

Can You Stop the Clock?

There are many theories that attempt to explain the underlying cause of aging. While none of these can explain the aging process fully, research has provided a much better understanding of how your body changes as you grow older.



Aging is inevitable. There is really no way to stop the clock, but you can slow the march of time with regular exercise, better nutrition, and reducing or managing psychological stress.

Regular exercise is helpful in slowing down the aging process on the outside as well as the inside of your body. Muscles begin to change around age 35, when you start to lose muscle mass and gain fat. Exercise can slow down muscle loss and keep your metabolism high, which also prevents weight gain. With regular exercise, most people have less joint pain, less bone loss, and they retain their mobility longer. All of these things change the way you look because your posture is better, and you are able to walk and move with less pain.

Exercise has a huge impact on the health of your body on the inside and is key to preventing many types of disease. In fact, it is hard to find a disease that exercise doesn't help with! Regular weight bearing activity strengthens bones, so enjoy walking, hiking, tai chi, weight training, climbing stairs, playing tennis, and dancing. Even yoga can build bone health in your hips, spine, and wrists — bones that are most vulnerable to fracture.

Another benefit of an active life is a healthier heart. Your heart is a muscle and it gets stronger with exercise, just like any other muscle, and it is never too late to start exercising and reaping the benefits. Your chances of getting heart disease are almost double if you are not active.

Development of type 2 diabetes is influenced by genes you inherit, but they take a back seat to lifestyle and behaviors you choose in determining if you will develop the disease. For most people, type 2 diabetes can be prevented by losing weight, exercising regularly, making better nutrition choices, and avoiding smoking. For those who have diabetes, balancing good nutrition and exercise is the key to managing the disease.

Exercise is good for your brain, too. With regular activity your brain functions better, your memory improves, you have a brighter outlook on life, you feel more confident, and you have more energy. While you might prefer a quick and easy road to the Fountain of Youth, exercise is well worth the effort you put into it.

In This Issue

Can You Stop the Clock?
How Much Weight?
Deep Fried Mini-Challenge
National Festival of Breads
Recipe: Pesto-Garlic Skillet Bread

Coming Next Week

Hop for Bone Health
Tips to Walk Safely
You Rock Mini-Challenge
Points for Health Quest
Going Spiral
Recipe: French Onion Zoodle Bake

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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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Choose Whole Grains

Whole-grain foods are essential for good health. They provide energy, help promote digestive health and reduce the risk of developing a number of diseases. Whole-grain foods are more satisfying. They have a great texture and taste, provide a feeling of fullness, and have staying power. You won't feel hungry as quickly.

There are many whole grains to choose from, including common choices such as brown rice, oatmeal, popcorn, wild rice, and whole wheat. Expand your options with quinoa, whole-grain barley, whole-grain corn or cornmeal, whole rye, and others.

Have you ever tried an item made with white whole-wheat flour? Traditional whole-wheat flour is made from red wheat. White wheat is lighter in color and has a sweeter, milder flavor. White whole-wheat flour is available in most grocery stores. Give it a try in one of your favorite recipes.



Deep Fried – Mini Challenge

This week, go without deep-fried foods. This includes anything cooked in hot oil such as french fries, onion rings, chips, donuts, fried chicken — you get the idea! Deep fried foods have two to three times the calories of the non-fried version. Go for foods that have been roasted, baked, grilled, boiled, or prepared fresh. Deep-fried foods also have a salty taste that many people crave, so use this opportunity to savor the real taste of a potato or another food you typically eat after it has been fried. Also, pay attention to how your body feels if you avoid deep-fried foods. Talk about the challenge with your team mates!

Exercise with Weights: How Much?

During the first several months of strength training, you will notice the most rapid changes. You may find it is easier to climb stairs, carry groceries, perform gardening activities, etc. Also, it is normal to have more energy at the end of a hectic day. These are welcome changes and to keep things moving in the right direction you will need to challenge yourself when the exercises you are doing become easy.

The best way to continue getting the best results from strength training is to stay in Level 4 on this Exercise Intensity Scale.

Exercise Intensity	Description of Effort
1	Very Easy: Too easy to be noticed, like lifting a pencil.
2	Easy: Can be felt but is not fatiguing, like carrying a book.
3	Moderate: Fatiguing only if prolonged — like carrying a full handbag that seems heavier as the day goes on.
4	Hard: More than moderate at first, and becoming difficult by the time you complete four or five repetitions. You make the effort 10 times in good form, but need to rest afterwards.
5	Extremely Hard: Requires all your strength, like lifting a piece of heavy furniture that you can only lift once, if at all.

When to add more weight:

If you can do more than 10 or 12 repetitions with the current amount of weight, it is time to increase the intensity of your workout by adding weight.

When to scale back:

If you are challenged to complete 10 repetitions with good form, or are not feeling well from illness or soreness, you should decrease the intensity by decreasing weight.

When it is just right:

If you are challenged by the amount of weight and can maintain the integrity of the movements (practicing good form), you are using a "just right" weight. Continue at this level until the weight seems easier and then move to the next level of weight.

