

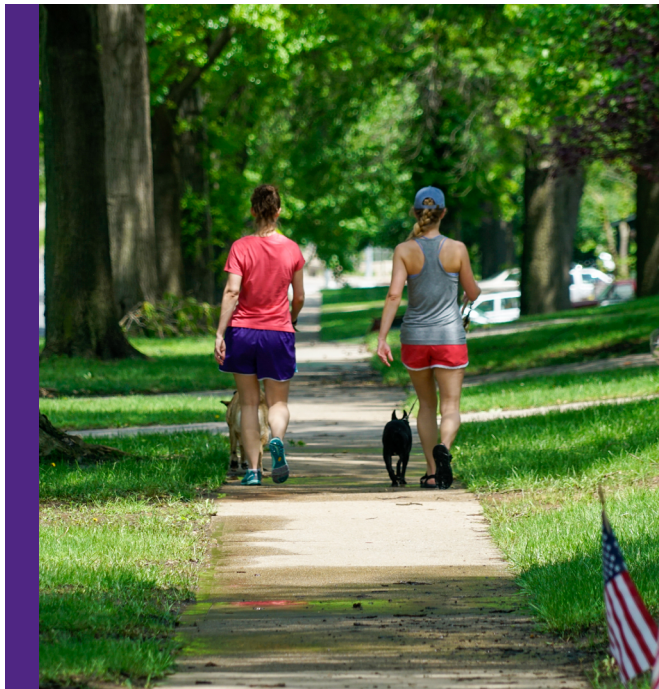


WALK KANSAS

K-STATE
Research and Extension

www.WalkKansas.org

2024 WEEK EIGHT



The F.I.T.T. Principle

By now, you may be noticing one or more of these things.

- » Your body is more efficient. The more you walk/exercise or do strengthening exercises, the easier it feels.
- » You have lost weight. You are burning more calories and eating more healthfully, which can contribute to weight loss and maintaining a healthy weight.
- » You are getting a little bored. Your routine might still be enjoyable, but you are doing the same thing week after week.

This week, focus on one of these F.I.T.T. principles:

Frequency. How often do you walk or exercise now? Can you add another 10-minute walk to your day? If you do strengthening exercises one or two days a week, can you add one more day (with a day of rest in between)?

Intensity. How hard do you walk or exercise? It is best to start out with moderate intensity. If this is comfortable for you, increase the intensity by walking faster or going up hills. Increase intensity by adding intervals – short bouts of vigorous intensity exercise. For example, during your regular walk add several 30-second bursts of vigorous walking or jogging, then increase from 30 to 45 or 60 seconds of vigorous activity.

Time. Gradually add more time to your walk or exercise routine to build endurance. This will also help you burn more calories.

Type. Start with activities you enjoy and that you can do comfortably. Then, mix things up so you don't get stuck in a rut – change the route you are walking, find a different exercise buddy you can walk with one day a week, or take a yoga class.

In This Issue

The F.I.T.T. Principle

Improve Flexibility – Zipper Stretch

Habit Shift Challenge

Tame Your Sweet Tooth

Recipe: Fruit Pizza (Reduced Sugar)

Coming Next Week

Walk Kansas Wrap Up

Make a Plan B

Habit Shift Challenge

Healthy Grilling Tips

Recipe: Grilled Basil Lemon Pork Chops and Asparagus

continued on page 2

This F.I.T.T. principle also helps guard against injury and burnout. A problem with doing the same exercise, the same way, day after day is that it can result in long-term repetitive strain to the same muscles. In addition, the muscle groups you are not working just get weaker, which can lead to injury. If you are feeling sore, tired, or just not 100 percent, don't be afraid to take a day or two off from exercise or just do some light activity.

Improve Flexibility – Zipper Stretch

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 you could get up and down from the floor with less difficulty.



