

Celebrate healthy living

2018 Week 2

Check Your Posture

The benefits of good posture — whether you are sitting, standing, or walking — are numerous. With good walking posture you will be able to breathe easier, and you will find that you can walk farther and faster. Good posture when walking will also help you avoid back pain, and it will make you look longer, leaner, and more fit — what a bonus!

Posture is key to good walking technique. Start by standing up straight and avoid leaning backward or forward, except when on a hill. Keep your eyes forward and focused about 20 feet ahead of you so you can see your path. Your chin should be parallel to the ground. Walking with the head down is a common mistake and can be hard on your neck. Keep your shoulders slightly back and relaxed. Tighten your core muscles to help you keep good posture. Then, tuck in your behind and rotate your hip forward slightly to keep from arching your back.

Each time you come to a halt during your walk, do a posture check before you start again and resist the urge to engage with your cell/smart phone. This will cause you to look down and lose good posture without realizing it.

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.

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A Great Catch for Health

Omega-3 fatty acids are essential nutrients that keep your heart and brain healthy. The 2015 Dietary Guidelines recommend eating at least 8 ounces of seafood each week to get these nutrients since the body do not produce omega-3 fatty acids. They are found in every kind of fish, and especially those high in fat, such as salmon, trout, sardines, herring, canned mackerel, canned light tuna, and oysters.

While cold water fish are the highest source of omega-3 fatty acids, other foods contain them as well in smaller amounts. These include foods such as walnuts and walnut oil, flaxseeds and flaxseed oil, pecans, canola oil, cod liver oil, soybeans, and most greens. Some foods are enriched with omega-3 fatty acids (and will be labeled as containing them) such as milk, cheese, yogurt, spreads, and grain products.

The benefits of including omega-3 fatty acids in your diet are many. They help maintain a healthy heart by lowering blood pressure and reducing the

risk of sudden death, abnormal heart rhythms, and strokes. They aid healthy brain function and infant development of vision and nerves during pregnancy. Studies show they may also decrease the risk of Alzheimer's disease, dementia, and diabetes and can be helpful in preventing inflammation and reducing the risk of arthritis.

Cooking fish is fast and easy, but it can be intimidating to cook because it is delicate and easy to overcook. The best way to prevent this is to use a food thermometer and cook fish to an internal temperature of 145°. The easiest way to prepare fish is to bake it. Season fish first, place it on a pan lined with parchment paper or foil and bake at 400°, about 8 minutes per inch of thickness. Another easy prep method is to pan-sear in a skillet with oil over medium-high heat.

Salmon is especially easy to prepare on a sheet pan with vegetables. Plan ahead for leftovers and bake extra salmon to top a salad the next day for lunch. (Spoiler alert — this would be great with next week's recipe!)

Improving Flexibility

Flexibility relates to the range of motion of a joint, including how far it can be bent and how far the joint can be stretched. This range will be different for all joints. For example, you may have good shoulder flexibility and poor hip flexibility. Many people will experience limited or reduced range of motion at some point in their lives as a result of an injury, infection, swelling, inflammation, or disease (such as arthritis). Range of motion exercises can help with gentle stretching aimed to move each joint as far as possible in all directions.

Flexibility, like muscle strength, decreases with age. The good news is no matter your age, you can always improve flexibility. Stretching can help normal activities of daily living become easier. By improving your flexibility, you could reach items on a high shelf more easily or getting up and down from the floor could become easier.

As a reminder, stretches should be held for a minimum of 15 seconds (no bouncing), repeated at least twice, and should be done only when your muscles are warmed up. Stretching should not cause pain, but you should feel a slight pull and only slight discomfort. Remember to relax and breathe while you are stretching and do not hold your breath. Stretch both sides of your body equally and include stretches for your shoulders, arms, back, thighs, calves, hands, and neck. The goal is to achieve good flexibility, meaning you are able to stretch, bend, and twist without stiffness or pain.

This **Zipper Stretch** can improve shoulder flexibility. You will need a towel or scarf to do the stretch.

Stand or sit with a straight posture. Bring right hand holding a towel or scarf behind head, grabbing the towel or scarf with the left hand at the level of lower back and pulling with the left hand to stretch right tricep. Hold this position for 15 seconds. Relax. Now assume the same position, but this time pull up with the right hand to stretch the left arm. Hold for 15 seconds. Relax. Switch arms to repeat motions.



5K for the Fight!

Celebrate Cinco de Mayo with us! The 3rd annual Walk Kansas 5K for the Fight and 1.5 mile Fun Walk will be held on the beautiful K-State campus on Saturday, May 5. While the 5K is a timed event, going the distance at any pace or style is just fine. Finishing is all that counts!

The purpose of this event is to promote healthy lifestyle habits that aid in cancer prevention. All proceeds from the event will support the Johnson Cancer Research Center at K-State. This year, a fiesta-themed celebration will offer something for the entire family, including a 50-yard dash for the kids — even furry walkers are welcome. The Pride of Wildcat 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 healthful snacks. So plan to participate in the 5K or the Fun Walk and bring your kids.

More information is available at <http://cancer.k-state.edu/newsevents/WalkKansas5K.html>. To register, go to: <https://runsignup.com/Race/KS/Manhattan/WalkKansas5K>. The 5K event is \$25 and the Fun walk is \$20. Prices increase after April 24.



Salmon and Spring Vegetables — Sheet Pan Style

Makes 4 servings

Ingredients:

Marinade

- 3 tablespoons lemon juice
- 1 tablespoon soy sauce (reduced sodium)
- 1 tablespoon olive oil
- 1 tablespoon honey
- 2 cloves garlic, minced

Salmon and Veggies

- 2 salmon fillets (4 ounces each)
- ¼ pound asparagus, trimmed and halved
- 1 cup cherry tomatoes, halved
- ¼ pound small potatoes (tri-color, if available) cubed
- ¼ red pepper, cut into 1-inch piece
- ½ tablespoon olive oil
- Salt, pepper, lemon pepper seasoning, and dried dill to taste

Directions:

1. Whisk together marinade ingredients.
2. Place asparagus and cherry tomatoes in a quart-size bag; add 2 tablespoons marinade. Place salmon in another quart-size bag; add remaining marinade. Seal bags and place in refrigerator for 30 minutes.
3. Preheat oven to 425°. Line a baking sheet with parchment paper or aluminum foil.
4. Place prepped potatoes and peppers onto baking sheet; add a dash of salt and sprinkle with lemon pepper seasoning (or black pepper.) Bake in preheated oven for 10 minute.
5. Remove pan from oven, stir potatoes/peppers and then add the remaining vegetables with marinade on top. Place salmon fillets next to vegetable mixture and season with lemon pepper and dill; then place pan back in oven for an additional 15 minutes, or until vegetables are tender and salmon reaches an internal temperature of 145°.

Nutrition Information per serving:

370 calories
18g fat (3g saturated fat)
17g carbohydrates
28g protein
3g fiber
360 mg sodium

