

# Celebrate *healthy living*

2020 Week Two



**K-STATE**  
Research and Extension

Walk Kansas

[www.WalkKansas.org](http://www.WalkKansas.org)



## Move Naturally, Move More

Do you know someone who never seems to sit still? They are constantly on the move and when they do sit, they might fidget, shake, or bounce. Well, this is really a good thing!

Research shows that if you sit less and move more, you live longer. Even if you get a 30- to 60-minute workout every day, it doesn't seem to make up for all the time you spend sitting. Small movements throughout your day add up, and these movements are important. Things like housework, washing dishes by hand, gardening, washing the car at home, mowing the lawn, and yes, even fidgeting are all ways to stay active.

Non-Exercise Activity Thermogenesis or NEAT occurs with every activity you do, except when you sleep or exercise. NEAT is happening while you do housework, yardwork, walk across a parking lot, and even when you fidget. These regular daily activities help change the balance of energy that you need and use. The more you move, the higher your level of NEAT. This also translates to better heart health, lower blood cholesterol, and better control of blood sugar.

People who live in the Blue Zones achieve higher levels of NEAT by their environments. They walk to a neighbor's home or to the store, they garden, they do chores by hand, and they check livestock on foot rather than riding a 4-wheeler. Their lifestyle doesn't include much structured exercise and they don't have a local gym where they can work out, but they do have enough daily activity to keep NEAT at a healthy level.

The average sedentary time for Americans is a whopping 9 to 10 hours per day. A primary goal for Walk Kansas and beyond should be to move more than you sit. Those 30 minutes or more of moderate activity are essential for good health and so are the small, regular movements you do the rest of the day. All of your steps add up.

Move Naturally is the first of the Power 9<sup>®</sup> – commonalities of people who live in Blue Zones<sup>®</sup> that lead to longer, healthier, and happier lives.

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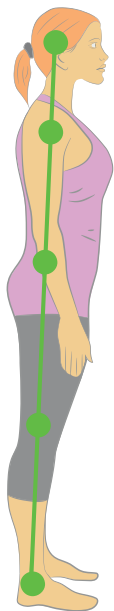
Recipe: Chicken Caprese Salad



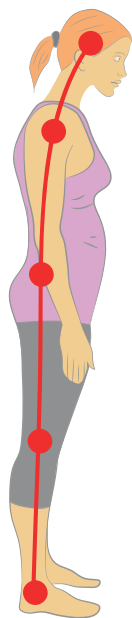
# Posture Power

You have probably been told to “stand up straight” at some point in your life. This timeless advice is actually worth heeding, as good posture supports good health. Posture is important for good balance because when you stand up straight, you center your weight over your feet. Good posture also helps you maintain correct form when walking and doing any kind of exercise, which leads to greater gains and fewer injuries. Practicing good posture – when standing, walking, and sitting – can boost your productivity and mood, and helps you use your muscles more efficiently. More importantly, good posture helps your body function the way it should. You are able to breathe more deeply, internal organs function properly, joints are lubricated, and blood flows properly.

What is good posture? Think of pulling your entire body up, like you have a piece of string on the top of your head. If you could see the invisible string from a side view, it would follow right behind and through your ear, behind the midline of your neck, down through your shoulder joint and hip joint, then slightly in front of the center of your knee, and down just in front of the ankle joint. The best way to tell if you are practicing good posture is to look in the mirror and do a posture check.



**Correct Posture**



**Incorrect Posture**

You can do wonders for your posture by simply changing how you sit in front of a computer. Sit with your trunk erect, no leaning back or slouching forward. Avoid crossing your knees and bend them at a 90-degree angle, line your head over your shoulders and keep your eyes level with the computer screen. Sitting this way will also help strengthen your core, which contributes even more to good posture.

Several fitness options like Pilates, yoga, and tai chi all focus on better body awareness. If you participate in these activities, improved posture will likely be a benefit.

