

# MOVE YOUR WAY!

2021 Week Eight

**K-STATE**  
Research and Extension

Walk Kansas

[www.WalkKansas.org](http://www.WalkKansas.org)



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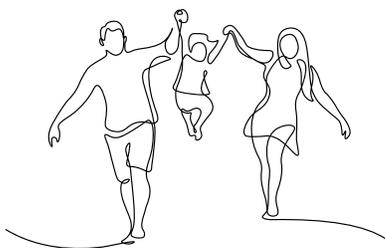
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## Cancer Prevention Tips

Approximately one in three Americans will develop some form of cancer during his/her lifetime. While these statistics sound grim, much progress is being made to improve diagnosis and treatment of cancer.

Cells in your body grow, or divide, to form new cells when your body needs them, which is a normal process. With the disease cancer, some of the body's cells grow uncontrollably. They can spread to other parts of your body and can form lumps of tissue called a tumor or malignancy.

The earlier a malignancy is detected, the better your chances for successful treatment. You can reduce your chance of getting cancer by managing risk factors that you control. There are nine specific cancer types for which this is especially true. Here are ways to reduce cancer risk through lifestyle choices.

**Avoid all forms of tobacco.** Not only does smoking cause cancer, it blocks your body from fighting it. Tobacco smoke has at least 70 cancer causing chemicals that get into your bloodstream every time you breathe in that smoke. These chemicals can also damage your DNA and can make cells grow differently from the way they should. Learn more here: [www.cdc.gov/cancer/tobacco/index.htm](http://www.cdc.gov/cancer/tobacco/index.htm)

**Eat healthfully.** Evidence shows that eating healthfully, while not a guarantee to prevent cancer, can reduce your risk. Eat plenty of fruits and vegetables, whole grains, low-fat protein foods, beans, and legumes. Limit processed and fast foods. Consume alcohol in moderate amounts or not at all, and reduce sugar in your diet. These healthy eating strategies will also help you achieve and maintain a healthy weight, which may lower risk specifically for breast, prostate, lung, colon, and kidney cancers.

**Exercise regularly and maintain a healthy weight.** Physical activity is helpful in controlling weight, and even if you don't lose weight, exercise will help protect you. It can reduce your risk of colon cancer and helps reduce a woman's risk of breast and reproductive cancers.

**Protect yourself from the sun.** Skin cancer is common and one of the most preventable. The sun naturally gives out ultraviolet radiation (UV) and these UV rays damage skin. Tanning beds and sun lamps will do the same, only the UV from these is artificial. Too much UV radiation can damage the DNA in skin cells and can lead to skin cancer.

Avoid midday sun, between 10 a.m. and 4 p.m., when the sun's rays are strongest. Stay in the shade as much as possible, wear sunglasses, and cover areas of exposed skin. Don't skimp on sunscreen (SPF of at least 30) and reapply every two hours. Adults, be a good role model for skin protection as 80% of a person's lifetime sun exposure is acquired before age 18.

**Get vaccinated.** Certain viral infections can cause cancer, so talk to your doctor about vaccination against Hepatitis B and HPV (recommended for girls and boys ages 11–12.)

**Get regular medical care.** Self-exams and screenings for various types of cancers will increase your chances of discovering cancer early, when treatment is most effective. Talk with your doctor about the best cancer screening plan and schedule for you.

You can find more tips here: [www.cdc.gov/cancer/dcpc/prevention/index.htm](http://www.cdc.gov/cancer/dcpc/prevention/index.htm) or at [www.kucancercenter.org/outreach/prevention/preventable-cancers?reloadts=1620760614370](http://www.kucancercenter.org/outreach/prevention/preventable-cancers?reloadts=1620760614370)

## Sit Less – Move More

### How exercise lowers your cancer risk

We continue to learn more about the protective role that regular physical activity plays in prevention and management of almost all chronic diseases, including cancer. Exercise can help reduce your risk of certain cancers and can improve the effectiveness of treatment and quality of life for those who have cancer.

Following the recommendations provided by the Physical Activity Guidelines for Americans ([health.gov/our-work/physical-activity](http://health.gov/our-work/physical-activity)) can contribute to the prevention of bladder, breast, colon, esophagus, kidney, stomach, and uterine cancer. Exercise can also help improve survival rates for people with breast, colon, and prostate cancer.

