

# Walk Kansas

*celebrate  
healthy living*

March 19 – May 13, 2017

## Grab your gear – it's time for Walk Kansas!

It matters to your health ---- what you eat...that you move throughout the day...that you get moderate to vigorous activity regularly to keep your heart healthy...that you manage stress well and get enough rest. These are cornerstones for a healthy lifestyle and things we will focus on during the 8 weeks of Walk Kansas.

This is a team-based program, meaning that you are part of a 6-member team and together you will select a goal (challenge) to work toward:

**Challenge 1:** Walk across the state- 423 miles (2 ½ hrs of moderate activity per person/week)

**Challenge 2:** Walk a winding diagonal trail from Troy to Elkhart- 750 miles (4 hrs of activity per person/week)

**Challenge 3:** Walk the perimeter of the state- 1200 miles (6 hrs of activity per person/week)

Each person logs minutes of moderate/vigorous activity and these are converted to Walk Kansas miles (15 minute = 1 mile) on the website.

### What counts toward Walk Kansas minutes?

Movement throughout your day is important. For this program, however, count only the minutes of activity that:

- are moderate or vigorous intensity – at a level where you can just barely carry on a conversation or say a few words.
- are done for a minimum of 10 consecutive minutes.
- are aerobic activities (like walking) AND strengthening exercises.

If you wear a fitness tracker: You can report steps after you reach 6,000 that day. Report 15 minutes of activity for 2,000 steps (after 6,000). You decide which method of reporting works best for you – steps OR minutes of activity. Do not report both.

## Take the first step – register for Walk Kansas!

To register online at [www.walkkansasonline.org](http://www.walkkansasonline.org):

*If you already have a team, wait for your captain to register the team online. You will receive a message by email asking you to complete registration by giving your consent to participate. You will order your own optional t-shirt as part of the online registration process. Your captain will be responsible for paying fees for the entire team, so make sure you reimburse your captain for your registration fee.*

### Important dates:

**February 27** – Registration opens online, due March 10  
**March 19** – Go! Start logging exercise minutes and cups of fruits/vegetables  
**March 24** – Walk KS registration closes; no additional teams accepted.  
**March 28** - "Fixing Funky Foods" class, 12:00 noon  
**April 1** - 4-H Clover Run  
**April 5** – Last day to order Walk Kansas apparel  
**April 18**- Family Story Walk, 4-6 p.m. Location TBA.  
**April 25**- "Freezer Meals From the Meat Case", 5:30-7:30 pm, pre-registration and fee required; attendance limited to 25  
**May 12** – Photo Challenge entries due to KSU  
**May 13** – Walk Kansas ends. Complete evaluation.

