



# Celebrate *healthy living* newsletter

Week 8 | 2019

## In this issue:

The F.I.T.T. Principle

Strengthen and Stretch Your Upper Body

Health Quest Survey

Make Salad a Meal

Recipe: Spinach Strawberry Salad with Chicken

## Coming next week:

Keep Moving Your Way!

How Long Does it Take to Lose Fitness

Keep Your Cool

Recipe: Summer Sangria

[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.

## The F.I.T.T. Principle

By now, you may be noticing one or more of these things.

- Your body is more efficient. The more you walk/exercise, or do strengthening exercises, the easier it becomes.
- You have lost weight. You are burning more calories and may be eating more healthfully, which are habits that contribute to weight loss and maintaining a healthy weight.
- You are getting a little bored with exercise. Your routine might still be enjoyable, but doing the same thing, the same way, week after week can get old.

This week, focus on one of these F.I.T.T. principles:

**Frequency.** How often do you walk or exercise now? Can you add another 10-minute walk to your day? If you do strengthening exercises one or two days a week, can you add one more day (with a day of rest in between)?

**Intensity.** How hard do you walk or exercise? It is best to start out with moderate intensity, at a level where you can barely carry on a conversation. If this is comfortable for you, increase the intensity by walking faster or going up hills. Increase intensity by adding intervals — short bouts of vigorous intensity exercise. For example, during your regular walk add several 30-second bursts of vigorous walking or jogging, then increase from 30 to 45 or 60 seconds of vigorous activity.

**Time.** Gradually add more time to your walk or exercise routine to build endurance. This will also help you burn more calories.



**Type.** Start with activities you enjoy and that you can do comfortably. Then, mix things up so you don't get stuck in a rut — change the route you are walking, find a different exercise buddy you can walk with one day a week, or take a yoga class.

## F.I.T.T. continued

This F.I.T.T. principle also helps guard against injury and burnout. A problem with doing the same exercise, the same way, day after day is that it can result in long-term, repetitive strain to the same muscles. In addition, the muscle groups you are not working just get weaker, which can lead to injury. If you are feeling sore, tired, or just not 100 percent, don't be afraid to take a day or two off from exercise or just do some light activity.

## Health Quest Survey

If you have the state employee health plan (SEHP) benefits, you are eligible to receive Health Quest rewards for participating in Walk Kansas. This program is considered a "Wellness Challenge" and worth four Health Quest credits. Please provide the requested information here before June 12. If you have questions, contact Sharolyn Jackson, sharolyn@ksu.edu, 785-532-2273.

[Survey link.](#)

## Strengthen and Stretch your Upper Body

Most of you are familiar with pushups. This staple exercise activates what are called the "push" muscles. Your bodies also have "pull" muscles, those in the back and posterior shoulders that pull your shoulders down and back.

Many of the activities you do activate the push muscles, such as desk jobs and using a computer, cooking, driving, texting, talking on the phone, painting, sewing, and writing, to name a few. Any activity you do with a slouched posture also uses these muscles. Most people need to concentrate on exercises that activate their pull muscles so body strength is balanced.

Concentrate on adding an exercise or two for your pull muscles this week, such as a pull across the chest with tubing or a fitness band, or any exercise where you pull your arms back and try to squeeze your shoulder blades together. This exercise, Bent Over Row, can be done standing or while seated in a chair.

1. Stand with your feet shoulder-width apart and your knees slightly bent, holding a dumbbell. Bend forward at the waist about 8 to 10 inches, or as far as you feel comfortable, keeping your back straight. Extend arms about 10 inches in front of you so they are directly under your chest, with your palms facing each other.
2. Pull the dumbbells up and back toward your chest, keeping your elbows tucked close to your body.
3. Pause for a moment while squeezing your shoulder blades together.
4. Slowly lower the dumbbells back to the starting position.

More strengthening exercises can be found [here](#).

A good stretch for your shoulders is the Deltoid Stretch. Bring your right arm across the front of your body. Hold your right elbow with left hand. Gently flex the bent arm, which will pull the right arm across chest until a stretch is felt in the back of the shoulder. Hold for 15 seconds. Relax and switch arms.

Here are more resources for stretching your upper body:

[Upper Body Stretches for the Workplace](#)

[Stretching Exercises to do at your desk or while you sit to watch television](#), etc.



## Make Salad a Meal

We often serve salad at the beginning of a meal, but a salad can be a meal if it is satisfying enough. Eating a big healthy salad can be a great way to get more fruits and veggies, while enjoying reasonable portion sizes of other foods. Creating a big salad also saves time on meal prep and it can be a wonderful way to use small pieces or amounts of fresh produce that might otherwise go uneaten.

To build your big healthful salad, start with a bed of leafy greens. While iceberg lettuce is the most popular, it contributes little more than water in the nutrient category. The darker the greens, the more nutrients they offer, so go for spinach, romaine, and mixed greens.

Add raw vegetables, fruits and berries for color, flavor, texture, and a boost of nutrients. Fresh green beans, snap peas, broccoli, radishes, zucchini, cauliflower, tomatoes, avocados, and cucumbers are all healthy salad toppings. Add a bit of fruit, like berries, apple slices, oranges, or dried fruit, for more flavor and freshness.

Include a little protein in your salad. Chopped or sliced hard-boiled egg is an excellent choice. If you have leftover grilled chicken, beef or pork, add it to your salad. Cooked shrimp, tuna, or a small amount of cheese are also good.

Sprinkle a few nuts on top for crunch. All nuts will add protein and heart-healthy polyunsaturated and monounsaturated fats and walnuts are an excellent source of omega-3 fatty acids. Store nuts in your refrigerator or freezer for longer storage.

Drizzle on a little dressing, but not too much. A tablespoon of regular commercial salad dressing will add 50 to 80 calories. Choose a low-fat and reduced-calorie dressing when possible, or top your salad with freshly squeezed lemon or lime juice.



## Spinach Strawberry Salad with Chicken

*Makes 2 serving*

### Ingredients:

- 1 tablespoon olive or canola oil
- 1 tablespoon white balsamic vinegar
- 1 teaspoon honey
- ½ teaspoon chopped fresh thyme
- ¼ teaspoon ground black pepper
- Dash salt
- 2 cups halved strawberries (or quartered if large), divided
- ¼ cup thinly sliced red onion
- 4 cups fresh spinach
- 2 cooked (165°F) and chilled (40°F) chicken breast cutlets, about 4 ounces each
- 2 tablespoons chopped pecans, toasted
- 2 tablespoons reduced-fat feta cheese, crumbled

### Directions:

1. Wash hands with soap and water.
2. To make the dressing, combine oil, vinegar, honey, thyme, pepper and salt in a medium bowl, stir with a whisk. Set aside.
3. Prepare strawberries and vegetables. Wash strawberries in a basin of cool water and then remove the hull and stem. Don't soak berries in water or wash them after removing the hull and stem as this allows them to soak up too much water. Rub onion gently under cool running water. If you are using bagged spinach and the package states the contents have been washed, do not re-wash. If not, wash under running water and dry the spinach.
4. Add 1 cup strawberries to dressing, tossing to coat and let stand at room temperature for 10 minutes.
5. Cut chicken into bite-sized slices/pieces.
6. Divide spinach, remaining 1 cup strawberries, and onion between two plates. Top evenly with chicken slices and strawberry-balsamic mixture. Top each serving with 1 tablespoon toasted pecans and 1 tablespoon feta cheese.

### Nutrition Information per serving:

360 calories; 16 g fat (0 trans fat, 3 g saturated fat)  
24 g carbohydrates; 29 g protein; 7 g fiber; 410 mg sodium