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Geary County

K-State Research and Extension News

Knowledge
for Life

Ask the Agent

Q: What is Walk Kansas?

A: Walk Kansas is a health initiative presented by K-State Research and Extension. 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. See the article to the right for an overview of the program. Look inside for more information that will encourage you to participate on a Walk Kansas team in 2017. The program begins March 19 and lasts through May 13.

Registration is open and will close March 24. I look forward to walking with you!



For more information call the Geary County K-State Research and Extension office at:

785-238-4161



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Walk Kansas Returns

How Walk Kansas Works

Teams of 6, with a captain, log minutes of activity for 8 weeks. Each team selects one of three 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.

Some local Walk Kansas programs offer classes, group activities, kick-off and celebration events, and more. Go to www.walkkansas.org to find your local Extension Office and learn about Walk Kansas in your community.

Physical Activity Guidelines

The U.S. Department of Health and Human Services recommends at least 150 minutes of moderate and/or vigorous intensity activity/week. **Moderate intensity activity** is a level where you can barely talk, but not sing. Moderate is about 100 steps per minute. If you can only say a few words without stopping to catch your breath, you are working at **vigorous intensity**. A combination of moderate and vigorous activity is good.

Muscle strengthening activities are recommended at least 2 days per week. By working all major muscle groups, you can prevent muscle loss, increase strength and increase bone density.

Team Challenges

Each team will select one of these challenges. As your team moves across or around the state, you will learn about points of interest in Kansas by viewing progress of your team on the online map.

Challenge 1) Each person reaches the minimum goal for physical activity – 2½ hours of moderate/vigorous activity per week. Collectively, the team would walk 423 miles – the distance across the state.

Challenge 2) Take a meandering trek diagonally across the state from Troy to Elkhart. Each person logs 4 hours of activity per week which would take the team 750 miles.

Challenge 3) Walk the perimeter of Kansas – 1200 miles -- with each person logging 6 hours of moderate/vigorous activity per week.

Teams are forming now! **Online registration began February 22, 2017.**

For more information about Walk Kansas 2017 in Geary County contact: Geary County K-State Research and Extension, 119 E. 9th, PO Box 28, Junction City, KS 66441—**785-238-4161**

Find out how to register your team of six participants by going to the Geary County K-State Research and Extension Website:<http://www.geary.k-state.edu/health-home-family/walk-kansas.html>

February 2017



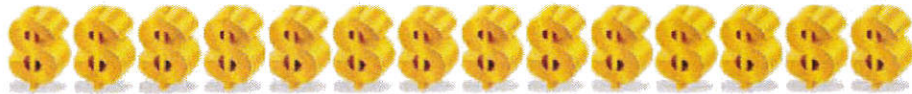
Money Matters

Savings Tip #3:

Minimize interest charges by limiting credit card purchases to those you can pay off in full each month.

AMERICA SAVES WEEK
February 27 - March 4, 2017

MONTHLY Actual



Off The Rack

With all the clothing clearance racks housing the surplus winter inventory, who can hold back from getting a good deal? Being a penny-pincher shopper is a great way to save money, but ONLY if you get your money's worth by actually wearing the garment more than once!

How do you make sure you're getting the most bang for your buck? Consider these factors as you make your purchasing decisions:

Cost Per Wear – Cost per wear is a formula for determining how much your garment costs based on how many times you will wear it. For example, that \$150 holiday dress with the red and green ornamentations will likely get worn one time. Its cost per wear is \$150.00. If you ordered matching shoes, the cost for the single wear goes up to include the cost of the shoes. Another example would be the pair of designer jeans you purchase for \$65 but were every week for bowling. If the season is 12 weeks long, then you would divide \$65 by 12 and your cost per wear becomes roughly \$5.42. The cost per wear would go down as you wear the jeans more.

Good Fit – Does the garment fit you well? Are the inseams long enough to endure multiple washings without shrinking up too much? Avoid buying clothes that would require you to lose those 10 pounds you want to shed by swimsuit season. You might think that is an incentive to lose weight, but more often than not, you will leave the store with a future garage sale item. You want to be comfortable in your new purchase so that you will wear it more often and get the most value out of it.

Complimentary – We all like to get compliments on our new "great deals" when we have found something on the clearance rack. However, if you generally wear bold colors and you found something with muted natural tones, it isn't really a "great deal." You know what colors work for you and, although it is good to add variety to your closet, you don't want to vary so much that it conflicts with your skin tone or body shape. Instead, look for a similar color palette to what you already have in your closet and mix it up with a variety of styles.

