



Celebrate healthy living

March 28 – May 22, 2021

Welcome to Walk Kansas! Thank you for participating in this K-State Research and Extension health initiative.

While physical activity – walking in particular – is still at the heart of this initiative, we will continue to offer tasty and affordable ways to include more fruits and vegetables in your eating style, help you develop social connections that support healthy living, share ways you can lower personal stress, help you focus on your sense of purpose, and more!

Walk Kansas is a team-based program, meaning that you are part of a 6-member team and together you will select a goal (challenge) to work toward during the 8 weeks. Here are the options for your team.

Challenge 1: Discover the *8 Wonders of Kansas!* This journey requires each person to get 2 ½ hrs of moderate activity per week.

Challenge 2: Go *Cross Country* from Troy (NE) to Elkhart (SW), which requires 4 hrs of activity per person/week.

Challenge 3: *Little Balkans to Nicodemus* – a trail that takes you through SE Kansas and then up to Nicodemus with interesting stops along the way. This requires 6 hrs of activity per person/week.

And, a new option for you to participate as a “solo” individual:

The Purple Power Solo Program Trail – As an individual, you follow this trail, enjoying points of interest from the Manhattan campus of Kansas State University to the Wichita State University campus. You still track activity minutes, fruits and vegetables consumed, and water consumed.

Whether you choose to be on a Team or Go Solo:

Each person logs minutes of moderate/vigorous activity and these are converted to Walk Kansas miles (15 minute = 1 mile) on the website. For a complete description of activities that count for Walk Kansas and how to report minutes, check your **Activity Guide**.

Take the first step – register for Walk Kansas!

To register online at www.walkkansasonline.org

If you have a team, wait for your captain to register the team online. You will receive a message by email asking you to complete registration and give your consent to participate. (Team members can live anywhere but should register in ONE KANSAS COUNTY ONLY.)

If you don't have a team, and would like to join one, go online and register as an individual. You can do the **Purple Power Solo Trail** on your own. OR Extension office will connect you with a team with similar goals. If you have any state of Kansas employees on your team, who are working to earn Health Quest credit, the participation fee is waived. These employees can earn 4 HQ credits and you will need to request a discount code from your local office, or sharolyn@ksu.edu, to apply at checkout.

Register with paper forms:

Complete the registration form provided by your captain. Return it, along with payment for the program fee (\$10). Use a paper log OR Set up your own account, so you can log online at walkkansasonline.org

K-STATE
Research and Extension

Walk Kansas
Participant Guide 2021

Important dates:

March 26 – Registration closes

March 28 – Go! Log exercise minutes and cups of fruits/vegetables

May 22 – Walk Kansas ends. Celebrate healthy living!

Butler County Extension
206 N. Griffith Ste A
El Dorado, KS 67042
316.321.9660
www.butler.ksu.edu

Extension Offices will not be handling t-shirts/apparel orders this year. If you are interested in ordering these items on your own, go to: <http://shopwalkkansas.com/>

K-STATE
Research and Extension

Walk Kansas

Kansas State University Agricultural Experiment
Station and Cooperative Extension Service

K-State Research and Extension is an equal
opportunity provider and employer.

Healthy Eating is Important

Here is a sobering statistic – according to the Centers for Disease Control and Prevention (CDC), only 10% of Kansans eat enough fruits and vegetables. While recommendations vary based on age and gender, most adults need 1½-2 cups of fruit and 2-3 cups of vegetables each day. We ask you to log the cups of fruits/veggies you eat daily as a way to help you increase that amount and we know that F/V consumption in Kansas increases during this program! Our goal is to help you make this a lifestyle habit. Check your newsletter each week for tips on increasing your fruits and veggies plus other healthy eating strategies – including a tasty recipe!

Report/Log online:

Once your team is “ready” (all members have an account and have paid) you will see this “Dashboard” where you log minutes, etc., and chat with your team. **Along the top horizontal purple bar:** Click on “Events” to see what is happening in your community; “Resources” is where you will find program newsletters and other information.

On the bottom purple bar -- See your welcome message, team name, and group (county). After you enter your activity minutes (*the system automatically converts your minutes into miles*), click on the “See Your Map” icon to find a map of Kansas with your challenge trail displayed. Here you will unlock points of interest on the trail and learn more about our great state. Click “Team Chat” to communicate with team members and check just under the purple bar for posts from your chat group. “My Team” shows all of your team mates and “Log History” shows what you have logged for activity, f/v, etc. Badges that you will earn along the way! (Find these between the purple bars!)

