

Walk Kansas

*celebrate
healthy living*

April 3 – May 28, 2016

Sunflower Extension

Grab your walking shoes and let's go!

It is time to kick off Walk Kansas 2016! The program has a new look and a new website. While the program goals and design are very similar to previous years, there are a few changes. Here are highlights:

Three Challenges

Each team will choose a challenge to work toward:

Challenge 1: Walk across the state (2 ½ hrs of activity per person/week)

Challenge 2: Walk a winding diagonal trail from Troy to Elkhart (4 hrs of activity per person/week) – **this is a new challenge!**

Challenge 3: Walk the perimeter (6 hrs of activity per person/week)

What counts toward Walk Kansas minutes?

While it is human nature to try and make any and every activity you are doing count toward Walk Kansas minutes, the goal of this program is specific. Count **only the minutes of activity** that:

- are moderate or vigorous intensity – at a level where you can just barely carry on a conversation or say a few words.
- are done for a minimum of 10 consecutive minutes.
- are aerobic activities (like walking) AND strengthening exercises.

New this year: If you wear a fitness tracker/pedometer, you can report steps **after you reach 6,000 steps** in a day. Report 15 minutes of activity for 2,000 steps (after 6,000). You decide which method of reporting works best for you – steps OR minutes of activity.

Goals of this program are based on the Physical Activity Guidelines for Americans.

Take the first step – registration

To register online:

If you already have a team, wait for your team captain to start the online registration process. You will receive a message by email inviting you to join Walk Kansas and complete online registration. The team will be identified by your captain's name at first. After the team is signed up the captain can add the name your team chooses.

Don't have a team yet? You can register online as an individual. Go to www.walkkansas.org and click on "My Walk Kansas"; then click the yellow *Register* box. Complete the required personal information. When it asks if you are a team captain or individual, click *Individual*. Authorize the responsibility agreement; and place an order through the Walk Kansas Store, (optional). Note that orders are not placed or

Registration will start on Monday, March 7, 2016 and will end on April 1, 2016. So get your team together, go online and register.

Please send your checks payable Sunflower Extension District to the:

Sunflower Dist. Extension
Office - Sherman Co.
813 Broadway, Rm 301
Goodland, KS 67735

For more information, please contact your local extension office.

Cheyenne Co. 785-332-3171
Sherman Co. 785-890-4880
Wallace Co. 785-852-4285



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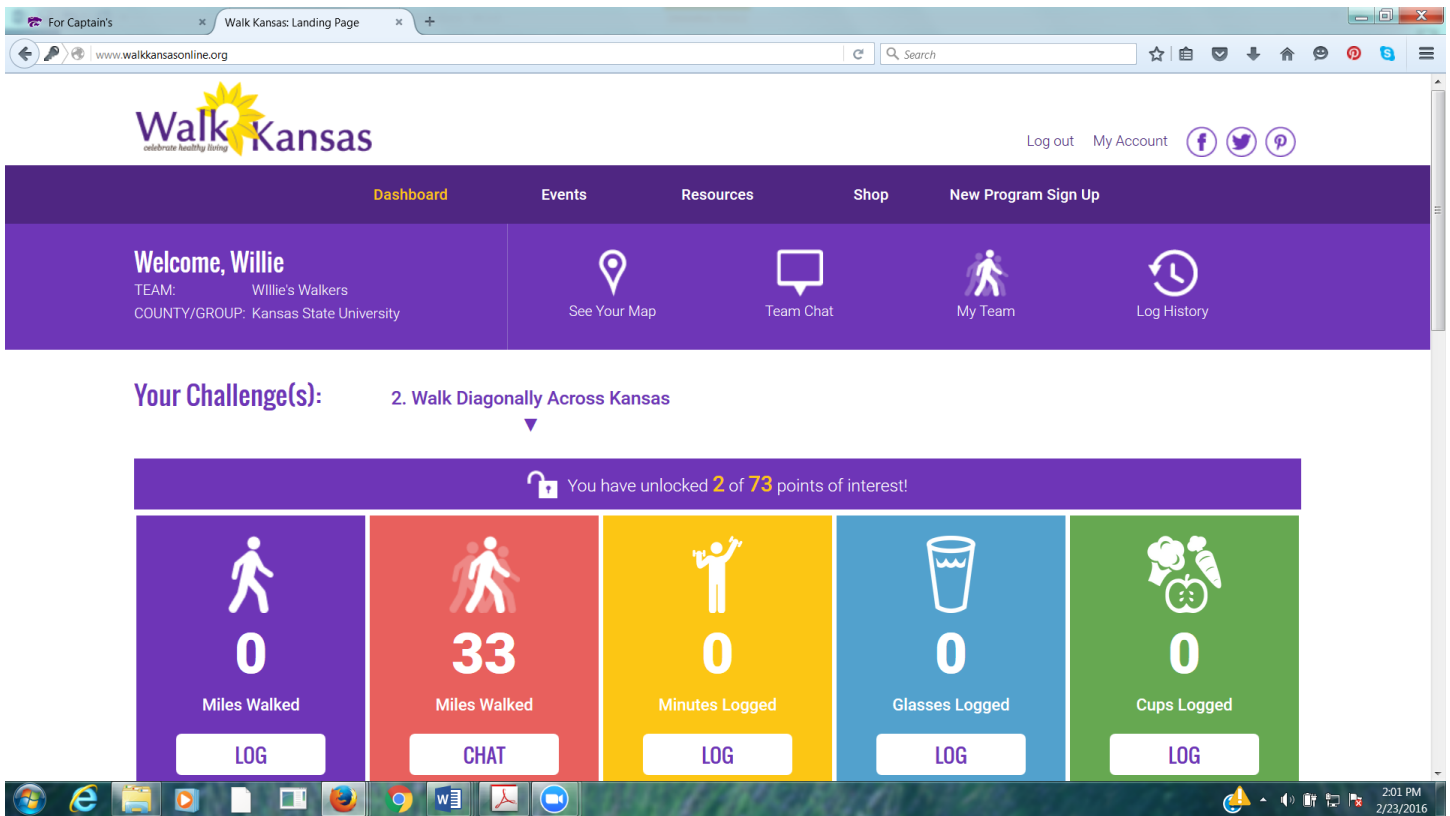
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finalized until payment is received. Extension Office staff will assist you in finding a team with similar goals.

Reporting/logging online:

The online system will be ready for you to use beginning April 3. When you log into your account, you will see a screen similar to this:



The purple horizontal “welcome” bar takes you to the map (to see team progress); a place to “chat” with your team; “My Team” where all of your team members are listed; and “Log History” where you can view what you have logged to date. You and your team members will log minutes of activity (aerobic and strengthening) which automatically convert to miles walked in the system. Log cups of fruits and vegetables as well. You can also keep track of water consumption (optional).

This system will convert minutes of walking/aerobic activity (see the Walk Tall, Walk Strong Activity Guide for instructions on what type of activity to report) into minutes (15 minutes = 1 mile). It will also convert the minutes of strengthening exercises (yellow box) that you log into activity minutes. These totals are instantly added to your log and your team total in the red box.