



Getting Past a Bad Week

Program Dates:
March 15th – May 9th



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Extension-Flint Hills
District**



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With the conclusion of Week #4, the Walk Kansas program has officially hit the half-way point for 2015.

Are you still on track? Or, perhaps, have you hit a bump in the road? At some point in time, we will all have a bad week, or two. Life happens, and temporary setbacks are normal. The key is making them temporary rather than permanent. Those who view setbacks as learning experiences, and even plan ahead for them, are the ones who often succeed. Here are a few ways you might be able to overcome a setback.

Consider why you may have gotten off track. Are you bored? Is your goal too ambitious or not challenging enough? Is there a barrier that prevents you from walking or exercising? We can all get bored if we do the same thing over and over. While a routine is good, changing the activity up once in a while can help.

Other common reasons individuals may get off track can include a busy schedule, travel, weather, and not feeling well. The best thing is to get back to some form of activity as soon as possible and stay positive – don't let a bad week or two start a chain of negative thoughts.

Sitting is the New Smoking

We continue to learn how important it is to move a little every hour. Winston and Maggie, the “pawsative” pups, talk about this in their video this week, which can be found at: <https://www.youtube.com/watch?v=f1UHgjzIVkk>. More information on the health dangers of too much sitting and what you can do is available here: <http://www.washingtonpost.com/wp-srv/special/health/sitting/Sitting.pdf>.

Take a Team Photo

Get your team together for a group photo this week – in Walk Kansas t-shirts, if possible! Post the group photo on Facebook and tag – “Kansas State University Walk Kansas” or “K-State Research and Extension-Flint Hills District.”

Walk Kansas

celebrate healthy living

K-STATE
Research and Extension

Newsletter #4 • 2015

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Like us on Facebook: Kansas State University Walk Kansas

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Sitting Is the New Smoking

Health experts describe prolonged sitting as “the new smoking,” comparing the ill effects of inactivity to the side effects of smoking. Even if you get 30 minutes of moderate or vigorous activity most days of the week, health risks increase if you sit for long periods each day. Prolonged sitting is linked specifically to increased risk of heart disease, Type 2 diabetes, and some types of cancer. It can also cause back and shoulder pain and is linked to poor circulation.

When you sit, the processes in your body that break down fats and sugars seem to stall. When you stand or move, muscle activity triggers these processes back into action. Any kind of regular movement throughout the day can make a difference.

How can you move a little every hour?
Here are strategies to try.

- Stand and move during every television commercial.
- Make it inconvenient to sit. Move the printer, trash can, coffee pot, etc. away from your desk.
- Dress and prepare for activity. Wear comfortable shoes or bring walking shoes to work.
- Add activity to your routine. Stand every time you talk on the phone or text.
- Use an inactivity alert or app on your computer, phone, activity tracker, or watch.

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Sitting Is the New Smoking

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- Use a standing desk or treadmill desk.
- Choose active sitting. Trade out your desk chair for an unstable surface, such as an exercise ball or wobble stool. This will help you use core and lower body muscles while sitting.
- Plan to move. Incorporate standing and walking breaks during meetings and conferences and hold walking meetings.

Strengthen and Stretch Your Upper Body

Most of you are familiar with pushups. This staple exercise activates what are called the “push” muscles. Your bodies also have “pull” muscles, those in the back and posterior shoulders that pull your shoulders down and back.

Many of the activities you do activate the push muscles, such as desk jobs and using a computer, cooking, driving, texting, talking on the phone, painting, sewing, and writing, to name a few. Any activity you do with a slouched posture also uses these muscles. Most of you need to concentrate on exercises that activate your pull muscles so your strength is balanced.

Concentrate on adding an exercise or two for the pull muscles this week, such as a pull across the chest with tubing or a fitness band, or any exercise where you pull your arms back and try to squeeze your shoulder blades together.

Here are links to excellent stretches and exercises you can easily do at work or at home: *Upper Body Stretches for the Workplace*; *Workout at Work – 12 exercise you can incorporate into a workday*; *Stretching Exercises at Your Desk*.

