



# Celebrate *healthy living* newsletter

Week 4 | 2019

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

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## Hop for Bone Health

Did you play hop scotch or jump rope when you were a child? It turns out these might be even better for your health as an adult than they were when you were young.

Bone is living tissue, just like muscle, and key bone-building years for your body are those when your skeleton is growing — typically through your mid-20s. This is a critical period for bone health because what is built during these years will need to last a lifetime. After age 35, you gradually lose bone as a part of the natural aging process.

Regular physical activity will help keep bones strong and slow the rate of bone loss, even if you have fragile bones or osteoporosis. By leading an active lifestyle, you can significantly decrease your risk of falling and breaking a bone.

What type of exercise is good for your bones? The weight-bearing kind, which is anything that forces you to work against gravity. This type of exercise is effective because as you put more tension on your muscles it also puts more pressure or “stress” on your bones. Your body responds by creating fresh, new bone and greater bone strength.

Weight-bearing exercise is anything that involves an impact with the earth and requires your feet and legs to support you. Some examples include brisk walking, hiking, jogging, marching, climbing stairs, weight training, dancing, yoga, and tennis. Gardening can be weight bearing if you carry a water can, walk in your yard, etc.

There is another type of weight-bearing activity that could be better for your bones than the exercises mentioned above — jumping and hopping.



## Hop for Health Continued

A recent study, reported in the American Journal of Health Promotion, reveals that jumping 10 times/twice a day provides greater bone-building benefits than running or jogging. This is not recommended for anyone who has osteoporosis, but for those who want to be proactive with exercise, this is great news!

Even if you walk briskly or jog most days of the week, you will get greater bone-health benefit if you also hop or leap like fleas every day to jar your bones a little and send a message that they need to get stronger. If hopping is too difficult, start with marching or doing heel drops. Remember that your goal is to create impact with the ground or floor to jar your bones just a bit.

First, warm up your muscles by walking for a minute or marching in place.

**Marching with impact:** This movement is basic marching in place where you push, or stomp, your feet on the ground for impact.

**Heel Drop:** Hold onto something, at the proper height, for stability (back of a chair or countertop, for example). Rise up on your toes, then drop your heels down abruptly.

**Power Hop:** You can hop on both legs, or for maximum benefit hop on one leg. If necessary, hold onto something for stability. Bend your knees for cushion when you land. Never land on straight knees. You can do the hops quickly or rest for up to a half-minute between hops.

Click [here](#) for a demonstration of hopping to strengthen bones.

## 5K Your Way

Can you walk 3.1 miles? That is the distance of a 5K walk/run event. These community events are increasing in popularity and availability, and many are fundraisers for a specific cause or charity. The [Walk Kansas 5K for the Fight and Fun Walk](#), on May 4, is one example, and all proceeds benefit the Johnson Cancer Research Center on the K-State campus. A [brochure](#) with complete details is available from your local K-State Research and Extension office. [Register online](#) or by mail. This event is family friendly — children, strollers, and furry walking partners are welcome!

So, why should you consider participating in a 5K or fun walk event? If you have not experienced one, it could be a goal you set for yourself. If you have participated, consider working toward going the distance in less time than you did before. Most of all, do it so you can enjoy the company of others and experience the outdoors. While some people choose to be competitive, it is certainly not required. Just going the distance, any way you can, is an achievement! To help prepare you for — and enjoy — a 5K walk/run experience, here are a few tips.

Pay attention to posture as you walk. It might seem insignificant, but maintaining good posture and form can allow you to walk for extended periods. The reason is that good form allows for optimum blood circulation and respiration. These factors are essential for all types of physical activity.

To maintain good posture and form, stand up

straight and avoid leaning backward or forward, except when on a hill. Keep your eyes forward and focused about 20 feet ahead of you so you can see your path. Your chin should be parallel to the ground. Keep your shoulders slightly back and relaxed. Tighten your core muscles to help you keep good posture. Then, tuck in your behind and rotate your hip forward slightly to keep from arching your back.

