

News Column for Use Week of 3/4/2019

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River Valley Extension District

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Join Walk Kansas 2019

Be good to your heart! Get your walking shoes ready. It's time for Walk Kansas: March 17-May 11. Walk Kansas will challenge you to get up and get moving. Recruit a team of four to six people – including yourself. Your team might be family members, coworkers, friends, neighbors, or even part of a faith-based community. One person will serve as a captain, and teams log minutes of activity online or on paper for 8 weeks.

A variety of activities can count towards your Walk Kansas goals. Anything you do for 10 consecutive minutes or more, at a moderate or vigorous intensity, can count, such as stretching and aerobic exercises. Your exercise time is then converted into miles.

Each team decides on one of three challenges they want to participate:

- Challenge 1: Explore the 8 Wonders of Kansas. This will encourage each person to log 2-1/2 hours of moderate/vigorous activity per week.
- Challenge 2: Go Cross County. Begin in the northeast corner of Kansas at Troy and trek diagonally to Elkhart in the southwest corner of Kansas. Each person logs 4 hours a week.
- Challenge 3: Explore the Little Balkans in southeast Kansas and then head to Nicodemus! This requires each person to log 6 hours a week.

Participants receive weekly newsletters containing health and wellness tips, recipes, and motivational messages. Besides keeping track of minutes exercised, participants can also keep track of the number of their fruits and vegetables and water consumed. This is optional to record.

The team captain registers all members online (www.walkkansasonline.org) or you can contact your local River Valley District Office to get a paper enrollment packet, if you prefer.

Individuals can also register, and the Extension Office can connect you with a team.

There is a minimal cost for registration (\$8.00) and a cost for an optional t-shirt, long sleeve shirt, or a baseball shirt. Registration in the River Valley Extension District for Walk Kansas began February 25 and will conclude until March 11th. The cost helps pay for the online program and is very nominal compared to joining a gym.

Heart disease is the leading cause of death for men and women. Regular exercise strengthens your heart muscle, helps your lungs function, and reduces your risk for coronary heart disease. It also reduces your chances of having a heart attack. Participating in Walk Kansas is heart healthy. Joining Walk Kansas will help you and others lead a healthier life. Participants become more active with family and friends, make better nutrition choices, and learn positive ways to deal with stress.

Are you seeking State of Kansas Health Quest credits? Participants can earn four credits by completing Walk Kansas. During Walk Kansas, the River Valley Extension District will be encouraging our staff to take morning and afternoon breaks to walk or do stretching exercises. If you see a note on our door and our office is closed for a short exercise break, understand that we are trying to walk the talk. Take an exercise break. Contact your local River Valley District Extension Office in Belleville (785-527-5084), Clay Center (785-632-5335), Concordia (785-

243-8185), or Washington (785-325-2121) for more information about Walk Kansas. Get ready, get set, and register for Walk Kansas.

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