

LIFESTYLE FOR A

healthy mind

2022 Week One

K-STATE
Research and Extension

Walk Kansas

www.WalkKansas.org



Healthy Body, Healthy Mind

Research has shown that what is good for your heart is also good for your brain. What we eat, how much we move, how well we sleep, and how we manage stress affects nearly every aspect of our well-being, including physical and mental health.

Welcome to Walk Kansas! This year, weekly newsletters will highlight how healthful lifestyle habits can improve both physical and mental health. It is common to think that health and longevity are genetic traits. While genes do determine 20 to 25% of our overall health quality, lifestyle habits and the environment have a much greater influence on how well or long we live.

While some benefits of a healthy lifestyle won't be realized for weeks or months, you will probably feel better immediately after a walk or other physical activity. Exercise increases brain chemicals associated with feeling happy, feeling less anxiety and stress, and even less physical pain. Getting more movement can also help some people relieve feelings of depression.

Other positive lifestyle habits will bring results quickly. Eating well and getting good rest will pay immediate dividends on your mental outlook and energy level. During Walk Kansas, you will be introduced to the MIND diet, a combination of the DASH (Dietary Actions to Stop Hypertension) diet and Mediterranean eating style. Some tasty recipes will be shared that support the MIND way of eating along with tips to include more brain-healthy foods in your diet.

Enjoy the Walk Kansas journey, for mind and body, this year!

Sharolyn Flaming Jackson, MS

*Extension Specialist, Family and Consumer Sciences
K-State Research and Extension, Northeast Area*

In This Issue

Healthy Body, Healthy Mind

How Much is Enough?

Things To Do This Week

What is the MIND Diet?

Recipe: Fish and Summer Squash

Coming Next Week

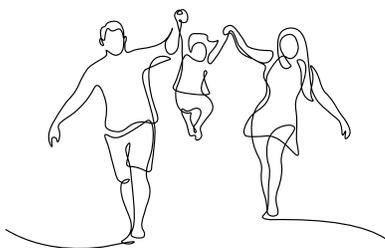
Music for Your Mind

How to Warm Up and Cool Down

Move to the Music

Dark Leafy Greens Everyday

Recipe: Go Green Salad



How Much is Enough?

There really is no “one size fits all” recommendation for daily/weekly exercise and movement. A general recommendation, for adults ages 18 to 64, from the Centers for Disease Control and Prevention (CDC), is at least 150 minutes of moderate-intensity exercise per week, plus muscle strengthening activities at least two days/week. Moderate intensity is when you can barely carry on a conversation, but not sing, while you are doing the activity.

For many adults, this recommendation seems like a lot to ask. Only 53% of adults meet the CDC’s guidelines for moderate activity, and only 23% meet the guideline for both moderate intensity activity and muscle-strengthening exercise.

Even if you don’t meet this minimum recommendation, some amount of physical activity is beneficial, and it is never too late in your life to increase movement and gain some benefits. You can also break up the time into smaller chunks. Significant benefits for health will add up even with 5 to 10 minutes of moderate to vigorous activity here or there.

Remember that some exercise is always better than none, more is better than some, and too much is hard to get!



What is the MIND Diet?

The MIND diet, founded on research on the role diet plays in brain health, was developed by Martha Clare Morris, Sc.D., and a team from Rush University Medical Center. The MIND diet is relatively new, and first published in 2015 in *Alzheimer’s & Dementia*.

MIND stands for Mediterranean-DASH Intervention for Neurodegenerative Delay. As the name describes, it is a combination of two well-known eating patterns: the Mediterranean diet and the DASH diet. The Mediterranean diet includes rich healthful ingredients, like fruits, vegetables, whole grains, nuts and seeds, flavored with herbs and spices. Fish, seafood, dairy, and poultry are included in moderation. Red meat and sweets are limited. Similar to the Mediterranean diet, the DASH diet focuses on fruits, vegetables, whole grains, and lean meats. It also limits sodium, as the diet was developed to reduce hypertension.

Both of these have been linked to better brain health, so many of the MIND diet guidelines are borrowed from these eating patterns. The MIND diet is unique in that it also focuses on specific food and nutrients that boost and protect brain health, reducing the risk of developing dementia and Alzheimer’s disease.

