

KAY COUNTY HEALTH NEWS

Financial

WALKING IN KAY COUNTY

Walk this Way!

Whether you're trying to walk 100 miles for your employee wellness program, joining the library fitness group or getting an early start on Walktober, walking is a great way to burn a few calories and feel great! This issue of the Health News is all about walking! There are few snack ideas, stretching suggestions, and tips! Enjoy!

General Tips

- ⇒ Wear good shoes
- ⇒ Dress for the weather
- ⇒ Stretch (see pg 3)
- ⇒ Snack (see pg 2)
- ⇒ Bring water
- ⇒ Know your route
- ⇒ Make it scenic but safe
- ⇒ Take a buddy (two-legged or four!)
- ⇒ Wear sunscreen
- ⇒ Track your progress and reward yourself!



MARCH 5K SPOTLIGHT

Stillwater Makes A Change

COLOR RUN

Saturday March 7th 9am (registration 8am)

Boomer Lake

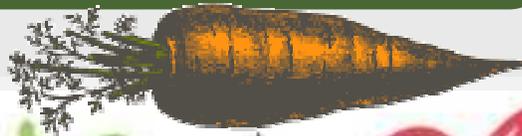
Proceeds benefit Stillwater Humane Society and will be matched!

\$30 fee (t-shirt included if pre-registered by 3/5)

Facebook Stillwater Makes a Change

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Before
a workout



Snack on some dried fruits, such as:

RAISINS
DRIED
PLUMS
DRIED
CRANBERRIES

These foods deliver concentrated
energy
that your body can absorb quickly.

After
a workout

WITHIN
2 hours
AFTER A
WORKOUT
RECHARGE



with a
SMOOTHIE
made with:

 **LOW-FAT MILK**
 **BANANA**
A HANDFUL OF MIXED BERRIES


It'll help

- replenish electrolytes,
- provide muscle-building protein &
- deliver re-energizing carbohydrates

More information under the "Healthy Business" tab on the Kay County Health Department website: kay.health.ok.gov

Questions?
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RECIPE ROUND UP

Sesame Roasted Winter Squash

Ingredients:

- | | |
|--|----------------------|
| 2 tbsp sesame seeds | 2 tbsp vegetable oil |
| 1 tbsp Asian hot pepper paste | 2 tsp soy sauce |
| 1 med butternut squash, peeled, seeded, sliced ¼ " thick | |
| Scallions, thinly sliced | Flaky sea salt |

Instructions:

Place racks in upper and lower thirds of oven; preheat to 425°. Whisk sesame seeds, oil, pepper paste, and soy sauce in a large bowl. Add squash and toss to coat. Divide squash between 2 rimmed baking sheets, arranging in a single layer. Roast, rotating sheets once, until tender and browned on some edges, 25–30 minutes. Serve topped with scallions and salt.

15 Minute Yoga



Start with right leg. Hold each position for 30 seconds.



Repeat set 3x. Then, start over with left leg



#strenath #yoga

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"WRITE IT. SHOOT IT.
PUBLISH IT. CROCHET IT,
SAUTÉ IT, WHATEVER,
MAKE."
- JOSS WHEDON

This National Nutrition Month, the Academy Encourages Everyone to Bite into a Healthy Lifestyle

There is no one food, drink, pill or machine that is the key to achieving optimal health. A person's overall daily routine is what is most important. That is why, as part of National Nutrition Month® 2015, the Academy of Nutrition and Dietetics urges everyone to "Bite into a Healthy Lifestyle."

Each March, the Academy encourages Americans to return to the basics of healthful eating through National Nutrition Month. This year's theme encourages consumers to adopt a healthy lifestyle that is focused on consuming fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

"A healthy lifestyle – one based on regular physical activity and an eating pattern chosen to meet individual nutrient needs within calorie limits – is vital to maintaining good health and quality of life," said registered dietitian nutritionist and Academy President Sonja Connor. "This year's 'Bite into a Healthy Lifestyle' theme gives consumers an easy reminder that achieving optimal health is not about a specific food or time or year, but rather a life-long commitment that leaves plenty of time for the foods and activities we love."

The Academy strives to communicate healthful eating messages that emphasize balancing food and beverages within an individual's energy needs, rather than focusing on any one specific food or meal. To this end, it is the Academy's position that improving overall health requires a lifelong commitment to healthful lifestyle behaviors, emphasizing sustainable and enjoyable eating practices and daily physical activity.

"The key is determining the lifestyle balance that provides the body what it needs, while still allowing room for the foods and activities we enjoy most," Connor said.

Initiated in 1973 as a week-long event, "National Nutrition Week" became a month-long observance in 1980 in response to growing public interest in nutrition.

