

# Walk Kansas is Coming – Move YOUR Way!

March 17<sup>th</sup> – May 11<sup>th</sup>

Shopper's Article for 2.27.19

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## 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 17 through May 11<sup>th</sup> (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.

## Choose Your Path...Enjoy Kansas along the way!

As a team, select ONE activity challenge and follow some fun trails.

*Challenge 1:* Discover the 8 Wonders of Kansas. Each team member strives to be active for 2 ½ hours 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).
- ❖ Vigorous exercise/activity: can talk (but not have a conversation). *You can double actual minutes that 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 *My Fitness Numbers* at the beginning and, again, at the end of the 8 weeks.

## Want to check out the program?

Go to [www.walkkansas.org](http://www.walkkansas.org) You'll find wonderful information, video clips, recipes, etc. Or contact Barb Roths at [broths@ksu.edu](mailto:broths@ksu.edu) or 316.321.9660 **Program cost is \$8.00 per participant.**

**To register online**, recruit 5 team members and know their emails. Go to [www.walkkansas.org](http://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!** Come by the Butler County Extension Office. We will print out the Captain's Packet for you while you wait. Then get your team signed up!

Or print the packet yourself from [www.butler.ksu.edu](http://www.butler.ksu.edu)

**Walk Kansas Registration Deadline is 4:00 p.m. Thursday, March 15.**

**T-Shirts (optional) are available for \$10.00 per shirt. This year's t-shirt colors: heather navy or orange.**

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