• *2014 Success Stories*

- I have always worked out but learned a lot from participating in Walk Kansas.
- I never got up during work, but now I keep a timer and make sure to stretch for a minute each hour, which helps me stay focused and gives me a quick break.
- — Leavenworth County

- Our workplace has really taken the need to get up and move every hour to heart – from ordering yoga mats to setting up a stretching area in an empty room, to two employees organizing a lunchtime kickball game with our workplace and several others on the block. There is a lot of energy and enthusiasm for a more active workplace around here.
- — Walk Kansas participant

Make the Healthy Choice the Easy Choice

Create a Standing Workstation



While sit/stand desks are available in a range of prices, you can determine if a standing workstation is a good fit for you without spending much at all. Here are several low- or no-cost options to elevate your workspace in an office, craft room, or for any task where you sit.

- **A sturdy box.** It doesn't get much easier than this. The key is finding the right ergonomics.
 - **Convert a bookcase shelf** into a home office work surface. This is another no-cost solution and it doesn't take up any extra space.
 - **Sawhorse standing desk.** Use two sawhorses and some sort of tabletop board or counter.
- **A more permanent solution** is to pair a premade desktop with simple shelving brackets. You will need to attach the brackets to wall studs to support the weight.

With a standing workstation of any kind, pay attention to ergonomics. The table, box, or shelf height should be at or slightly below your elbow height.

National Festival of Breads

The National Festival of Breads returns to Manhattan, Kansas, on Saturday, June 13, at the Hilton Garden Inn and Conference Center. This is a day full of fun and learning all about baking! The day includes baking sessions presented by national speakers, barbecue workshops, a baking trailer, door prizes, bread samples,

exhibits, children's activities, and more while the eight finalists from around the country prepare their winning bread recipes. Admission is free to this event sponsored by the Kansas Wheat Commission and others. More information is available at nationalfestivalofbreads.com.

Choose Whole Grains

Are you eating whole grains every day? Dietary guidelines recommend three servings of healthful whole grains daily, but the American Dietetic Association found that Americans average only one serving of whole grains per day.

Studies show that consumers are particularly confused by packaging of grain-based foods. To know you are getting a whole grain product, you need to read labels carefully. Check the ingredient label and make sure the first ingredient listed is a whole grain such as oatmeal, whole wheat, whole rye, quinoa, rolled oats,

brown or wild rice, whole grain barley, buckwheat, bulgur, or millet.

You can increase whole grains by choosing foods that are 100 percent whole grain at least half of the time or choose partially whole-grain products all of the time. For variety, or if you don't like the taste or texture of traditional whole-wheat foods, use white whole-wheat flour. It is widely available and Kansas farmers grow both red and white wheat. White wheat has a milder taste with more sweetness, and it is just as nutritious as red.

Signature Scones

Makes 12 scones

Ingredients:

- 1 cup white whole-wheat flour
 - 1 cup all-purpose flour
 - 2 teaspoons baking powder
 - ¼ teaspoon baking soda
 - ½ cup chopped dried or chopped fresh fruit
 - 2 tablespoons granulated sugar or agave nectar
 - ½ cup (5.3 oz.) nonfat Greek yogurt, any flavor
 - ¼ cup vegetable oil or olive oil
 - ¼ cup 2% low-fat milk
 - 1 large egg, slightly beaten
 - Topping: (optional)
 - 1 tablespoon low-fat milk
 - 2 teaspoons sparkling white decorating sugar or granulated sugar
- To make Lemon Ginger Scones (pictured): lemon yogurt, 1 tablespoon grated lemon zest, ¼ to ½ cup finely minced crystallized ginger.

Directions:

1. Heat oven to 350°F.
2. In large bowl, combine all ingredients, stirring just until dough clings together. (Mixture will be sticky; if using fresh fruit, extra tablespoons of flour may be needed.)



3. On lightly floured surface, knead gently for a few turns. Divide dough in half; pat dough into two 6-inch circles.

4. Cut each circle into six equal wedges. Place 2 inches apart on a parchment paper-lined or lightly greased baking sheet. Brush surface with milk; sprinkle with sugar.

5. Bake 20 to 25 minutes or until lightly golden. Transfer to a wire rack; serve warm or at room temperature.

Nutrition information for one lemon ginger scone: 176 calories; 5 g fat; 27 g; 5 g protein; 2 g fiber; 130 mg sodium.

Photo and recipe used with permission of National Festival of Breads.