To log your progress: In the **purple box**, log your minutes of activity – the system will calculate into miles. (Read the [Activity Guide](#) to know what counts); the **red box** displays the total miles your team was walked and this also takes you to the “team chat” page; record cups of fruits/veggies in the **yellow box**. If you do strengthening exercises that day, click “log” in the **blue box**; the **green box** is where you can log the number of 8 oz. glasses of water you drink (optional).

The screenshot shows the 'Walk Kansas' online dashboard. At the top, there's a navigation bar with 'Dashboard', 'Events', 'Resources', 'Shop', and 'New Program Sign Up'. Below this is a row of icons for various activities. The main content area is divided into two columns. The left column shows a welcome message for 'Willie' from 'Kansas County' and a list of team members (Willie1-4) with their last login status. The right column shows a 'Log History' section with a list of activity logs. Below this is a 'Your Challenge(s):' section for '8 Wonders'. A purple banner indicates 'You have unlocked 1 of 29 points of interest!'. At the bottom, there are five colored boxes representing different metrics: Miles Walked (8), Team Miles Walked (17), Cups Logged (15), Day Logged (1), and Glasses Logged (11). Each box has a 'LOG' button.

| Metric | Value | Action |
|-------------------|-------|--------|
| Miles Walked | 8 | LOG |
| Team Miles Walked | 17 | CHAT |
| Cups Logged | 15 | LOG |
| Day Logged | 1 | LOG |
| Glasses Logged | 11 | LOG |

Going Solo?? Your Reporting boxes will look a bit different, i.e. no Team Miles Walked and no Chat.

If you scroll down the page, you will see a white “Leaderboard” box. This is where other teams from your community will appear along with their progress. You can also stay connected with other participants through our Facebook page. Like *Kansas State University Walk Kansas* on Facebook.

The screenshot shows the 'Walk Kansas: Landing Page' in a web browser. At the top, there are five colored boxes with statistics and 'LOG' buttons: Miles Walked (8), Team Miles Walked (17), Cups Logged (15), Day Logged (1), and Glasses Logged (11). Below these is a 'Leaderboard' table and a 'Fitness Guidelines' section.

| PROGRAM | TEAM | MILES | GLASSES WATER | CUPS FRUITS & VEGGIES | MAP |
|-----------|------------------|-------|---------------|-----------------------|-----|
| 8 Wonders | Cats on the Move | 17 | 23 | 28 | |

Fitness Guidelines:

- 1) Get a minimum of 150 minutes/week of moderate aerobic activity (working at a level where you can barely carry on a conversation), performed in episodes of at least 10 minutes.
- 2) Do muscle strengthening activities that involve all major muscle groups on 2 or more days per week.
- 3) For more health benefits, increase minutes of aerobic activity to 5 hours/week OR work at a vigorous intensity level for 150 minutes/week (can still talk but not carry on a conversation).

[Learn More >](#)

You can see how all teams in your community and across Kansas are doing by going to the “Leaderboard” located on the login page, www.walkkansasonline.org. Click on the **blue Leaderboard box** at the bottom of this screen.

The screenshot shows the 'Walk Kansas: Welcome! Please log in' page. The page features the 'Walk Kansas' logo, 'Log in' and 'Register' links, and a login form with fields for 'Username' and 'Password', a 'Log In' button, a 'Remember me' checkbox, and a 'Forgot Your Username/ Password?' link. Below the form, there is a 'Don't Have an Account? Sign Up Now!' link and a 'Register' button. At the bottom, there are three statistics: 13 Teams, 51 Walkers, and 252 Total Miles Walked. A blue 'Leaderboard' button is located at the bottom center, with an orange arrow pointing to it from the right.

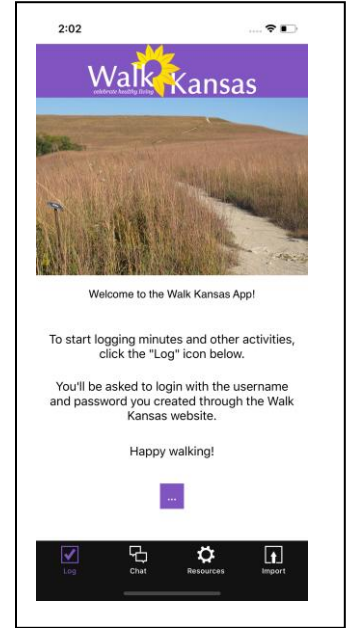
We have an app!

