

## **Walk Kansas is Coming....Grab Your Walking Shoes and Let's Go! March 19 through May 13**

Shopper's Article for 3.1.17. Submitted by Barbara Roths, Family Consumer Sciences Agent,  
Butler County Extension Office

**Fitness, Food and Fun...It's time for Walk Kansas 2017! Feel better, increase your energy and reduce stress with regular exercise and tasty, healthy food choices.**

**What is Walk Kansas?** Walk Kansas is a team-based program that's open to anyone – of any fitness level -- who's interested in a healthy lifestyle. *Walk Kansas* challenges team members to lead a healthier life by being more active, making better food choices, and learning positive ways to deal with stress. The 8-week program runs March 19 - May 13.

**Cost per person: \$8.00 Registration Deadline: Thursday, March 16, 5:00 p.m.**

**How does Walk Kansas work?** Co-workers, families, friends and neighbors form teams of six people. Participants do not have to live in Kansas. Many teams form with family members or friends in other parts of the country and around the world, using the online *Walk Kansas* option. Teammates do not have to walk or exercise together, but are encouraged to connect and support each other.

From March 19 through May 13th (8 weeks), participants log minutes of moderate or vigorous physical activity and cups of fruits/vegetables consumed each day. They can report to a team captain or report online. Activities besides walking (for at least 10 consecutive minutes), such as strengthening exercises, yoga, bike riding, team sports and others also count.

**Choose Your Team's Challenge.** Each team chooses ONE of the following Challenges:

**Challenge 1:** Each participant sets an activity goal for 150 minutes per week. If each team member reaches this goal for 8 weeks, the team would "walk" 423 miles. Collectively the team would walk 423 miles – the equivalent of the **distance across** the state of Kansas.

**Challenge 2:** Each participant logs 4 hours of moderate/vigorous activity per week. Collectively, the team takes a winding **diagonal trail** of about 750 miles from Troy to Elkhart (northeast corner to southwest corner of Kansas)

**Challenge 3:** Each participant logs 6 hours of moderate/vigorous activity per week. Collectively, the team would "walk" 1200 miles, which is the **distance around the perimeter** of the state of Kansas.

"*Walk Kansas* addresses critical issues in our state," said Sharolyn Jackson, with K-State Research and Extension and statewide Walk Kansas coordinator. "Less than half of Kansas adults meet the minimum recommendations for physical activity (150 minutes a week of moderate exercise) and only 19 percent eat enough fruits and vegetables. Chronic disease is responsible for more than 70 percent of health care costs."

"Think of health as something you earn every day..." continued Jackson. "If you practice healthy lifestyle behaviors, you can delay and even prevent chronic disease. If you have an illness, symptoms can be managed better if you make choices that support a healthy lifestyle."

**Register NOW and get your team signed up!**

**Go to the Butler County Extension web site: [www.butler.ksu.edu](http://www.butler.ksu.edu)**

**Look for Walk Kansas and download the Captain's and Participant's Packets.**

**OR Call or come by the Butler County Extension Office and pick up the Packets.**

**Registration Deadline is 5:00 p.m. Thursday, March 16**

**Program cost is \$8.00 per participant.** T-Shirts (additional fee) are purple, sapphire or gravel.

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