ingredients:

- 4 cups prepared brown rice
- 1 tablespoon olive oil
- 1 teaspoon paprika
- ½ teaspoon black pepper
- 1½ pounds cod fillets, cut into 8 pieces
- ⅓ cup sliced green onions
- ⅛ teaspoon crushed red pepper
- 4 large garlic cloves, thinly sliced
- 2 cups chopped Roma tomatoes
- ¾ cup fat-free, lower-sodium chicken broth
- ½ cup dry wine (or more broth)
- 1 teaspoon dried thyme
- 1 tablespoon fresh lemon juice
- 4 tablespoons parsley
- ¼ cup sliced almonds

### Directions:

1. Heat a skillet over high heat. Add oil to pan and swirl to coat. Combine paprika and black pepper; sprinkle evenly over fish. Add fish to pan and cook for 3 minutes or until lightly browned.
2. Turn fish over, reduce heat to medium; add green onions, red pepper, and garlic; cook 4 minutes.
3. Add tomatoes, broth, wine, and thyme; bring to a simmer and cook 6 minutes.
4. Add 2 tablespoons parsley and lemon juice; stir gently to combine.
5. Combine cooked rice, remaining 2 tablespoons parsley, and almonds. Place ½ cup rice mixture in each of 4 shallow bowls; top each serving with 2 pieces of fish, and divide tomato mixture between bowls. Salt to taste, if needed.



**Nutrition Information per serving:** 470 calories; 10 g fat; 53 g carbohydrates; 6 g fiber; 38 g protein; 190 mg sodium.