

# Walk Kansas

*celebrate  
healthy living*

Rolling Prairie Extension District – Jill Morgan, (620)374-2174 or (620)725-5890

## How It Works?

Teams of 6, with a captain, log minutes of activity for 8 weeks. If each person meets the minimum guidelines – 2 ½ hours per week, collectively, the team would walk the distance across the state of Kansas (423 Miles). Participants also log the amount of fruits and vegetables they eat each day.

## Choose Your Challenge

- ❖ Challenge 1 requires 2 ½ hours/week of physical activity per person.
- ❖ Challenge 2 Take a meandering trek diagonally across the state from Troy to Elkhart. Each person logs 4 hours of activity per week.
- ❖ Challenge 3 is the distance around the perimeter of our state –1200 miles, 6 hours/week per person.

## How Do Teams Form?

Teams can include coworkers, friends, family, neighbors, members of community and faith-based groups, school classrooms, 4-H clubs and other youth groups, and they can include members from other states and countries.

**April 3<sup>rd</sup> – May 28<sup>th</sup>**

**Join an 8-Week Healthy Lifestyle Challenge!**

Walk Kansas is a team-based program that will help you and others lead a healthier life by being more active, making better nutrition choices, and learning positive ways to deal with stress!

**Registration begins on March 7th.**

Register Online at [www.walkkansas.org](http://www.walkkansas.org)  
Click “My Walk Kansas”  
Register to log in & use your information throughout the 8-week program and track minutes, strength training, water intake, and F&V!

### What activities count toward Walk Kansas minutes?

You can report all activity you do at a moderate and vigorous level, as long as the activity is performed for at least 10 consecutive minutes. You can also include minutes you spend doing strengthening exercises. If you wear an activity tracker (wrist tracker or pedometer) you can start counting steps after you reach 6,000 steps in a day. Report 15 minutes of activity for every 2,000 steps you take above 6,000.

### Walk Kansas 5K for the Fight!

The first annual Walk Kansas 5K and Fun Walk will be held on Saturday, May 7, on the K-State campus in Manhattan. This event will benefit the Johnson Cancer Research Center. Watch for more information at [www.walkkansas.org](http://www.walkkansas.org), the weekly Walk Kansas newsletter and on Facebook.



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