

News Release for Immediate Use or Next Issue
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Walk Kansas 2020

Get your walking shoes on. It's time for Walk Kansas 2020. 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 or physical ability. Another fantastic thing about exercise – it's fun! Get a team together and join Walk Kansas, a health initiative presented by K-State Research and Extension.

The 2020 Walk Kansas dates are set for March 15 thru May 9. 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 vigorous intensity, can count, such as stretching and aerobic exercise.

Your team might be family members, coworkers, friends, neighbors or part of a faith-based community. One person needs to serve as captain. Each participant receives a newsletter. This year the newsletters you receive as a participant in Walk Kansas will introduce you to the Mediterranean eating style, share ways you can lower personal stress, and help you focus on your sense of purpose. There is a minimal cost for Walk Kansas registration. An optional t-shirt or long sleeve shirt is an additional cost.

Participants become more active with family and friends and the social connections provide support for healthy living. You can register your team online or pick up a packet at your local River Valley District Extension Office. Contact the Belleville Office (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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