The Walk Kansas app is free and you can download it from the App Store. This is a pilot year so it is available only in iOS format for iPhone and iPad. Watch for the Android version in the future!

You **cannot** register through the app so wait until your account is set up online first. Then, you can access all of your information and log minutes, etc.

Using the Walk Kansas app:

- Before you use the app make sure your team is created online, that you have selected a challenge (from the 3 available), and make sure that logging is ready to go and that your team is ready. You may want to test this online first to make sure you can log minutes.
- When you open the app for the first time, you'll see a splash screen that tells you to login with the username and password you created on the WK website. When you close this screen you will see some login fields.
- After you login, the default screen should be the log activity screen ; click "new log" and have at it!
- To edit an existing log just click the row you want to edit.
- All data entered through the app will transfer to the web and vice versa.





Celebrate *healthy living*

K-STATE
Research and Extension

Walk Kansas

Daily Log

Captain's Name/Phone/Email _____

Directions: Each day, record your minutes of moderate/vigorous activity (and include minutes of strengthening exercises). Give yourself a (check) if you did strengthening exercises that day. Record cups of fruit/vegetables you eat and glasses or ounces of water you drink (this is optional). Every Sunday, report your weekly total of exercise minutes, cups of fruits/vegetables, and number of days you did strengthening exercises to your team captain.

Reminder: If you wear a activity tracker to count steps, you may start counting after you reach 6,000 that day. Report 15 minutes for each 2,000 steps (above the 6,000.)

| | | Sun | Mon | Tues | Wed | Thurs | Fri | Sat | WEEKLYTOTAL |
|---------|---------------------|-----|-----|------|-----|-------|-----|-----|-------------|
| | | | | | | | | | Min F/V |
| Week #1 | Minutes | | | | | | | | |
| | Strengthening | | | | | | | | |
| | Fruits & Vegetables | | | | | | | | |
| | Water | | | | | | | | |
| Week #2 | Minutes | | | | | | | | |
| | Strengthening | | | | | | | | |
| | Fruits & Vegetables | | | | | | | | |
| | Water | | | | | | | | |
| Week #3 | Minutes | | | | | | | | |
| | Strengthening | | | | | | | | |
| | Fruits & Vegetables | | | | | | | | |
| | Water | | | | | | | | |
| Week #4 | Minutes | | | | | | | | |
| | Strengthening | | | | | | | | |
| | Fruits & Vegetables | | | | | | | | |
| | Water | | | | | | | | |
| Week #5 | Minutes | | | | | | | | |
| | Strengthening | | | | | | | | |
| | Fruits & Vegetables | | | | | | | | |
| | Water | | | | | | | | |
| Week #6 | Minutes | | | | | | | | |
| | Strengthening | | | | | | | | |
| | Fruits & Vegetables | | | | | | | | |
| | Water | | | | | | | | |
| Week #7 | Minutes | | | | | | | | |
| | Strengthening | | | | | | | | |
| | Fruits & Vegetables | | | | | | | | |
| | Water | | | | | | | | |
| Week #8 | Minutes | | | | | | | | |
| | Strengthening | | | | | | | | |
| | Fruits & Vegetables | | | | | | | | |
| | Water | | | | | | | | |

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer.

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact the Director of Institutional Equity, Kansas State University, 103 Edwards Hall, Manhattan, KS 66506-0124, (Phone) 785-532-6220; (TTY) 785-532-4807.



Celebrate *healthy living*

Activity Guide

K-STATE
Research and Extension

Walk Kansas

Want to feel better and have more energy?

Maybe you need to blow off some steam from a stressful day or need to get better sleep. Regular exercise can help you achieve this and more. The health benefits from regular exercise and physical activity are hard to ignore, and they are available to everyone, regardless of age, sex, or physical ability. Another fantastic thing about exercise — it's fun!

Walk Kansas is based on *Physical Activity Guidelines for Americans*, which recommend a minimum of 150 minutes of moderate exercise per week OR 75 minutes of vigorous exercise/week, and strengthening exercises at least 2 days per week. Walk Kansas also promotes a warm-up and cool-down time and stretching to improve flexibility.

Make sure it is safe for you to exercise

Before you begin Walk Kansas, or any exercise program, it is important to make sure it is safe for you to exercise. This PAR-Q (Physical Activity Readiness Questionnaire) can help you decide if you are ready or if you might need to check with your physician first. Answer yes or no to the following questions:

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
6. Is your doctor currently prescribing medications for your blood pressure or heart condition?
7. Do you know of any other reason why you should not do physical activity?