**K-STATE**  
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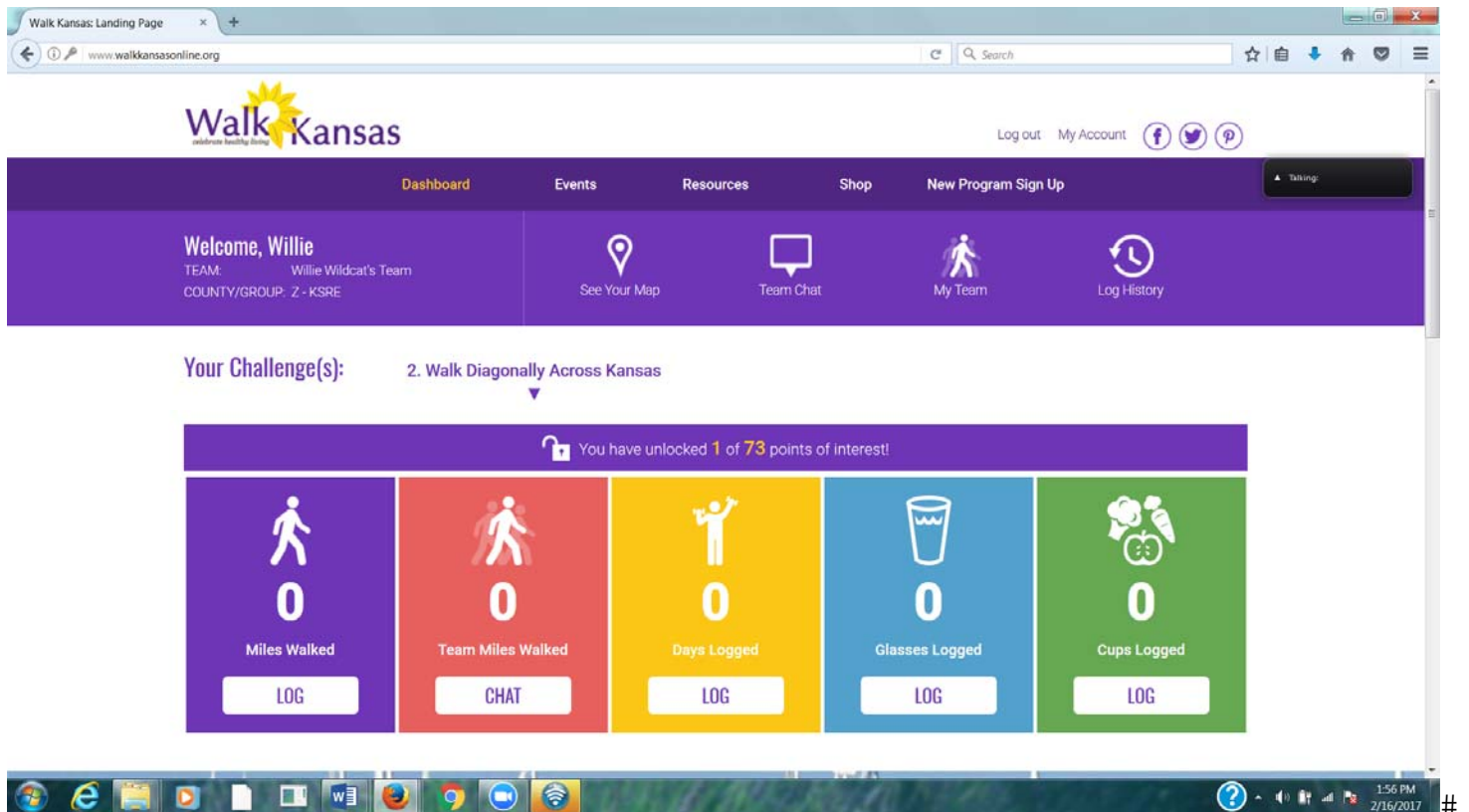
Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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If you don't have a team, and would like to join one, go online and register as an individual. The Extension office will connect you with a team that has similar goals.

## Report/Log online:

When your team and all individual members are registered, consented and fees paid, you will be able to see the reporting/logging screen beginning March 19. When you log into your account, you will see a screen similar to this:



The purple horizontal “welcome” bar takes you to the map (to see team progress and learn more about the destination points on your trail and some Kansas history); a place to “chat” with your team; and you can view your “log history.” On the very top of the bar, there are links to *Events*, *Resources* and you can *Shop* for Walk Kansas merchandise.

You and your team mates will log minutes of moderate/vigorous activity (at least 10 consecutive minutes) into the system and it converts to miles (15 min = 1 mile) which will display in the purple box as miles. Total team miles will show in the red box. Check the days you do strengthening exercises in the yellow box; log water in the blue box (optional) and cups of fruits/veggies in the green one.

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## Weekly Facebook Selfie Photo Contest

Snap a selfie of yourself or a photo of your team showing you exercising, eating fruits and vegetables, or wearing your Walk Kansas t-shirts and post it on the *K-State Research and Extension-Ellis County* Facebook page. You may enter one photo daily, Sunday through Saturday. Please include your name and team name when posting your photo. On the following Monday, winners will be selected at random to win prizes. Winners will be notified by the Ellis County Extension Office and will need to pick up their prizes from the office at 601 Main Street in Hays.

## Where can I see how other teams are doing?

Click the “Leaderboard” button on the log in page, just below where you would enter your username and password. You will not log in to the system to see this information. Choose the county/group you wish to view and the information will be displayed. #