National Festival of Breads – June 17, 2017

Kansas is known as the “Breadbasket of the World” since it produces more wheat than any other state. Russian Mennonite immigrants brought Turkey Red Wheat seeds to Kansas when they settled here in 1874. Today, Kansas farmers produce three wheat classes: Hard Red Winter, Hard White, and Soft Red Winter.

Established in 1990, the Kansas Festival of Breads was designed to celebrate the art of baking, encourage the use of Kansas products, and recognize the Kansas wheat and milling industries. The contest encouraged Kansans to “get back to their roots and in their kitchens” and bake special recipes. In June 2009, the first National Festival of Breads was held in Wichita, the first of an every-other-year event that honors the best amateur bread bakers in America!

You are invited to a day of fun, sampling, and learning at the fifth National Festival of Breads in on Saturday, June 17, in Manhattan, Kansas. Eight finalists will be preparing their recipes for the contest, sponsored by King Arthur Flour®, Red Star Yeast®, and Kansas Wheat. The festival opens to the public at 8:30 a.m. with exhibits. Learning sessions continue throughout the day on the main stage. There will also be a BBQ tent and demonstrations by Rod Gray, Pellet Envy.

Other events at the festival include wheat weaving demonstrations, bakery exhibits/samples, Oklahoma Wheat Commission Bake Truck, trade show of vendors, and visits by Mr. and Mrs. Slice! Kids can enjoy hands-on tortilla making and flour milling and there will also be backyard kitchen grill demonstrations. New this year is the “Enrich Your Life 5K and 1 mile Fun Run” that will kick off the day at 7:30 a.m.

More information about the festival and a schedule for day is available from [Kansas Wheat](#).

Speedy Pesto Garlic Skillet Bread

Makes 10 servings

Ingredients:

- ¾ cup warm water (110°F - 115°F)
- 1½ teaspoons sugar
- 1 (¾-ounce) package quick-rise yeast
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon Italian seasoning
- 2½ teaspoons finely minced fresh garlic
- 1¼ cups white whole-wheat flour
- ¼ cup shredded Parmesan cheese
- ¾ to 1 cup all-purpose flour

Pesto-Garlic Butter Topping

- 2 tablespoons unsalted butter
- 2 teaspoons basil pesto
- ¾ teaspoon garlic powder

Directions:

1. In bowl of a stand mixer fitted with dough hook, stir together water, sugar, and yeast. Wait 5 to 10 minutes for it to foam (proof).
2. Stir in oil, salt, Italian seasoning, and garlic. Mix in white whole-wheat flour and Parmesan cheese. Gradually add enough all-purpose flour, until dough starts to pull away from sides of bowl. Knead 5 minutes.

3. Press dough in a greased 10-inch cast-iron skillet or 9-inch round baking pan. Cover; let rise 30 minutes. Preheat oven to 400°F. Bake 20 to 25 minutes until golden brown.
4. For the topping: Melt butter; stir in pesto and garlic powder. Remove bread from oven and immediately brush with topping.
5. Cut in wedges and serve warm with remaining Pesto-Garlic Butter Topping.

Nutrition Information per serving: 170 calories; 7 g fat; 22 g carbohydrates; 5 g protein; 3 g fiber; 290 mg sodium.

Recipe reprinted with permission from Kansas Wheat, [National Festival of Breads](#).



Cilantro – Herb of the Year for 2017



Cilantro is the Herb of the Year for 2017. If you don't grow it yourself (or have a friend that grows cilantro), you can often find it fresh, at grocery stores or farmer's markets. Here are some recipes that were shared at "Let's Get Healthy with Herbs" on April 27th. Hope you enjoy them!

Pineapple Salsa

An excellent choice with grilled chicken or turkey breast. We spread a little cream cheese on tortillas, and made tortilla pinwheels.

- 1 8-ounce juice-packed crushed pineapple, well-drained (or use 1 cup fresh pineapple)
- ½ cup red bell pepper
- 2 tablespoons minced green onion
- 1 tablespoon chopped cilantro
- 2 seeded, minced fresh jalapeno peppers
- 1 teaspoon grated lime zest



Mix together. You may want to refrigerate for at least an hour, to allow flavors to blend.
Yields 2 cups

Avocado, Cilantro and 3-Bean Salad

- 1 (15 oz) can black beans, drained and rinsed **
- 1 (15 oz) can red kidney beans, drained and rinsed
- 1 (15 oz) can garbanzo beans, drained and rinsed
- 1 (15 oz) can whole kernel corn, drained (or use 1 cup frozen corn)
- 12 grape or cherry tomatoes, halved
- 1 bunch cilantro, chopped
- 2 large avocados, peeled, pitted and diced
- Juice of 2 limes
- ½ cup olive oil
- Salt and pepper to taste
- 2 cloves garlic, mashed or finely diced

Mix all ingredients together. Make a few hours ahead of serving, so you can set this salad in the refrigerator and allow flavors to blend.



**I used edamame/mukimame (soybeans) for one of these "bean" choices. Use your favorite beans, or what you have in your cupboard. www.nefffamilyfarm.com

Barbara Roths, Family Consumer Sciences Agent

broths@ksu.edu 206 N. Griffith, El Dorado, KS 67042 316.321.9660 www.butler.ksu.edu



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