

It's Time for Walk Kansas

It's time to sign up and register for Walk Kansas 2019 – time to jump from the couch and get moving. This health and wellness program, sponsored by K-State Research & Extension, starts March 17th and continues through May 11th. Registration in the River Valley Extension District begins February 25th and will continue through March 11th.

Want to feel better and have more energy? Recruit a Walk Kansas team of four to six people, including yourself. Your team might be family members, co-workers, friends, neighbors, members of a club you belong, or part of a faith-based community. Ask one person to serve as the team captain. Teams log minutes of activity online or on paper for eight weeks. A variety of activities count toward Walk Kansas goals. Anything you do for 10 consecutive minutes or more, at a moderate or a vigorous intensity can count, such as stretching and aerobic exercise. Your exercise time is converted to miles. Each team decides on one of three challenges they want to tackle over the eight weeks.

- 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. The team captain registers all members online, or you can contact your local River Valley District Office to get a paper enrollment packet. Individuals can register and the Extension Office can connect you with a team. Participants pay a minimal registration fee to help pay for the weekly newsletters and online program. The cost is very minimal compared to joining a gym. Participants wanting a t-shirt, baseball t-shirt, or long sleeve shirt pay an additional fee.

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.

Walk Kansas is also heart healthy. One of your best walking buddies has four legs and a wagging tail – your dog will be happy to join you on a one hour walk.

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 the door and our office is closed for a short exercise break, understand we are trying to walk the talk. Take an exercise break!

If you have any questions about Walk Kansas, please contact Sonia Cooper by emailing srcooper@ksu.edu or by calling 785-325-2121.