Care Directions – Look at the care label carefully before you lay down your cash. Is it something that can be laundered easily in your home? Some fabrics are very finicky about how they can be laundered and require special care. You may not have the time to mess with these types of garments. If it requires dry cleaning, it will add to your cost per wear. If dry cleaning services are not readily available in your community, you are also looking at the cost of driving the garment a distance to get it properly cleaned.

Keeping a handle on your clothing expenses is a challenge during clearance season, but if you use the tips provided above it just might help you slow down and evaluate your purchases more carefully!

February 27-March 4, 2017 is America Saves Week. Keep your spending under control by considering the cost per wear on your clothing decisions. Go to America Saves: <http://www.americasavesweek.org/about-america-saves-week/> for more tips on saving money.

Source: U.S. Bureau of Labor Statistics	2013	2014	2015
Apparel and Services: <i>Average annual cost for family of four.</i>	\$1,604	\$1,786	\$1,846

Benefits of Walk Kansas

"If walking was a pill or surgical procedure it would be on 60 minutes." Dr. Bob Sallis, Kaiser Permanente family practitioner.

Walking may be the next big health-care breakthrough that could save Americans more than \$100 billion a year. 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 by at least 40 percent. In addition to reducing risk for chronic disease, regular physical activity offers benefits almost immediately. After 8 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.

People out walking also benefit their towns, cities, and communities by making them livelier, safer, and more attractive places to live, work and play.

Since 2001, K-State Research and Extension has promoted and encouraged this amazing health treatment – walking – through the Walk Kansas program.

USING THE ChooseMyPlate TO PLAN SNACKS

What's the first thing your children or grandchildren say when they come in the door? "I'm hungry. What's to eat?"

It can be hard for children to get all the nutrients and calories they need in three meals a day, especially if they are very active. Studies show many children do not get enough iron, vitamin A, or vitamin C. Good snacks can provide these and other vital nutrients. That's why nutritious snacks are good for growing children.

Don't kid yourself, each of us often have the same snacking thoughts as our children when we walk in our home after a long day!

Young or old, kids, or parents – making your snacking habits health habits is key to your overall health and wellbeing. Snacks based on the ChooseMyPlate provide the biggest nutritional bang for your snack-time buck. Try these ideas for snacks at home or "on the go":

<p>SNACKS FROM THE GRAIN GROUP Cracker stacks – wheat crackers spread with low-fat cheese spread Ready-to-eat whole grain cereals Flavored mini rice cakes or popcorn cakes</p>	<p>SNACKS FROM THE VEGETABLE GROUP Vegetable sticks, such as carrots, celery, green peppers, or cucumbers Cherry tomatoes Steamed vegetables such as broccoli, green beans, or sugarpeas with low-fat dip</p>	<p>SNACK FROM THE FRUIT GROUP Apple ring sandwiches – peanut butter on apple rings Chunks of banana or pineapple Fresh strawberries with non-fat yogurt</p>
<p>SNACK FROM THE FRUIT GROUP Apple ring sandwiches – peanut butter on apple rings Chunks of banana or pineapple Fresh strawberries with non-fat yogurt</p>	<p>SNACKS FROM THE MEAT GROUP Hard-cooked eggs Peanut butter spread thin on crackers Low-fat bean dip spread thin on crackers</p>	

Note: There are many alternatives available to peanut butter, including almond, cashew, soy, and sunflower seed butters. Feel free to use these as substitutes for peanut butter.



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Upcoming Geary County Extension Programs

****Requires pre-registration.**

March 2017

- 2** Hands-On Nutrition—Eat Smart, Move More program incorporates nutrition education with a hands-on application. Come learn how to make your meal preparation healthier and more economical. This program is FREE and open to the public. Call the Geary County WIC office to reserve your seat at 785-762-5682.
- 7** Knowledge at Noon— **Keys to Embracing Aging: Healthy Eating**, Expanding to a second location at the 4-H/Senior Citizen's Building 1025 S. Spring Valley Road, Junction City, this program is part of a series of 12 lessons about how to approach retirement with positive optimism. For a nominal cost, feel to stay for the senior meal. free—there is a nominal charge for the optional meal following the program will apply. No reservation required.

April 2017

- 8** **Geary County 4-H/Sr. Citizens Center Annual Fundraiser**, 1025 S. Spring Valley Road, Junction City, KS. Purchase tickets at the Geary County Extension Office or contact a Building Committee member. Ticket rates: Children 12 and under—\$10; 13 and older—\$13.00. Doors open at 5:00 pm. Silent Auction and Raffle during the meal with live auction to follow. You can also purchase tickets at the door.



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Geary County Office information: <http://www.geary.ksu.edu/>

or stop by the office at 119 E. 9th, Junction City, KS 66441



K-State, County Extension Councils, Extension Districts, and US Department of Agriculture Cooperating.

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