

Walk Kansas

celebrate healthy living

www.WalkKansas.org
Newsletter 3 ★ 2017

The F-I-T-T Principle

If you have been walking or exercising regularly the past three weeks, you may notice one or more of these things.

- » Your body is more efficient. The more you walk/exercise, or do strengthening exercises, the easier it becomes. Perhaps you can cover the same distance in less time, or you don't feel as tired after doing strengthening exercises.
- » You have lost weight. You are burning more calories and may be eating more healthfully, which are habits that contribute to weight loss or maintaining a healthy weight. For weight loss to continue, you will need to make some adjustments.
- » You are getting a little bored with exercise. Your routine might still be enjoyable, but doing the same thing, the same way, week after week can get old. When you become bored with your routine you may lose motivation to exercise.

By following the F.I.T.T. Principle, you can change your routine to get better results, avoid boredom and get past weight loss plateaus. Changing even one of these elements can make a big difference by keeping your mind engaged and your body healthy.

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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? Gradually add more frequent exercise.
- » **Intensity,** how hard you walk or exercise. It is best to start out with moderate intensity, at a level where you can barely carry on a conversation. When this becomes comfortable, increase the intensity by walking faster or going up hills.
- » **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.

Another reason to apply this F.I.T.T. principle is that it 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. Take a long leisurely walk or do some relaxing gardening. Your body needs a chance to recover and you need a change of pace for a day!

5K for the Fight!

The second 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 6. While the 5K (3.1 miles) is a timed event, you can certainly go the distance your way — by walking or running. All proceeds will be donated to the Johnson Cancer Research Center at K-State.

This year, the Pride of Wildcat Land Marching Band will perform and Sunny 102.5 will be onsite playing music. All participants will receive a souvenir shirt and other goodies, as well as water and post-race snacks.

More information is available at WalkKansas.org. To register, go to: <https://runsignup.com/Race/KS/Manhattan/WalkKansas5K>



Mini Challenge - Drop the Pop!

For one week, give up soda pop — all types, including regular, diet, and caffeine-free. Water is the best replacement. If you want more flavor, infuse water with fresh fruit or choose tea.

While soda might taste great, it is hard on your body. Regular soda is loaded with high fructose corn syrup, making it high in calories with no nutritional value. Artificial sweeteners have virtually no calories, but they may contribute to health problems. The phosphoric acid in soda is bad for your teeth and your bones.

Drinking soda or other sugary beverages is also hard on your pocketbook. If you have several sodas in a day at \$1.50 each (three sodas/day) that would total \$22.50 a week or \$1,170 a year. Over a 10-year period, drinking soda will cost you \$17,000!

The American Heart Association recommends that women consume less than 100 calories of added sugar per day (about 6 teaspoons) and men should consume less than 150 per day (about 9 teaspoons.) One 12-ounce can of regular soda contains a whopping 9 teaspoons of sugar.



How to Tame Sugar Cravings

Added sugar in the diet is frowned on by nutritionists for two main reasons. First, it is linked to weight gain and cavities. Second, sugar provides “empty calories” because it lacks any nutritional contribution, and too much sugar in your diet can crowd out more healthful foods.

Sugar-sweetened beverages are by far the greatest sources of added sugar in the diet and account for more than one-third of the added sugar consumed as a nation. Other popular high-sugar foods include cookies, cakes, pastries, ice-cream, candy, and ready-to-eat cereals.

People crave sweet things for a number of reasons. “Sweet is the first taste humans prefer from birth,” says Christine Gerbstadt, MD, RD, a dietitian and American Dietetic Association (ADA) spokeswoman. Carbohydrates, especially sugar, stimulate the “feel-good” chemical dopamine in the brain.

Consumption of foods and beverages high in sugar is also linked to stress. Feelings of stress can cause poor sleep, which can affect your hormone levels and cause you to crave sugary, high-calorie foods.

Here are a few tips that may help you tame sugar cravings.

- » Combine a sugary food you are craving with a healthful one. Dip a banana or strawberry in chocolate sauce, or mix some almonds with a few chocolate chips.

- » When a sugar craving hits, walk away. Do something to change the scenery and get your mind off the food you are thinking about. Get out and take a walk or get some type of exercise.
- » If you need to splurge on something sweet, go for quality — not quantity. Choose a delightful chocolate truffle over a king-sized candy bar, or split a decadent dessert with one or two other people.
- » Skip artificial sweeteners. Research has shown that diet drinks and artificial sweeteners may increase your craving for sugar.
- » Eat regularly throughout the day. If you wait too long between meals you could set yourself up to choose sugary, fatty foods to curb hunger. Eat something every 3 to 5 hours to keep your blood sugar stable.
- » Slow down and focus. Often, poor food choices result from a lack of planning. Slow down, focus, and plan what you are going to eat so you are ready to make a healthful food choice, even when you are desperate.
- » Eat just a little of what you are craving and allow yourself to enjoy what you love. Keep a sweet treat to 150 calories or less.
- » Replace a candy dish with a bowl of fruit for when sugar cravings hit. If you like something sweet at the end of a meal, go for a fruit-based dessert or plain fruit. To curb a soda habit, try mixing a little fruit juice with seltzer water.

Hot Fruit Bake

Makes 8 servings

Use any favorite fruit in this recipe. Other ideas include sliced pears, peaches, blackberries, cherries, grapes, and cranberries. Add granola for more crunch. Recipe can be easily reduced for smaller amounts.

Ingredients:

- 3 cups sliced apples
- 1 cup sliced strawberries
- 1 cup sliced blueberries
- 1 cup raspberries
- 2 tablespoons fresh lemon juice
- 1 tablespoon maple syrup
- 1 teaspoon ground cinnamon
- ¼ cup chopped walnuts



Directions:

1. Preheat oven to 350 degrees. Spray a baking dish with cooking spray.
2. Toss all fruit, except banana, in lemon juice, maple syrup, and cinnamon. Spread in baking dish.
3. Bake for about 25 to 30 minutes or until apple slices are desired softness.
4. Enjoy after cooling for about 10 minutes. This fruit bake is delicious topped with a spoon of Greek or frozen yogurt.
5. Store leftovers in refrigerator for a snack or dessert, or as a topping for foods, such as oatmeal, yogurt, and pancakes.

Nutrition Information per serving:
Calories 80; Fat 2.5g; Carbohydrates 14g; Protein 1g; Fiber 3g;
Sodium 0mg.