

Walk to Health Program

SOUTHWEST NEBRASKA PUBLIC HEALTH DEPARTMENT
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Special points of interest:

- Walk to Health Program
- How to determine your body mass index
- Buying Walking Shoes
- Healthy Recipes
- Heart Disease

Walk to Health

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For more information on the Walk to Health program contact a call 308-345-4223 or visit our website at www.swhealthdept.com

Reap the Benefits of Walking

Walking is one of the body's most natural forms of exercise. It's free, simple, safe and gentle. Walking requires no practice and is easy to fit into a busy lifestyle. In order to reap the health benefits of walking, you should aim for 30 to 60 minutes of walking three to five times per week. Although, if it is impossible to fit that amount of time into your schedule, any amount of time will be beneficial.

Walking has many health benefits. Walking can reduce bad cholesterol

and raise good cholesterol, lower blood pressure, reduce the risk of or manage Type II Diabetes, help manage weight, and improve a person's mood.

Before beginning a walking program, make sure that you have comfortable shoes suitable for walking in order to prevent blisters. Also, wear loose fitting comfortable clothing while walking and wear bright colors or reflective tape if walking at night.

You should warm up for five minutes

before walking. One good way to do this is to walk in place. Next,, you should stretch calves, quadriceps, hamstrings, and sides. To further protect your heart and muscles, after your walk you should cool down by walking slowly for five minutes and then repeat stretching.

If you have a health condition, seek your primary care physician's permission prior to beginning a walking program. As you continue walking you will feel better, therefore making it easier to fit walking into your busy schedule.

Understanding Your BMI

Body Mass Index (or BMI) is a calculation using a person's height and weight. BMI is an indicator of body fat useful in screening for weight categories (underweight, normal weight, overweight, and obese) that may lead to health problems. BMI is not a diagnostic tool.

To manually calculate your BMI multiply your weight (in pounds) by

703 then divide by your height (in inches) next divide by your height (in inches) again. **Example:** You weigh 135lb and are 5'5" tall. $135 \times 703 = 94905 \div 65 = 1460.07 \div 65 = 22.46$ BMI

Overweight and obese individuals are at an increased risk of many diseases such as hypertension and coronary artery disease and others.

Here's the breakdown:

Underweight: < 18.5

Normal weight: 18.5—24.9

Overweight: 25—29.9

Obese: >30

*BMI is interpreted differently for children and adolescents.

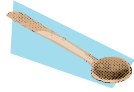
Choosing the Right Walking Shoe

Choosing a good and comfortable walking shoe can be difficult and frustrating. With so many types and brands on the market today, it is hard to know which the right shoe is and how much a good walking shoe should actually cost. The right shoe is the one that fits you best and works for your walking style. A walking shoe should have proper support, flexibility, cushioning and compensate for any stride problem you might have. You should be able to twist and bend in the toe area and your foot should flex while you are stepping heel to toe. The heel should be flat and not flared. The shoes should be lightweight and breathable.

When shopping for walking shoes, you should shop later in the day, as your feet will likely swell as the day goes on. Be sure to wear the type of socks that you are going to wear while walking when you are shoe shopping. There should be a thumbnails width, or about ½ and inch between your toes and the end of the shoe. Remember to try on both shoes as your feet can be different sizes. Don't just try on the shoes, walk around in them for several minutes and make sure they are truly a good fit. Then, walk around in them at home for a few days before you go out walking in them. That way if they do not fit you are more likely to be able to return them.



Walk to Health by Eating Right



Healthy Recipes



Crispy Oven Fried Chicken

Ingredients

- 1/2 cup skim milk or buttermilk
- 1 tsp. poultry seasoning
- 1 cup cornflakes, crumbled
- 1 1/2 TBSP. onion powder
- 1 1/2 TBSP. garlic powder
- 2 tsp. black pepper
- 2 tsp. dried hot pepper, crushed
- 1 tsp. ginger, ground
- 8 pieces chicken (skinless breasts or drumsticks)
- 1 tsp. vegetable oil (to grease baking pan)
- A few shakes paprika

Instructions

1. Preheat oven to 350 ° F
2. Add 1/2 tsp. poultry seasoning to milk
3. Combine all other spices with corn-flake crumbs and place in a plastic bag
4. Wash chicken and pat dry. Dip chicken into milk, shake to remove excess, then quickly shake in bag with seasoning and crumbs.
5. Refrigerate for one hour
6. Remove from refrigerator and sprinkle lightly with paprika for color.
7. Evenly space chicken on greased baking pan.

8. Cover with aluminum foil and bake 40 minutes. Remove foil and continue baking for an additional 30 to 40 minutes or until the meat can be easily pulled away from the bone with a fork. Drumsticks may require less baking time than the breasts. Crumbs will form a crispy "skin." (Do not turn chicken during baking).

Nutrition Information

Makes 6 servings—Serving size: 1/2 breast or 2 small drumsticks.

