

Rolling Prairie. Walk Tall. Walk Strong. Walk Kansas. 2016

Kick-Off Party. Healthy freezer meals to make your smart choices in nutrition simpler and easier for your life on the go. You can control sodium, fat content, fruit and vegetable intake through making meals for you and your family ahead of time! Save time cooking and more time exercising! **Sign up Today!!!**



April 5th @ 6pm in Sedan, 4-H Building at Fairgrounds

April 7th @ 6pm in Howard, Extension Meeting Room

Team Walks. *Interested in leading a team walk?*

Team walks include different teams organizing a location and time in the counties that are convenient during the week to walk/exercise. Once these are organized, a list of times, locations and dates will be sent out each week where you can join other groups to participate. Email Jill - jillmorg@ksu.edu or by phone (620)374-2174 or (620)725-5890 if you are interested!!!

Photo Challenge. Submit pictures of yourself or your team participating in Walk Kansas and your name will be entered in a drawing for the big prize which will be drawn at the end of Walk Kansas!

Challenge of the Week. Each week I want you to tell or show me a challenge or event that you did that pushed you to reach your weekly goal; I will enter your name into a drawing for the week. Examples are: attending a 5K race, riding your bike 5 miles, walking to work, going on a hike, participating in Yoga, and many more! Get creative!!!

Gym Classes and 5K Races

<p>GET FIT Total Body Fitness April 18th @ 6PM W/ Brandi FREE CLASS!</p>	<p>FIT ZONE Exercises April 27th @ 5PM W/ Diane FREE CLASS!</p>	<p>FREE 5K Race May 14th @ 9:30AM Howard, KS Meet in Front of Get Fit!</p>	<p>FREE 5K Race May 21st @ 9:30AM Sedan, KS Meet in Front of Courthouse!</p>
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Registrations begin March 7th - Go Online to www.walkkansas.org - For additional information contact.:

Jill Morgan, FCS Agent - Rolling Prairie Extension District
 Howard (620)374-2174 or Sedan (620)725-5890 — jillmorg@ksu.edu