For those with cancer and receiving treatment, moderate exercise can help reduce side effects of treatment, like fatigue, and provide better quality of life. Physical activity recommendations, for those who have cancer, include 30 minutes of moderate activity 3 times a week (90 minutes total) and some strengthening exercises 2 to 3 times/week.

So, how does exercise actually lower your cancer risk? First, it helps you maintain a healthy weight. Exercise helps your body regulate hormone levels, as some hormones increase cancer risk. Exercise also speeds digestion, reducing time that potentially harmful substances are in the colon.

While we talk about the need to get moderate or vigorous activity, it is also so important to limit extended periods of sitting. This also increases cancer risk, even if you exercise regularly. Get up and move for a couple of minutes during every hour you are awake, and more often if possible.

## HealthQuest Survey

State employees/spouses seeking HealthQuest credit for participation in Walk Kansas are invited to enter their employee information through this survey:

[kstate.qualtrics.com/jfe/form/SV\\_004TEc6Y2zndwW](http://kstate.qualtrics.com/jfe/form/SV_004TEc6Y2zndwW)

The survey will remain open through July 1 after which all data provided will be forwarded to HealthQuest. Participation in Walk Kansas will provide 4 credits.

## Color Your Plate for Cancer Prevention

As you think about eating to prevent cancer, keep the image of a rainbow in your mind. This is simple, sound advice supported by ongoing research. In addition to vitamins and minerals, bright colored fruits and vegetables contain phytonutrients that provide protective health benefits. These plant-based phytonutrients protect the body's cells from damage caused by harmful compounds in food and the environment, and they stop cancer cell growth in a variety of ways.

Phytonutrients are safest and most helpful when eaten as part of a healthy diet, and not in supplements. So, load your plate with color and variety from fruits, vegetables, whole grains, beans, and lentils. When you eat meat, choose lean animal proteins, but think of them as a side dish or incorporate them in stir-fry meals, soup, or combined dishes to add flavor, but not as the main ingredient. Pass on processed meats, those that have been smoked, cured, salted, fermented, or have added preservatives.

When it comes to fruits, vegetables, and other plant foods – more does matter! Learn more about how to put a rainbow on your plate here: [ksre-learn.com/MF3252](http://ksre-learn.com/MF3252)



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#### Kansas State University Walk Kansas

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## Roasted Veggies

Makes 4 Servings

### Ingredients:

2 medium bell peppers cored, chopped into 1-inch pieces

2 medium carrots, peeled and sliced into ¼-inch-thick slices

1 small zucchini, ends trimmed, sliced lengthwise and then into ½-inch pieces

½ medium red onion, peeled and cut into 1-inch chunks

2 tablespoons olive oil

1½ teaspoon Italian seasoning

2-3 cloves garlic, minced

1 cup grape tomatoes

8 spears fresh asparagus

1-2 tablespoons fresh lemon juice

Salt and freshly ground black pepper

### Directions:

1. Wash hands with soap and water.
2. Heat oven to 400°F.
3. Peel carrots and onion; remove woody ends of asparagus by bending until it snaps; trim ends of zucchini. Rinse bell peppers, carrots, zucchini, onion, tomatoes, and asparagus by gently rubbing under cold running water. Core peppers and chop into 1-inch pieces; slice carrots into ¼-inch slices; slice zucchini lengthwise and then into ½-inch-thick pieces; cut onion into 1-inch-thick chunks.
4. Place bell peppers, carrots, zucchini, and onion on a rimmed 18-by-13-inch baking sheet. Note: While a dark baking sheet is not good for baking, it is good for roasting veggies as it helps them brown a bit better.
5. Drizzle vegetables with olive oil; sprinkle with Italian seasoning, garlic, salt, and pepper; toss to coat.
6. Spread into an even layer and roast in preheated oven for 15 minutes
7. Remove and toss in tomatoes and asparagus, return to oven and roast 10 more minutes.
8. Drizzle with lemon juice and serve.

**Nutrition Information for 1 serving:** 100 calories; 7 g (0 g trans fat, 1 g saturated fat); 12 g carbohydrates; 2 g protein; 3 g fiber; 320 mg sodium; 4 g sugars.