Calories: 256

Fat: 5 g

Saturated Fat: 1 g

Cholesterol: 82 mg

Sodium: 286 mg



Vegetables with a Touch of Lemon

Ingredients

- 1/2 small head cauliflower, cut into florets
- 2 cups broccoli, cut into florets
- 2 TBSP. lemon juice
- 1 TBSP. olive oil
- 1 clove garlic, minced
- 2 tsp. fresh parsley, chopped

Instructions

1. Steam broccoli and cauliflower until tender (about 10 minutes).

2. In a small saucepan, mix the lemon juice, oil, and garlic, and cook over low heat for 2 or 3 minutes.

3. Put the vegetables in a serving dish. Pour the lemon sauce over the vegetables. Garnish with parsley.

Nutrition Information

Makes 6 servings—Serving size: 1/2 cup.

Calories: 22

Total fat: 2 g

Saturated Fat: less than 1 g

Cholesterol: 0 mg

Sodium: 7 mg

Calcium: 10 mg

Iron: Less than 1 mg



For more healthy recipes visit
www.mayoclinic.com and
click on [more recipes](#) on the
bottom of the page.

Walk to Health by Eating Right

Home style Biscuits



Ingredients

- 2 cups flour
- 2 tsp. baking powder
- 1/4 tsp. baking soda
- 1/4 tsp. salt
- 2 TBSP. sugar
- 2/3 cup buttermilk, 1 percent fat

Instructions

1. Preheat oven to 450 ° F
2. In a medium bowl, combine flour, baking powder, baking soda, salt, sugar.
3. In a small bowl, stir together buttermilk and oil. Pour over flour mixture; stir until well mixed.
4. On a lightly floured surface, knead dough gently for 10 to 12 strokes.
5. Roll or pat dough to 3/4 inch thickness.
6. Cut with a 2 inch biscuit or cookie cutter, dipping cutter in flour between cuts.

7. Transfer biscuits to an ungreased baking sheet.
8. Bake for 12 minutes or until golden brown. Serve warm.

Nutritional Information

Makes 15 servings—Serving size 1 (2 inch) biscuit

Calories: 99

Fat: 3 g

Saturated fat: less than 1 g

Cholesterol: less than 1 mg

Sodium: 72 mg

Rainbow Fruit Salad with Honey Orange Sauce

Good as a side dish or dessert

Ingredients

- 1 large mango, peeled and diced
- 2 cups fresh blueberries
- 2 bananas, sliced
- 2 cups fresh strawberries, halved
- 2 cups seedless grapes
- 2 nectarines, unpeeled and sliced

- 1 kiwi fruit, peeled and sliced

Sauce ingredients

- 1/3 cup unsweetened orange juice
- 2 TBSP lemon juice
- 1 1/2 TBSP honey
- 1/4 tsp. ground ginger
- Dash nutmeg

Instructions

1. Prepare the fruit
2. Combine all ingredients for the sauce and mix.
3. Just before serving, pour honey orange sauce over the fruit.

Nutritional Information

Makes 12 servings—Serving size 4 oz cup.

Calories: 96

Total Fat: 1 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 4 mg



Where to Walk

Of course you can walk just about anywhere, but in case you are looking for a specific place to walk here are a few suggestions.

This list is not all inclusive.

Arapahoe:

Outdoor Classroom

Benkelman:

High School Track

Cambridge:

Cambridge Health Club, McKinley Park

Culbertson:

Walking Trail

Imperial:

High School Gym and Track

McCook:

City Auditorium, High School Track, Walking Trail, YMCA

Trenton:

High School Track

Wauneta:

Walking Trail

Heart Disease and Risk Factors

Heart disease is a term that applies to many different conditions relating to the heart. These can be arrhythmias (irregular heart beat), congenital (birth) defects, cardiomyopathy (thickening of the heart muscle), infections, or coronary artery disease. Heart disease is the leading cause of death in the United States, accounting for 40% of all deaths. Coronary artery disease is the most common form of heart disease, by itself coronary artery disease accounts for approximately 27% of all cardiac related deaths in the United States.

Coronary artery disease can lead to a heart attack. Coronary artery disease occurs when plaque builds up in the arteries. The plaque is formed from cholesterol deposits which accumulate over the years (this is called atherosclerosis). This narrows the arteries that carry blood to the heart. A heart attack occurs when plaque totally blocks an artery that is trying to carry blood to the heart. A heart attack can also occur if a piece a cholesterol deposits break loose and clots a coronary artery. Angina, or chest pain, is the most common symptom of coronary artery disease.

There are several risk factors for heart disease. High blood pressure, high cholesterol, high blood sugar, Diabetes, and family history of heart disease are all risk factors, as is smoking and having a sedentary lifestyle. If you have an elevated risk of heart disease your physician may schedule you for various test. Some of those tests are an EKG, Echocardiogram, Exercise Stress Test, Chest X-ray, cardiac catheterization, and coronary angiogram.

You can lower your risk of heart disease by eating healthy, exercising, and abstaining from smoking. There are also medications used to treat heart disease and lower cholesterol and blood pressure. Your diet should consist of plenty of fresh fruits and vegetables, and fiber, and low amounts of saturated fat and cholesterol. You should also maintain a healthy weight and exercise regularly, quit smoking and limit alcohol use. If you are concerned about your risk factors schedule a check-up with your primary care physician.



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