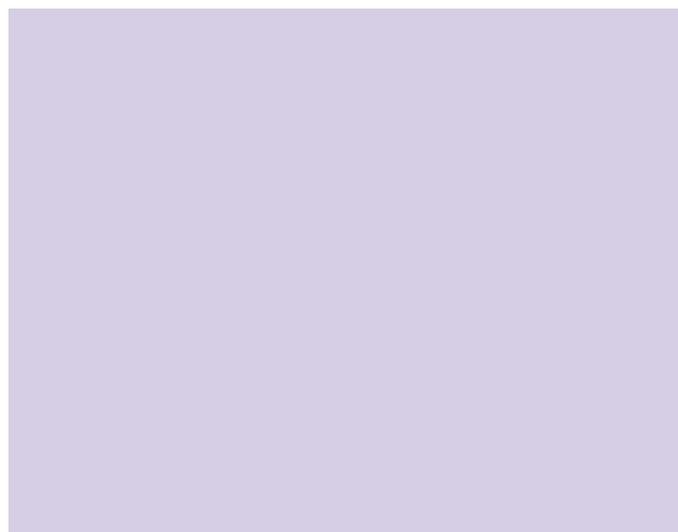
Healthy fats are a staple in this eating style. Olive oil, and other monounsaturated fats, lower total cholesterol and “bad” cholesterol levels. Nuts and seeds also contain monounsaturated fat. Fish and seafood contribute polyunsaturated fats to help fight inflammation in the body. The omega-3 fatty acids they provide also help decrease triglycerides, reduce blood clotting, and lower the risk of stroke and heart failure.

The recipe below is an easy and flavorful way to prepare fish. When you “tingle your tongue,” you can cut back on table salt and still enjoy flavorful foods. Acids, such as lemon juice and balsamic vinegar, enhance the “salty” taste. By using just enough acid you can reduce table salt and still get that same saltiness in taste. These acidic flavors work well in the kitchen: citrus juices (lemon, lime, tangerine, orange), red wine vinegar, balsamic vinegar, rice wine vinegar, cream of tartar, and white wine. When using citrus fruit juice, include some grated rind for more flavor.



Things to do this week:

- » Log in to walkkansasonline.org (start logging activity and Fruits/Vegetables; chat with team mates; check for new resources and events.)
- » Are you active enough? Take this quiz: aicr.org/resources/media-library/are-you-active-enough/
- » Read the Walk Kansas Participant Guide and Activity Guide
- » Find a partner and do the Rockport Walking and Flexibility tests in your Activity Guide, record your numbers. (You will do these again after Walk Kansas for comparison.)
- » Spend some time outdoors: tripoutside.com/health-benefits-of-getting-outdoors/



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

Fish en Papillote with Summer Squash

Makes 4 Servings

En papillote is French for in paper. This is an easy and convenient way to cook fish.

Ingredients:

- 3 tablespoons olive oil
- 2 garlic cloves, minced
- 2 tablespoons chopped fresh parsley
- 1 small onion, minced
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 1 large lemon, zested and cut into 8 slices
- 2 medium zucchini, sliced thin and quartered
- 2 medium yellow squash, sliced thin and quartered
- 4 (5- to 6-ounce) cod fillets or any firm bodied fish (halibut, trout, flounder, salmon)

Directions:

1. Preheat oven to 425° F.
2. Wash hands with soap and water.
3. Prepare produce and rinse under cold running water. Rinse parsley under cold water and dry with paper towels to remove excess moisture.
4. In a small bowl, whisk together olive oil, garlic, parsley, shallot, salt, pepper, and lemon zest.
5. Cut 4 squares of parchment paper, about 12 inches each. Place paper squares on countertop, then divide zucchini and squash slices among parchment squares. Place cod fillets on top of the squash and spoon the olive oil mixture over the fillets. Place 2 lemon slices on top of each piece of fish.
6. Fold parchment packets by lifting the right and left sides of paper up and toward the center. Touch the two sides together and tightly roll them until you reach the fish. Tuck the ends under the packets and place packets on a large baking sheet so the ends are held in place.
7. Roast for 12 to 15 minutes, or until the fish is cooked through and reaches an internal temperature of 145°F. Serve immediately.

Nutrition Information per 1 cup serving:

286 calories; 12 g fat (2 g saturated fat); 12 g carbohydrates; 33 g protein; 3 g fiber; 399 mg sodium; 7 g sugar.

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.