

Walk Kansas is Coming.... Grab Your Walking Shoes and Let's Go!

Fitness, Food and Fun...It's time for Walk Kansas 2021! 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. Since 2001, *Walk Kansas* has challenged team members to lead a healthier life by being more active, making better food choices, and learning positive ways to deal with stress. 8-week program runs March 28 - May 22. And, this year, we're offering a “**go solo**” option in addition to the team-based program. Keep reading...we'll fill you in on both varieties.

How does team-based Walk Kansas work? Co-workers, families, friends and neighbors form teams of six people. Many teams gather family members or friends in other parts of the state, country and around the world, using the online *Walk Kansas* option. Teammates are encouraged to support each other, as they “virtually” walk across Kansas. From March 28 through May 22nd (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 log online. Besides walking, other activities “count:” strengthening exercises, yoga, bike riding, team sports and others. **JUST BE ACTIVE!**

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 members 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.
- **Challenge 3:** Each participant logs 6 hours of moderate/vigorous activity per week. Collectively, the team would “walk” 1200 miles.

Are you more of a “Go Solo” person? Take the Purple Power Solo Program Trail.

As an individual, follow this virtual trail and enjoy points of interest from the Manhattan campus of Kansas State University to the Wichita State University campus. You still track online activity minutes, fruits and vegetables consumed, and water consumed for the 8-week period.

Cost per person: \$10.00

Registration Deadline: Friday, March 26, 4:00 p.m.

When: March 28 through May 22

Register NOW and get yourself and/or your team signed up!

Go to www.walkkansasonline.org OR Go to the Butler County Extension web site: www.butler.ksu.edu

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

Questions? Contact: **Barbara Roths, Butler Co. Extension Office, 206 N. Griffith, El Dorado, KS 67042**
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“Think of health as something you earn every day...,” said Sharolyn Jackson, with K-State Research and Extension and statewide Walk Kansas coordinator. “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.”