Practicing good posture is not hard, but it is easy to ignore. This week, begin to pay close attention to your posture at all times – while sitting, standing, and walking. Practice good posture regularly and notice the benefits.

## Walk Kansas Week 2

### Boost your NEAT score!

- » Take a walk after each meal.
- » Walk to a co-worker’s desk instead of emailing.
- » Use the rest room on another floor in your building.
- » Do some yard work. Get the whole family involved!
- » Don’t let family members text each other from another room.
- » When watching TV, move during each commercial break or every 15 minutes.
- » When you can, walk or bike instead of drive.
- » Take the stairs instead of the elevator and invite others to join you.
- » Host a walking meeting rather than a sit-down version.
- » Walk yourself out of a bad mood with a 10-minute walk.
- » Go for a walk with your dog.
- » Practice good posture.

## Give Your Pantry a Med Makeover

If you plan to incorporate more of the Med Way of eating into your lifestyle, give your pantry and refrigerator a Mediterranean makeover. Consider these items to include in your shopping list.

**Dry or Canned Foods:** Keep a variety of canned foods in your pantry — no/low-salt versions preferred. Include vegetables, beans, tomato paste and sauce, fruit, tuna and salmon (packed in water or olive oil), and chicken or vegetable broth. You will also need a variety of whole grains, including: brown rice, oatmeal, quinoa, bulgur, barley, millet, and farro. Nuts and seeds, without added salt or sugar, are great for snacks and to add to Med meals.

Nut butters such as almond or peanut butter are good to keep on hand, preferably with minimal ingredients. Tahini is a key ingredient in hummus, and it looks like natural peanut butter, only with an earthy, nutty flavor. It is made from roasted or raw sesame seeds.

**Freezer Foods:** For Med recipes, keep chicken, lean ground beef or ground turkey breast, and fish and seafood on hand, along with vegetables, fruit, and whole grain bread.

**Refrigerator Foods:** Keep eggs, low-fat milk, plain Greek yogurt, hummus, and fresh produce.

**Condiments, Spices, Aromatics:** Olive and canola oil are staples for cooking the Med way. Limes, lemons, garlic, onions, herbs, spices, honey, and vinegars (balsamic, cider, red wine, white wine, sherry) will also help you create amazing flavor!

Hummus is a classic and versatile dish that provides protein, healthy fats, fiber, and iron. It is simple to make and if your family likes to eat hummus, it is worth having tahini on hand. You can also substitute a nut butter for tahini or leave it out. You can substitute any kind of bean and blend in cooked veggies, such as red pepper, spinach, eggplant, or beets.

## Hummus

Makes 6, 1/4-cup servings

### Ingredients:

- 1 clove garlic
- 1 ½ cups (15 oz. can) garbanzo beans
- ¼ cub Tahini
- ¼ cup olive oil
- 1 teaspoon salt (optional)
- Pepper to taste
- Juice of 1 lemon
- 1-2 teaspoons Paprika or Cumin (optional)
- Chopped fresh parsley leaves for garnish

### Directions:

1. Wash hands with soap and water.
2. Place peeled garlic in blender/processor and pulse a few times.
3. Add garbanzo beans, tahini, olive oil, salt, lemon, and spices. Process to form a smooth puree. Add water as needed to make a smooth puree.
4. Taste and adjust seasonings as desired (add more spices, lemon, salt, or pepper).

To serve: Pour into a bowl and garnish with parsley, a drizzle of olive oil and/or dash of Paprika. You can also spread hummus on a sandwich or in a wrap, put it on a salad, or eat it by the spoonful! Enjoy with veggie dippers and pita bread.

### Nutrition Information per serving:

212 calories; 15 g fat (0 trans fat, 2 g saturated fat); 14 g carbohydrates; 5 g protein; 3 g fiber; 395 mg sodium; 2 g added sugars



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#### Kansas State University Walk Kansas

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