



K-State Extension Connection



Walk Kansas Promotes Health and Well-being

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Are you aware that chronic disease, including obesity, is responsible for more than 70% of health care costs in Kansas? Did you know that making healthy lifestyle choices like those promoted in K-State's **Walk Kansas Health Initiative can actually help protect against chronic diseases?**

According to the Partnership to Fight Chronic Disease: **If Americans were to stop smoking, exercise regularly, and eat well, they could prevent up to 80% of heart disease and stroke, 80% of type 2 diabetes and 40% of cancers.** Walk Kansas is a team-based program that will inspire you to lead a healthier life by being more active, making better nutrition choices, and learning positive ways to deal with stress.

Walk Kansas 2017 begins March 19 and runs through May 13. Some Benefits of Walk Kansas participation include:

****Research supports the power of walking, and other forms of moderate activity, which could cut the rates of heart disease, diabetes, colon cancer, and Alzheimer's.** In addition to reducing risk for chronic disease, regular physical activity offers benefits almost immediately. After eight weeks of activity during Walk Kansas, participants report they have more energy, endurance, muscle strength, flexibility, they get better sleep and have a better attitude. Muscle strengthening activities are also recommended at least two days per week.

****Healthy eating, including beverage choices, plays a key role in helping you achieve and maintain good health as well as in reducing the risk of chronic disease throughout your life.**

As a Walk Kansas participant, you will be asked to report the amount of fruits and vegetables you eat each week. Healthy eating guidelines, tips and recipes will be available through the

weekly newsletter and on the Walk Kansas website. Information provided is from the 2015 Dietary Guidelines for Americans and the American Institute for Cancer Research (AICR)

****Exercise is a powerful tool to manage stress.** Physical activity increases the flow of oxygen to your brain. It also pumps up production of endorphins, which are feel-good neurotransmitters in your brain -- sometimes referred to as the happy hormones. Runners often talk about a "runners high" and you can experience the same effect after a brisk walk, game of tennis, or nature hike. An afternoon of high-powered house cleaning or gardening will also boost endorphins. Exercise also relaxes tense muscles. It is one of the most effective ways to manage neck and back pain and even headaches.

How Walk Kansas Works:

Teams of six, with a captain, log minutes of activity for eight weeks. Each team selects one of three activity challenges they will collectively work towards. In order to accomplish the challenge, each person will have a personal goal. In addition to physical activity, participants will report the amount of fruits/vegetables they eat.

Program participants will receive weekly newsletters and motivational messages that focus on healthful lifestyle habits. Go to www.walkkansas.org to find your local Extension Office and learn about Walk Kansas in your community.

In the Wildcat Extension District contact our offices at: Crawford County, 620-724-8233; Labette County, 620-784-5337; Montgomery County, 620-331-2690. Wildcat District Extension is on the Web at <http://www.wildcatdistrict.ksu.edu> where paper registration forms and information can be found by clicking on "Food & Family" and then "Walk Kansas". Our Facebook page can be found at facebook.com/wildcat.extension.district.

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Crispy Baked Chicken Strips

Ingredients

2 boneless chicken breasts
1 egg, beaten
1½ cups crushed cracker crumbs or plain bread crumbs
¾ teaspoon garlic powder
¼ teaspoon salt
¼ teaspoon pepper
¼ teaspoon chili powder or Italian seasoning



Directions:

Remember to wash your hands!

1. Cut chicken breasts into thin strips, about 1 inch wide.
2. Mix cracker crumbs and seasonings well.
3. Dip chicken pieces into egg mixture, then dredge in crumb mixture.
4. Place chicken pieces on baking sheet sprayed with cooking spray or lined with aluminum foil.
5. Bake at 375°F for 10 - 12 minutes, until crispy and lightly browned.
6. Dip into your favorite sauce and enjoy!

Nutrition Facts for 1/3 recipe: Calories 330; Total Fat 6g; Cholesterol 115 mg; Sodium 670 mg; Carbohydrate 40g; Dietary Fiber 3 g; Sugars 4g; Protein 26g; Vitamin A 4%; Vitamin C 2%, Calcium 10%; Iron 20%.

Note: Compare these chicken strips made at home to those ordered from a fast food restaurant. Fast food chicken strips contain 410 calories, 24 grams of fat, 1470 milligrams of sodium and 33 grams carbohydrate.

Source: www.walkkansas.org