



**K-STATE**

Research and Extension

Walk Kansas

# Celebrate *healthy living* newsletter

Week 6 | 2019

## In this issue:

Move More, Sit Less

Dealing with DOMS

Enjoy Planned-Over Meals

Recipe: Thursday Night Soup

## Coming next week:

Physical Activity for Weight Loss

Building Core Strength

Are You Getting Enough Protein?

Recipe: Meal in a Bowl

[Like us on Facebook: Kansas State University Walk Kansas](#)

This newsletter developed by Sharolyn Flaming Jackson, Extension Specialist – Family and Consumer Sciences, K-State Research and Extension.

**Kansas State University Agricultural Experiment Station and Cooperative Extension Service**

K-State Research and Extension is an equal opportunity provider and employer.

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact the Director of Institutional Equity, Kansas State University, 103 Edwards Hall, Manhattan, KS 66506-0124, (Phone) 785-532-6220; (TTY) 785-532-4807.

## Move More, Sit Less!

Take a moment and think about your typical day. How much time do you spend sitting? Consider time spent at the computer, watching TV, and driving or riding in a vehicle. What about time you sit while enjoying hobbies, such as sewing, knitting, woodworking, crafting, watching a ballgame, or reading? Have you ever considered that sitting so much could be dangerous for your health?

The revised Physical Activity Guidelines for Americans highlight the health risk you face because of sitting for prolonged periods of time. Studies show that sitting too much is taking a huge toll on your health. In fact, sitting could be even more dangerous for your health than smoking.

Too much sitting increases the risk of developing serious illnesses that include heart disease, various types of cancer, and type 2 diabetes. Even if you model other habits that support your health, such as healthy eating and managing stress, you increase your risk for disease if you sit too much.

Why is sitting too much so dangerous? It appears that the impact of movement, even leisurely movement, is profound. In addition to burning more calories when you move, the muscle activity needed for standing and other movement seems to trigger the process where the body breaks down fats and sugars. When you sit, these processes stall and your health risks increase.



The message conveyed through the Physical Activity Guidelines is simple "... based on the best science, everyone can dramatically improve their health just by moving — anytime, anywhere, and by any means that gets you active." Adm. Brett Giroir, assistant secretary of health at the Department of Health and Human Services.

So, how can you move more each day? Start by simply standing, rather than sitting, whenever you can and do as many task as you can while you walk. Here are some tips:

- Stand while you talk on the phone, when reading the mail, or paying bills.

## Move More, Sit Less! continued

- Stand during webinars and conference calls at work.
- Use a standing desk for office work, so you can alternate standing and sitting for completing various office tasks.
- Put the remote control next to the TV instead of next to you; stand up — or walk a bit — during commercial breaks.
- Walk to visit a neighbor, or a colleague at work, instead of calling or sending email.
- Move your printer and trashcan away from your desk so you have to move to retrieve copies or throw away trash.
- For every 30 minutes you sit, stand for 5 minutes (move or shake your body a little during that time if possible). At the very minimum, move every 60 minutes.
- Use the restroom on another floor of your office building or home and take the stairs.
- Stand often while you watch a live sports event — get up and cheer for your team!
- Walk or ride a bike to complete errands or attend events in your community when possible.

## Enjoy Planned-Over Meals

Having a plan for leftover foods from family meals is a good strategy to reduce food waste, and it saves time and money. However, it is important to remember that the chance of food poisoning increases the longer you store food after it is cooked. This is a good time to review how to handle and store food so you can safely enjoy planned-over meals.

First, remember to wash your hands with soap and water before handling any cooked food you store to eat later. Use clean utensils to handle the food and store it in clean containers. Do not place food on a counter or cutting board before refrigerating or freezing, unless you have cleaned the surface first.

All cooked foods should be refrigerated or frozen within 2 hours after cooking. In hot weather, that time limit is only 1 hour. Remember that the “safe” period starts after the food is cooked. It includes the time before the food is served and the time it sits on the table during the meal.

