

Celebrate healthy living

2020 Week Seven



K-STATE
Research and Extension

Walk Kansas

www.WalkKansas.org



Sense of Purpose

Know Your Why

Research shows that people who know their life purpose can live, on average, up to seven good years longer. This concept of purpose, the idea of “why I wake up in the morning” or the western equivalent “finding your passion,” is an integral part of the culture in Blue Zones® communities. Okinawans call it *ikigai* and Nicoyans call it *plan de vida*.

People with a sense of purpose understand what brings them joy and happiness. They possess a “right outlook” and are engaged in activities and communities that allow them to immerse themselves in a rewarding and fulfilling environment.

So, how do you find your *ikigai* ... your passion ... your why? How do you become a purpose driven person? It may not be as complicated as you think. It is also good to find a balance so you don't spend too much time on one thing or divide it up between too many. Here are a few tips that can help guide you to your passion.

Write your personal purpose statement. Start by doing an internal inventory. Think about your ideals, principles, standards, and morals. Next, identify your physical, emotional, and mental talents, strengths, and abilities. Now, put these on paper. Do you feel a strong emotional reaction to anything you have written? If so, this is a good starting point. Creating your personal purpose statement can take some time but eventually you will gain some clarity about what you want to contribute.

Take action. Use your internal inventory and your purpose statement as a guide to help you find activities that align with your passion. The satisfaction you feel from meaningful contributions, either paid or volunteer work, offers

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benefits to your health through lower rates of heart disease, cancer, and depression, as well as lower health care costs.

Display your passion. Find a place in your home or your office to display your passions, accomplishments, and things that make you proud. Whenever you are in this space, you are reminded of how you fit into the world.

Share your passion. Find someone, or a group of partners, that you can communicate your life purpose and your plan to realize it. Seek their opinions and use them as a sounding board as you create your plan of action.

In your pursuit of creating purpose, be mindful that you need to cultivate meaningful connections with other people. Don't let your passion become so important that you neglect your friends and family. Also, practice good self-care so you have the energy to achieve what is important to you.

When you live with a strong sense of purpose it can reduce stress in your life. You will have more clarity about your goals, have less worry and anxiety, and may not fret as much about decisions.

Here is a tool that might be helpful to you – A Purpose Checkup:

bluezones.com/the-purpose-checkup-2

Change Your Protein

One of the most impactful ways to improve your diet is to change your protein. Choose beans and nuts often, along with white meat poultry, eggs, lean dairy, and lean meat. Avoid highly processed meats and eat seafood at least 3 times per week. Fish is easy and fast to prepare and there are options that can fit into your food budget.

medinsteadofmeds.com/wp-content/themes/med/downloads/Handouts/MED-Change_Your_Protein.pdf

More on seafood:

medinsteadofmeds.com/tips-and-tools/fish-and-seafood/



Walk Kansas Week 7

- » Complete the Purpose Checkup. Share your passion, your purpose, with a trusted partner.
- » Do a core strengthening exercise two days or more this week, such as: Lying Hip Bridge, Plank, Abdominal Crunch. More info: walkkansas.org/activity/strength
- » Share a seafood recipe that you enjoy with your teammates.
- » Where are you walking? Take a photo and post it on social media with #walkkansas and share it on Facebook "Kansas State University Walk Kansas"

Strengthen Your Core

Your core includes muscles in your pelvis, lower back, hips, and abdomen – the muscles that hold you upright. When you strengthen your core muscles, you can improve balance and stability.

The Lying Hip Bridge is a classic core exercise. Lie on your back, on the floor, with your arms at your sides, palms down. Bend your knees to a 45° angle, place your feet flat on the floor hip distance apart. Raise your hips and lift your buttocks and lower back off the floor. Squeeze the back of your legs, buttocks, and core to create a straight line from your knees to shoulders. Pause at the top, then slowly lower yourself back to the floor.

You can make this exercise more challenging by doing it with a fitness ball as demonstrated in the Glute Bridge variation (youtu.be/K2RE32Fs1wE)



Med Style Baked Salmon

Makes 4 packets

Ingredients:

4 salmon fillets, 4 ounces each
4 tablespoons olive oil, divided
Salt and pepper
8 garlic cloves, minced
4 fresh thyme sprigs (or 2 to 3 teaspoons dried thyme)
2 summer squash, any kind, halved and sliced
1 large tomato, halved and sliced
2 large green onions, white and green parts, sliced
1 teaspoon sweet paprika
Juice from 1 large lemon
½ cup fresh parsley leaves, chopped
Lemon wedges to serve

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 400°F. Prepare 4 12-inch by 17-inch pieces of foil on a large baking sheet.
3. Prepare produce. Rinse herbs under cold running water and dry. Rinse all vegetables under cold running water. Slice squash and tomato in half, then into ¼- to ½-inch slices; slice white and green parts of green onion. Chop parsley. Peel garlic and mince.
4. Brush salmon fillets with 2 tablespoons olive oil; place one fillet, oiled side down, on each piece of foil.
5. Spread half of minced garlic over the salmon fillets, then season with salt and pepper. Add thyme.
6. In a small bowl, mix the remaining minced garlic and olive oil, lemon juice, paprika, and season with pepper.

7. Place vegetables in a bowl and pour the sauce over; toss to combine.
8. Divide the vegetables into 4 equal portions over, or next to, the salmon fillets. Fold the foil over the salmon and veggies, cover completely, and seal shut.
9. Bake the salmon/veggie packets on the baking sheet in the heated oven for 20 to 25 minutes, until salmon reaches an internal temperature of 145°F.
10. To serve, carefully transfer the foil packet contents with a spatula to individual serving plates. Sprinkle parsley on top and serve with lemon wedges.

Nutrition Information per packet:

690 calories; 35 g fat (0 trans fat, 6 g saturated fat); 9 g carbohydrates; 77 g protein; 3 g fiber; 450 mg sodium; 0 g added sugars.



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Kansas State University Walk Kansas

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