Now that you have good form, concentrate on increasing your walking speed and duration each week. Another way to improve your overall fitness is to add intervals, which are short bursts of vigorous intensity activity. For example, when you are walking, increase your walking pace or jog for 30 seconds, then go back to your original pace. Add several of these intervals during each walk and remember to stay hydrated.

While a 5K is a long distance, you may find that you feel energized, rather than fatigued, if you prepare ahead of time.

We hope you can join us for the Walk Kansas 5K for the Fight and Fun Walk on May 4. Do the 5K your way!



## Seafood is Fast Food

If you can cook a fish fillet, you can have a healthy, easy dinner on the table in 10 minutes. Cooking fish is fast and easy, but it can be intimidating to cook because it is delicate and easy to overcook. The best way to prevent this is to use a food thermometer and cook fish to an internal temperature of 145°. Fish can be baked, pan-seared, grilled, or cooked in a pouch of parchment paper or foil. Leftover fish, or any seafood, can be served the next day in tacos or on a bed of salad greens and vegetables.

The 2015 Dietary Guidelines recommend eating at least 8 ounces of seafood each week to get essential omega-3 fatty acids, which keep your heart and brain healthy. These important nutrients are found in every kind of fish, and especially those high in fat, such as salmon, trout, sardines, herring, canned mackerel, canned light tuna, and oysters. Other foods contain omega-3s as well, in smaller amounts. These include walnuts, walnut oil, flaxseeds, flaxseed oil, pecans, canola oil, cod liver oil, soybeans, and most greens.

Fresh fish and shellfish should be refrigerated in the original wrapping from the store. Cook fresh fish fillets within 36 hours of purchase. Shellfish can generally be stored up to 5 days. To prevent cross contamination, do not wash fish and shellfish before preparation. More information on storing fish and shellfish in the refrigerator and freezer can be found at [www.walkkansas.org](http://www.walkkansas.org) on the "Reducing Food Waste" page under "Healthy Eating." [Click here for the Safe Food Storage publication.](#)



## Fish Tacos with Corn Salsa

*Makes 6 servings*

### Ingredients:

2 cups cooked corn kernels  
½ cup red onion, diced  
1 cup red bell pepper, diced  
1 cup zucchini, chopped  
½ cup fresh cilantro leaves, chopped  
1 lime, juiced and zested  
2 teaspoons honey  
1 teaspoon olive or vegetable  
Salt and pepper, to taste  
6 (4-ounce) tilapia fillets  
2 tablespoons olive oil, divided  
Seasoning for tilapia (blackening, lemon pepper, etc.)  
12 corn tortillas, warmed  
Sour cream, optional  
Lime wedges

### Directions:

1. Wash hands with soap and water.
2. To prepare produce, gently rub onion, bell pepper, zucchini, and lime under cold running water. Wash cilantro leaves under cold running water, then use a salad spinner or paper towels to take out excess moisture.
3. In a medium bowl, mix together corn, red onion, zucchini, red bell pepper, and cilantro. Stir in lime juice and zest, honey, and 1 teaspoon oil. Season to taste with salt and pepper.
4. Pat the fish dry with a paper towel. Sprinkle the top of the fish with your preferred seasoning (blackening, lemon pepper, etc.)
5. Warm the remaining oil in a skillet over medium-high heat. Lay the fish seasoned side down in the pan and cook for 2 to 3 minutes without moving it; while the first side cooks, season the other side of fish. Flip the fish to the second side and cook for another 2 to 3 minutes, until internal temperature reaches 145°.
6. To assemble tacos, top 2 corn tortillas with fish, corn salsa, and sour cream (if desired).

### Nutrition Information per serving:

290 calories ; 9 g fat (1.5 g saturated fat); 29 g carbohydrates; 25 g protein  
4 g fiber; 210 mg sodium