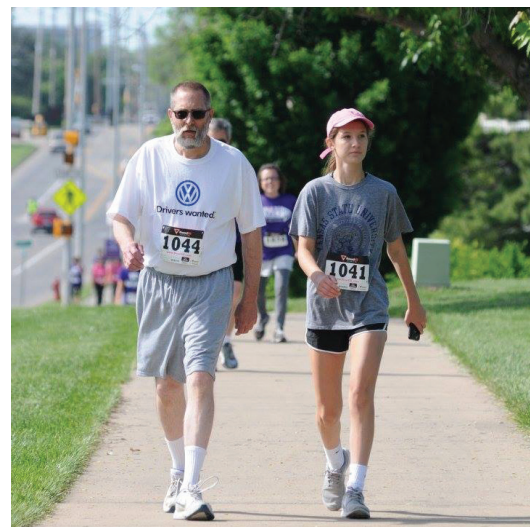
If you answered yes to one or more of these questions, are older than age 40, and have been inactive or are concerned about your health, check with your physician before taking a fitness test or participating in Walk Kansas.

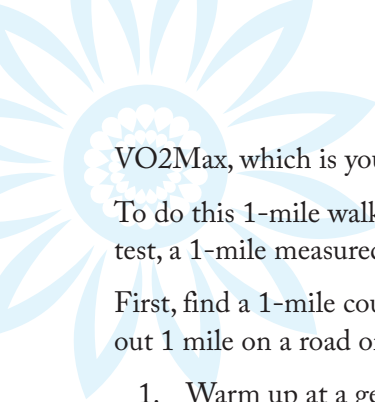
Measure your fitness

Almost everyone that increases their physical activity will benefit by improved fitness. You may notice that you don't get out of breath as easily when you climb the stairs or that picking something up from the floor is easier. While a pre/post fitness test is not required, you may want to know just how much you improve over the 8 weeks of Walk Kansas. These tests are relatively easy to do. You can do the walking test by yourself and the flexibility tests will require another person to do some measuring.

Rockport Fitness Walking Test

This is one of the best ways to determine your cardiorespiratory fitness, which is the ability of the heart and lungs to supply fuel and oxygen during sustained physical activity. The test determines your fitness level by estimating your





VO2Max, which is your maximum possible oxygen consumption.

To do this 1-mile walking test, you will need: a scale to determine your weight, a stopwatch or cell phone to time the test, a 1-mile measured course, and a way to measure your heart rate (take your pulse).

First, find a 1-mile course. For most high-school tracks, this is 4 laps around the innermost lane. You can also measure out 1 mile on a road or street. Have your phone or stopwatch ready and follow these instructions.

1. Warm up at a gentle pace for at least 5 minutes.
2. Walk 1 mile as fast as you can and time how long it takes.
3. Record your time to walk 1 mile.
4. Take your heart rate immediately at the end of your 1-mile walk. You can use a heart rate monitor or app, or take your pulse for 15 seconds and multiply this number by 4. (See directions for taking pulse on page 4.)
5. Enter this data into the calculator linked below. This will determine your VO2Max and compare it to standards for your gender and age group. <http://knightsoknee.com/calculators/FitnessTestCalc.htm>

If you do not have access to the Internet, contact your local K-State Research and Extension office for calculation instructions.

Please know that this is not a test you can cram for because fitness doesn't improve overnight. Don't be discouraged if your score is low. The most important thing is that you improve your score over time. We would expect your score to improve after the 8 weeks of Walk Kansas, provided you walk or exercise regularly and that you increase the length and intensity of your walking over time.

Flexibility Tests

Flexibility is somewhat hard to measure. These two tests are some of the best ways to determine if your flexibility improves over time. You will need a partner to complete these and have a ruler handy.