Habit Shift Challenge

A great time to do the Zipper Stretch is when you get out of the shower. Plus, you will already have a towel in your hand! Remember, linking a behavior to something you already do will make it easier to establish a habit.

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. Grab the towel with your right and reach over your right shoulder, as if to pat yourself on your back. Bring the left hand behind you and grab the towel. Pull down with the left hand to stretch your right tricep muscle. Hold this position for 15 seconds. Now, gently pull up with your right hand to stretch the left arm. Hold for 15 seconds, then relax. Switch arms to repeat motions.

Source: Stay Strong Stay Healthy Level 1 curriculum

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

K-State Research and Extension is an equal opportunity provider and employer. Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact the Director of Institutional Equity, Kansas State University, 220A Kedzie Hall, Manhattan, KS 66506-0124, (Phone) 785-532-6220; (TTY) 785-532-4807.

Tame Your Sweet Tooth

It is easy to get too much sugar in your diet. It seems like the more sugar you eat, the more you crave it. Foods with natural sugar, such as fruit, are still part of a healthful diet. Limiting added sugar has many benefits, including weight maintenance, heart health, diabetes prevention and management, and a stronger immune system. Here is sound advice on limiting added sugar in your diet.

Read labels. Sugar is hiding in pre-packaged and processed foods. Check the ingredient list for corn syrup and sweetener, molasses, honey, brown or malt sugar, cane juice, fruit juice concentrates, and sugar molecules ending in “ose” (sucrose, dextrose, etc.)

Save cookies, candy, and bakery items for special occasions and ideally as part of a meal.

Limit sugar added to coffee, tea, and other beverages. Consuming intensely sweetened beverages can leave you craving foods/drinks with more sweetness.

Seek out whole foods. These will satisfy you and they are full of nutrients.

Be patient. The first few days you eat less sugar will be the hardest. During this time, try to get more sleep, choose healthful carbs (whole grains, fruits, nuts, seeds) and find support.

Sugar plays a key role in baking that goes beyond adding sweetness. It creates tenderness and texturizes baked goods. Sugar also plays a key role in the browning process. When baking, you can generally reduce the sugar amount by $\frac{1}{3}$ to $\frac{1}{2}$.

Learn more about recipe modifications:
<https://ohioline.osu.edu/factsheet/HYG-5543>.



Fruit Pizza (Reduced Sugar)

Makes 12 Servings

Ingredients:

- $\frac{1}{4}$ cup granulated sugar
- 8 tablespoons butter, room temperature
- 1 egg
- 1 teaspoon vanilla
- $\frac{3}{4}$ cup all-purpose flour
- $\frac{3}{4}$ cup white whole wheat flour
- $\frac{1}{8}$ teaspoon salt
- $\frac{3}{4}$ teaspoon baking powder
- 8 ounces reduced fat cream cheese
- 1 tablespoon honey
- 3 cups fresh seasonal fruit, washed and sliced/diced

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350°F.
3. Prepare the dough for the sugar cookie base. Cream the sugar and butter in a large bowl with a hand mixer until it is very light in color (3 to 5 minutes). Add the egg and vanilla and mix until well combined. Add the all-purpose flour, salt, and baking powder and mix. Add the white whole wheat flour and mix until the dough is no longer crumbly and starts to stick together.
4. Press the dough into a 9-inch by 12-inch baking pan, or 14-inch round pizza pan, and bake for 10 to 13 minutes, or until the cookie is light golden brown.
5. When cookie is done, set it aside to cool completely.
6. Combine the cream cheese and honey; mix until smooth and creamy. Spread the mixture evenly over the cookie, getting close to the edge.
7. Top, as desired, with fresh fruit.
8. Slice and enjoy.

Nutrition Information per 1 serving:

220 calories; 12 g total fat (8 g saturated fat, 0 g trans fat); 24 g carbohydrates; 4 g protein; 2 g fiber; 150 mg sodium; 10 g sugar (includes 6 g added sugars).