Place foods in small, shallow containers and cover before storing in refrigerator. Do not stack these containers in your refrigerator and leave some air space around them. This will allow the food to cool more quickly and evenly. When you refrigerate or freeze cooked food in a large, deep container, the food in the center could stay warm for a longer time and allow dangerous bacteria to grow.

Date leftovers before refrigerating them. This will help you ensure they don’t stay in the refrigerator too long. You could also keep a list of these foods/

dates outside the refrigerator door so your family knows what food is there and if it is safe to eat. As a general rule, never keep leftovers for more than 4 days. Also, if you question the age or safety of food, don’t taste it. In this case it is best to throw it out.

Reheat leftover foods completely. Leftovers that are merely “warmed” and not heated through are much more likely to cause food poisoning. Cover any leftover sauces, soups, gravies, and heat them to a rolling boil before serving. Heat all other foods to 165° F. throughout. Make sure you stir foods while you reheat them, so that all the food reaches the appropriate temperature.

There are many ways to use leftover foods in planned-over meals. One suggestion is to keep a “soup container” in your refrigerator where you can gather leftover bits of vegetables, pasta, rice, beans, meat, fresh herbs, etc. Use a container that is large enough to hold about 2 cups. When it is full, you know it is time to make soup. You can keep a separate container to gather broth, tomato sauce, marinara sauce, salsa, and any other liquid type ingredient for the soup. This “Thursday Night Soup” recipe is a simple guide for making tasty soup as a planned-over meal.



## Dealing with DOMS

It is perfectly normal to feel sore after exercise; however, aches and pains should be minor. The gradually increasing soreness you often feel 24 to 48 hours later is called delayed onset muscle soreness (DOMS) and is a natural outcome of any physical activity.

Your muscles should burn a little when walking, and you should feel a bit sore a few days after doing strengthening exercises. If you don't feel any soreness at all, it is time to pick up the pace or increase your walking distance and increase the amount of weight or reps of strengthening exercises. You know you've done too much if soreness prevents you from performing daily activities or if excessive soreness lasts three days or more after exercise. Here are some tips to promote recovery after exercise.



**Hydrate.** Water is the best way to hydrate during and after exercise. The easiest way to tell if you are dehydrated is by the color of your urine. It should be light yellow or clear within a couple of hours after exercise. If it is dark yellow, you need more hydration.

**Fuel.** After exercise, have a snack that contains carbohydrates and protein. Good choices include yogurt and almonds, peanut butter

with a banana, rice cakes, or whole wheat pretzels. Eating the right foods after exercise will improve your energy level and help with recovery.

**Circulation.** A light activity, such as an easy bike ride, light stretching, or slower walking, will stimulate blood flow and help you cool down after activity.

**Compression.** A massage or use of a foam roller can help move inflammatory fluids out of muscles and help with sore or tight spots from worked muscles.

**Rest.** Normal muscle soreness will peak about 48 hours after exercise, and should be much better by the third day. This is why a rest day between strengthening exercises is recommended.

If you want to do strengthening on consecutive days, alternate upper body exercise one day and lower body the next. Just don't work the same muscle group two days in a row.

## Thursday Night Soup

*Makes 8 to 12 servings*

### Ingredients:

- 2 tablespoons olive or canola oil
- 1 onion, chopped
- 4 cups water or broth of your choice
- 1 6-ounce can tomato paste or 8-ounce can tomato sauce
- 1 bay leaf
- 1 teaspoon dried herb of your choice
- 1 to 2 cups leftovers, such as cooked and chopped vegetables (or raw), meats, rice, noodles, potatoes, etc.
- 1 to 2 cups additional liquids, such as vegetable juice, gravy, wine, milk/cream, drippings from roast, etc.

### Directions:

1. Wash hands with soap and water.
2. Heat oil in a large stockpot over medium heat; add the onion and sauté until tender.
3. Stir in the water or broth, then add the tomato paste or sauce and whisk until smooth. Add bay leaf and dried herb. Cook 5 minutes, uncovered.
4. Stir in the leftovers and additional liquids. Cook for 10 minutes or until heated to 165° F.
5. Season with salt and pepper to taste, and adjust seasonings as needed. Serve hot.

