

Celebrate *healthy living*

2020 Week One



K-STATE
Research and Extension

Walk Kansas

www.WalkKansas.org



Live Better, Live Longer

Welcome to Walk Kansas 2020! We are excited to bring a new focus to Walk Kansas this year. While walking and other types of physical activity continue to be the core of the program, you will learn about lifestyle traits that are common in regions of the world where people live measurably longer and healthier lives.

It is common to think that health and longevity are genetic traits. While genes do determine 20 to 25% of our overall health quality, lifestyle habits and the environment have a much greater influence on how well or long we live.

What do long-lived people have in common with one another? Scientists have determined that it is not education, income, or profession. Each week during Walk Kansas, a common trait of the world's longest-lived people will be introduced through this newsletter along with ways you incorporate some of these into your lifestyle.

Maintaining strong social connections plays a major role in our mental and physical health. Studies show that we are influenced by those in our social circle, and things such as eating habits, smoking, happiness, loneliness, and obesity are contagious. As you participate in Walk Kansas, think about your social circle. How do they influence you? How do you think you influence them?

We will also help you explore how to eat the Med Way, which includes lots of fruits and vegetables, whole grains, more beans and legumes, less added sugars, using healthful fats, and more. You can enjoy all types of flavors and still eat the Med Way.

Now, find your walking shoes – and a walking buddy – and let's get started on this Walk Kansas adventure!

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Eating the Med Way

The Mediterranean way of eating is one of the healthiest in the world. It includes lots of fruits and vegetables, healthful fats like olive and canola oil, whole grains, fish, seafood, herbs and spices, and some lean meat.

This style of eating is not about cutting calories and restricting certain foods, as many popular diet trends in America today emphasize. The Med Way is a way of life that includes enjoying a wide variety of whole, nourishing foods with friends and family, and practicing an active lifestyle. Eating the Med Way doesn't have to be expensive or complicated, and you don't have to buy only fresh fruits and vegetables – canned and frozen will work and they are all good.

Studies show that eating and living the Med Way can reduce your risk of developing certain diseases, including Alzheimer's disease, cardiovascular disease, diabetes, and some types of cancer. Other benefits include lower blood pressure and weight loss, and improved eye health by protecting against macular degeneration.

During the weeks ahead, you will learn a lot more about eating the Med Way. Let this one-pot meal of Mediterranean Chili get you off to a good start. While the serving size is 1 cup, you can consume more if you are making this your meal. Or, add a salad or fruit and whole-grain bread with a smaller portion of chili. This chili packs in protein with quinoa and two types of beans. Fresh vegetables and layers of flavor make this a delightful meal!



Walk Kansas Week 1

- » Log in to walkkansasonline.org. Start logging activity and F/V; chat with teammates; check for new resources and events.
- » Are you active enough? Take this quiz: <https://www.aicr.org/resources/media-library/are-you-active-enough/>
- » Read the Walk Kansas Participant Guide and Activity Guide
- » Find a partner and do the Walking and Flexibility tests in your Activity Guide, record your numbers. (You will do these again after Walk Kansas for comparison.)
- » Spend some time outdoors.
- » Put a bowl of fresh fruit on your counter; replace a candy dish at work with a bowl of fruit.

What is a Blue Zone?

Blue Zones® were founded by Dan Buettner, a National Geographic Fellow and multiple New York Times bestselling author. Building on the demographic work done by Gianni Pes and Michel Poulain published in the Journal of Experimental Gerontology, Buettner was able to pinpoint longevity hotspots around the world and identified them as blue zones, reflecting the lifestyle and environment of the world's longest-lived people. These five blue zones include:

- » Okinawa, Japan – where females over 70 are the longest-lived population in the world.
- » Loma Linda, California – Seventh Day Adventists view health as central to their faith. They live almost a decade longer than other Americans.
- » Ikaria, Greece – where residents have half the rate of heart disease as Americans and almost no dementia.
- » Nicoya Peninsula, Costa Rica – where elders have a strong reason to live and a positive outlook, which helps keep them active; also, the world's lowest rates of middle age mortality.
- » Sardinia, Italy – is home to the world's longest living men. They follow a very traditional healthy lifestyle.

Source: www.bluezones.com

Mediterranean Chili

Makes 12, 1-cup servings

Ingredients:

- ½ cup quinoa (uncooked)
- 1 cups water
- Extra virgin olive oil
- ½ large yellow onion, chopped
- 5 garlic cloves, minced
- 2 carrots, peeled and chopped
- ½ large green bell pepper, chopped
- 1 16-ounce can chopped tomatoes with juice
- 4 cups low-sodium vegetable broth
- 2½ teaspoons chili powder
- 1 teaspoon sweet paprika (or smoked paprika if you like that flavor)
- 1 teaspoon ground cumin
- ½ teaspoon ground allspice
- Salt and pepper
- 1 15-ounce can black beans, drained and rinsed
- 1 15-ounce can kidney beans, drained and rinsed
- ½ cup chopped fresh cilantro
- ¼ cup chopped fresh parsley
- 1 large lime, juice of
- 1 jalapeno, sliced (optional)

Directions:

1. Wash hands with soap and water.
2. To prepare produce, gently rub onion, bell pepper, carrots, lime, and jalapeno (optional) under cold running water. Wash cilantro and parsley leaves under cold running water. Use a salad spinner or paper towels to remove excess moisture.

3. In a small saucepan, combine quinoa and water. Cook over medium heat for 10 to 15 minutes until the water is absorbed (quinoa will be partially cooked). Remove from heat and set aside.
4. In a large saucepan or pot, heat 2 tablespoons olive oil over medium heat. Add onions, garlic, carrots, and bell peppers. Cook for about 4 minutes, tossing regularly, until softened.
5. Add tomatoes, broth, and spices. Season with salt and pepper. Bring to a boil.
6. Stir in black beans, kidney beans, and quinoa. Lower heat and simmer for 25 minutes.
7. Remove from heat. Stir in cilantro, parsley, and lime juice*, and transfer to serving bowls. Optional: Drizzle with olive oil and add jalapeno slices. Enjoy!

**The fresh herbs and lime juice create a complex flavor you won't want to miss, so don't skip this step!*

Nutrition Information per serving:

150 calories; 3 g fat (0 trans fat, 0.5 g saturated fat); 23 g carbohydrates; 7 g protein; 7 g fiber; 260 mg sodium; 0 g added sugars



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Kansas State University Walk Kansas

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