My Fitness Test Numbers

Before Walk Kansas:

Walking test

Time for 1-mile walk _____

Heart rate immediately after walk _____

Rockport results:

My Fitness Level _____

My Fitness Rating _____

Flexibility Tests

Back Scratch: Right _____ Left _____

Hamstring: Right _____ Left _____

After Walk Kansas:

Walking test

Time for 1-mile walk _____

Heart rate immediately after walk _____

Rockport results:

My Fitness Level _____

My Fitness Rating _____

Flexibility Tests

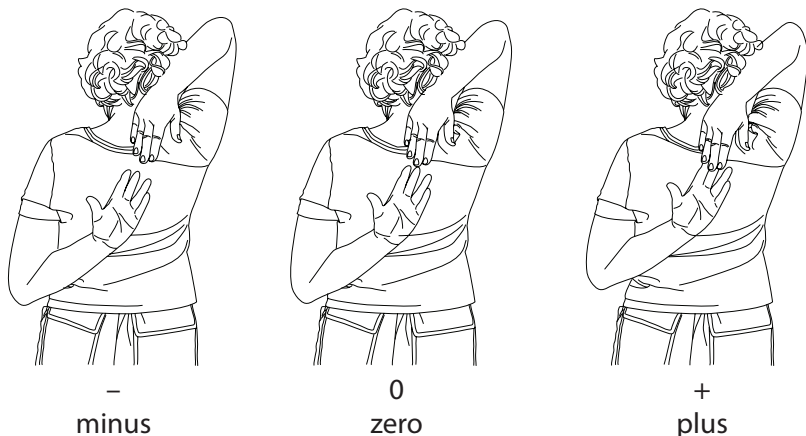
Back Scratch: Right _____ Left _____

Hamstring: Right _____ Left _____

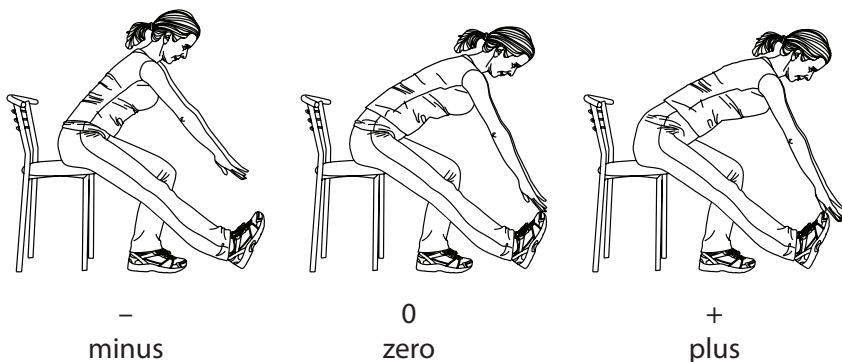
Helpful Information

Back Scratch Test to determine upper body flexibility. Stand and place your right hand over your right shoulder, palm down and fingers extended. Place your other arm around the back of your waist with palm up, reaching as far as possible and trying to touch or overlap extended middle fingers of both hands. Have your partner measure to the closest quarter inch. Use the diagram below as a guide and record your results. Repeat on the other side.

Chair Sit-and-Reach Test to determine lower body (hamstring) flexibility. Sit on the edge of a chair, one leg bent and slightly off to one side, foot flat on the floor. Extend your other leg as straight as possible, heel placed on the floor and foot flexed to 90 degrees. With arms outstretched, hands overlapping and middle fingers even, slowly



bend forward and reach as far as possible toward or past the toes. Use the diagram below as a guide and record your results. Repeat on the other side.



Walk Kansas:

www.walkkansas.org

Physical Activity

Guidelines for Americans: <https://health.gov/paguidelines/guidelines/>

Strength Training

http://workshop.agrability.org/2011/Downloads/Vincent_07.pdf

<http://www.walkkansas.org/activity/strength.html>

“Don’t just sit there!”

<http://www.washingtonpost.com/wp-srv/special/health/sitting/Sitting.pdf>

Flexibility and Stretching

<https://www.uaex.edu/publications/PDF/FSFCS34.pdf>

Source for flexibility tests: Stay Strong Stay Healthy Program and University of Missouri Extension

<http://www.k-state.edu/staystrong/>



We Have an App!

The Walk Kansas app is free and you can download it from the App Store. This is a pilot year so it is available only in iOS format for iPhone and iPad. Watch for the Android version in the future!

You cannot register through the app so wait until your account is set up online first. Then, you can access all of your information and log minutes, etc.

The Walk Kansas app will sync with fitness trackers. However, if you have a Fitbit you will need to download Fitbit to Apple Health Sync (\$5.99) for this data transfer.

Determine Heart Rate by Measuring Your Pulse

As soon as you stop moving your heart rate will slow, so it is important to check your pulse quickly after you complete the 1-mile walk. You can find your pulse at your neck (carotid artery) or wrist (radial artery). Here are the steps:

1. Have a timing device ready, one that shows seconds. You can use a clock or timer with a second hand or use the stopwatch mode on your smartphone.
2. Use two fingers (not your thumb). It is often easiest to find your pulse in the carotid arteries, located either side of your windpipe. Check just beneath your jaw, next to your windpipe.
3. Once you locate your pulse, press lightly and count your pulse for 15 seconds. Multiply this number by 4. Ex: 20 beats for 15 seconds = 80 beats per minute.

