

Walk Kansas is Coming - Grab Your Walking Shoes and Let's Go!
March 18th -- May 12th

Submitted by Barbara Roths, Family Consumer Sciences Agent, Butler County Extension Office

Do you want to feel better and have more energy? Maybe you need to blow off some steam after a stressful day or need to get better sleep? Regular exercise, along with healthy food choices, can help you do this. Many who participate report weight loss, eat more fruits and vegetables, manage stress, and have more energy. And everyone who participates receives the best prize: developing healthy habits that can last a lifetime!

What is Walk Kansas and how does it work? *Walk Kansas* is a team-based program that can lead to a healthier life by being more active, making better food choices, and learning positive ways to deal with stress. Co-workers, families, friends and neighbors form teams of six people. From March 18 through May 12th (8 weeks), participants log minutes of physical activity and cups of fruits/vegetables consumed each day. They report their numbers online and/or log on paper and report weekly to the Team Captain...your team's choice.

Pick Your Path...Enjoy Kansas along the way!

As a team, choose ONE activity challenge. We have some fun trails for you to take this year.

- ✓ *Challenge 1:* Visit the 8 Wonders of Kansas. Each team member strives to be active for 150 minutes per week. If each participant reaches this goal for 8 weeks, the team "walks" 423 miles.
- ✓ *Challenge 2:* Collectively, the team "walks" a winding diagonal trail ~760 miles from Troy to Elkhart. Each participant needs to log 4 hours of moderate/vigorous activity per week.
- ✓ *Challenge 3:* The team together "walks" 1200 miles on a path that goes from the Little Balkans (southeast Kansas) to Nicodemus (northwest Kansas). Each participant logs 6 hours of moderate/vigorous activity per week.

What counts toward Walk Kansas minutes?

- Moderate exercise/activity: have a conversation (can't sing), for 10 consecutive minutes.
- Vigorous exercise/activity: can talk (but not have a conversation), for 10 consecutive minutes. Double actual minutes you perform vigorous activity and report that number.
- Combination of moderate/vigorous – Add short "bursts." Report actual activity minutes.
- Strengthening exercises – Report actual minutes.

Physical activity can include: swimming, jogging, bike riding, aerobic exercise, tennis, gardening, ballroom dancing, jumping rope, hiking, and more. The *Walk Kansas Activity Guide* provides more details, as well as ways to measure your progress by recording Fitness Numbers at the beginning and at the end of the 8 weeks.

Want to check out the program? Go to www.walkkansas.org You'll find wonderful information, video clips, recipes, etc. **Program cost is \$8.00 per participant.**

To register online, recruit 5 team members and know their emails. Go to www.walkkansas.org and Click on My Walk Kansas to get started with online registration. Need help? Let us know!

Paper packets are also available! Call or come by the Butler County Extension Office. Ask for the Captain's Packet and get your team signed up! Or print the packet from www.butler.ksu.edu/walkkansas **Registration Deadline is 4:00 p.m. Thursday, March 15.** T-Shirts (optional) are available for \$9.70 per shirt. **This year's t-shirt colors: heather irish green and heather purple.** Barbara Roths, Butler Co. Extension Office, 206 N. Griffith, El Dorado, KS 67042 316.321.9660 broth@ksu.edu