

Celebrate healthy living

2020 Week Nine



K-STATE
Research and Extension

Walk Kansas

www.WalkKansas.org



Walk Kansas 2020 in Review

Congratulations – you have completed Walk Kansas 2020! The impact of Covid-19 continues to shape our lives. As we enter a phased approach to a way of life that feels more normal, what lessons and experiences from the past weeks have impacted you in a positive way? Has your experience with Walk Kansas helped create any new norms for you and your family?

This weekly newsletter introduced you to common lifestyle traits of people who live measurably longer and healthier lives. Here is a review of the Power 9® evidence-based commonalities of people living in the Blue Zones®.

Move Naturally. People in the Blue Zones® live in an environment that continuously nudges them to move. They don't have the mechanical conveniences that we have. They grow and prepare their own food and experience little screen time. They move naturally throughout their day.

Purpose. Do you know your "Ikigai" – why you wake up in the morning? Having a sense of purpose can add up to seven years to your life.

Downshift. We all experience stress, including people in the Blue Zones®. Stress that is left unchecked can contribute to many health problems. Those who have lived the longest seem to have found a way to shed that stress. Some strategies they practice include mindfulness, prayer, getting adequate rest, and enjoying time with family and friends.

80% Rule. In Blue Zones® communities, people routinely stop eating when they are 80% full. This practice helps them maintain a healthy weight. They also eat their smallest meal in the late afternoon or early evening.

Plant Slant. The world's longest-lived people eat mostly plants. They rely on a variety of beans and lentils for protein and consume meat in

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Coming Next Year

Walk Kansas 2021:

March 14 – May 8 (*tentative*)



small amounts. They grow most of their food and consume almost no processed foods.

Wine @ 5. People in most Blue Zones® communities enjoy Wine at 5, responsibly and in moderation. Most of the time, they enjoy a glass of wine with good food and good friends.

Belong. Studies show that maintaining a sense of belonging and connection to a community or faith-based group can add 4 to 14 years to your life. It doesn't matter what faith or group you choose, as long as you are engaged and attend regularly.

Loved Ones First. Those living in the Blue Zones® put their families and loved ones first. They keep aging parents and grandparents nearby, and they invest in their children with time and love.

Right Tribe. Research shows that social networks shape our health behaviors. If your friends and family smoke or have unhealthy eating patterns, you are more likely to do the same. Even loneliness and happiness are contagious. Successful centenarians chose, or were born into, a right tribe that supported their healthful practices.

We hope this is just the beginning of your discovery of a more healthful way of living and invite you to stay engaged with the wide variety of K-State Research and Extension programs offered in your community. To stay connected to us through Facebook, like "Kansas State University Walk Kansas." We will continue to post tips and resources to support and inspire you to live a healthy life!

Stay safe and be well,

Sharolyn Flaming Jackson

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Grilling Season is Here

Warm weather is a sign that it is time to break out the grill! While meat and poultry are popular choices for grilling, the American Institute for Cancer Research (AICR) reminds us that cooking these foods with intense heat can lead to formation of potential carcinogens. Heterocyclic amines (HCAs) form in meat when its proteins react to the intense heat of the grill. Studies have linked HCAs to development of cancer.

You can modify your grilling technique to reduce the chance of cancer risk. Marinating meat before grilling can decrease formation of HCAs. If you are grilling larger cuts of meat, pre-cook them partially to reduce the time meat is exposed to flame. Trim the fat from meat to reduce flare-ups and charring. Cut meat into smaller portions and mix with vegetables to shorten the cooking time. Another way to minimize cancer risk – grill more veggies!

Grilled vegetables and fruits are delicious and are key elements in a healthful diet. The bonus is they don't form HCAs when cooked, so that cancer risk is eliminated. As you plan cookout meals this summer, include plenty of colorful grilled vegetables and fruits like asparagus, all types of peppers, squash, broccoli, tomatoes, onions, carrots, corn, mushrooms, eggplant, potatoes, mangoes, and pineapple. Try something new, like grilled lettuce!

Here are basic instructions for grilling veggies and fruit:

- » Slice veggies the same thickness so they cook at the same rate.
- » Drizzle or brush with olive oil before cooking.
- » Season simply with a sprinkle of salt, pepper and any dried herbs you like.
- » Grill over medium heat to start. To prevent veggies and fruit from slipping through the grates, lay them crosswise or use a grill basket or topper.
- » Close the lid to create the same environment as an oven. Flip half way through cooking time. More dense vegetables, like peppers and onions, will cook in about 8 to 10 minutes. Squash, eggplant, and asparagus will only require 5 to 7 minutes.
- » After removing vegetables and fruit from heat, you can add a splash of balsamic vinegar (flavored varieties add interest) and fresh herbs. Before adding herbs, you may need to add just a bit of olive oil.

We want your feedback!

We would like your feedback about Walk Kansas 2020. Please use the link below to access the online survey.

kstate.ag/WalkKansas2020Survey

Time for Tea!

People around the world have enjoyed drinking tea for thousands of centuries. Studies have shown that many varieties of tea may boost your immune system, fight off inflammation, and could help protect you from cancer and heart disease. With warm summer days approaching, a glass of iced tea might just be the perfect refresher!

White tea has a high level of antioxidants and the least amount of caffeine. Herbal teas are similar to white, and contain a blend of herbs, spices, fruits, or other plants in addition to tea leaves. Green tea is exceptionally high in flavonoids to boost heart health and is also shown to be anti-inflammatory. Black tea is made from the same plant used to make green tea; however, the leaves are dried and fermented. This gives black tea a darker color and richer flavor, and it is caffeinated. Oolong tea is similar to green and black tea but processed differently. Oolong is allowed to oxidize more than green tea and not as much as black, creating its characteristic color and taste.

You can enjoy tea hot, cold, iced, or spiced! Tea is enjoyed regularly by people in the Blue Zones® and is sometimes referred to as the longevity drink. To enhance the flavor of tea, add citrus (grapefruit, oranges, lime, or lemon), berries, cinnamon or fresh ginger, honey, mint, and other fresh herbs. Avoid detox teas, fancy tea lattes, and trendy bubble teas as they are also loaded with sugar. If you have allergies to herbs or flowers, read the ingredient list on herbal teas.

Garlic Grilled Broccoli

Makes 4 servings

Ingredients:

- 4 cups broccoli florets
- 2 tablespoons olive oil
- ¼ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- ¼ teaspoon red pepper flakes (optional)

Directions:

1. Wash hands with soap and water.
2. Wash broccoli by swishing it around in a bowl of water or place it in colander in the sink and rinse. Dry with a paper towel or use a salad spinner.
3. In a bowl, toss together the broccoli, oil, salt, pepper, and garlic pepper. Make sure the broccoli is well coated.
4. Place a large piece of foil on the grill, or use a grill basket or grill topper. Add the broccoli on top and grill for 8 to 10 minutes, until tender crisp.

Nutrition Information per serving:

80 calories; 7 g fat (0 trans fat, 1 g saturated fat); 4 g carbohydrates; 2 g protein; 2 g fiber; 160 mg sodium; 3 g added sugars.



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