K-STATE
Research and Extension
Walk Kansas



Celebrate
healthy living

Ready for Walk Kansas!

Physicians say that if walking were a pill, it would be the most widely prescribed medication. The reason we promote walking is that almost anyone can do it and it is good for your heart. Other types of exercise are beneficial as well, so you can be assured that other types of activity also count toward Walk Kansas minutes!

Physical activity versus exercise — there is a difference. Physical activity is anything that gets a person moving, such as walking to the mailbox. Exercise is moving at a pace that increases your heart rate, such as walking around the block. Walk Kansas promotes both physical activity and exercise. It is also important to move throughout your day, and especially important that you move — at least stand — for several minutes every waking hour.

What counts toward Walk Kansas minutes?

The Walk Kansas program is based on the Physical Activity Guidelines, which promote moderate and vigorous intensity activities. Here are the types of activity you can report as Walk Kansas minutes.

- Moderate exercise/activity — at a level where you can carry on a conversation, but not sing. Report actual minutes of activity. Activities could include: walking briskly, water exercise, bicycling slower than 10 miles/hour, tennis (doubles), ballroom dancing, general gardening.
- Vigorous exercise/activity — at a level where you can talk but not have a conversation. **You can double the actual minutes you perform vigorous activity and report that number.** Vigorous activities could include: racewalking, jogging or running, swimming laps, tennis (singles), aerobic dancing, bicycling 10 miles/hour or faster, jumping rope, heavy gardening, hiking uphill or with a heavy backpack.
- Combination of moderate and vigorous — where you add short bursts of vigorous activity or intervals. Example: Add several 30-second bursts of running or fast walking to your moderate walking pace. Report actual minutes of activity.
- Strengthening exercises — report actual minutes.

If you wear an activity tracker (wrist tracker or pedometer), you can start counting steps after you reach 6,000 steps in a day. Report 15 minutes of activity for every 2,000 steps you take above 6,000.*

**Research tells us that most people will not get more than 6,000 steps in their average day. To be consistent with Walk Kansas goals, we ask you to count only the steps that are above this amount.*

For more explanation about moderate/vigorous activities and using the “talk” test watch [this video](#).



Registration

Please complete and return to your local K-State Research and Extension office.

Name _____

Mailing Address _____

City _____ Zip Code _____ County/District _____

Email _____ Phone _____ Gender Male Female

Team Captain _____ Team Name _____

If this is a work-site team, please specify company/organization _____

Which age range are you in? (Check one)

- Under 5 5 - 12 13 - 17 18 - 24 25 - 34
 35 - 44 45 - 54 55 - 64 65 - 74 75 and over

Which of the following best describes you? (Check one)

- American Indian/Native American Asian Black/African American
 Bi-racial Hispanic or Latino Native Hawaiian/Pacific Islander
 White Other

I wish to participate in the Walk Kansas physical activity program for the purpose of physical fitness. I understand that I should have medical approval from my health care professional if I:

- » have chronic health problems such as heart disease or diabetes.
- » have been told by my doctor that I have high blood pressure.
- » have pains in my heart and/or chest area.
- » have any physical conditions or problems that might require special attention in an exercise program.
- » feel dizzy or have spells of severe dizziness.
- » have a bone or joint condition, such as arthritis, that might be made worse by an exercise I am not accustomed to, or a vigorous exercise program.
- » am a male over age 45 or a female over age 55 AND not accustomed to vigorous exercise.

I agree to accept full responsibility for any injuries I may sustain while participating in this program.

Participant Signature _____ **Date** _____

Parent/Guardian Signature (If under 18) _____ **Date** _____

FOLLOW-UP SURVEY

- I am willing** to participate in a brief follow-up survey 6 months after Walk Kansas.

PUBLICITY RELEASE

- I authorize** K-State Research and Extension to record and photograph my image and/or voice for use in research, educational and promotional programs. I also recognize that these audio, video and image recordings are the property of K-State Research and Extension.
- No, I do not authorize** use of my individual image or voice.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer.

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact the Director of Institutional Equity, Kansas State University, 103 Edwards Hall, Manhattan, KS 66506-0124, (Phone) 785-532-6220; (TTY) 785-532-4807.