

Walk Kansas in Your Community

JOIN THE WALK KANSAS 5K FOR THE FIGHT RUN/WALK ON MAY 6, 2017!

Did you know?

- Less than 1/2 of Kansas adults meet minimum recommendations for physical activity.
- Just 19% of Kansans eat enough fruits and vegetables.
- Chronic disease, including obesity, is responsible for more than 70% of health care costs.

By practicing healthy lifestyle choices you can delay or prevent chronic disease, and symptoms of illness can be managed better. According to the Partnership to Fight Chronic Disease: If Americans were to stop smoking, exercise regularly, and eat well, they could prevent up to 80% of heart disease and stroke, 80% of type 2 diabetes and 40% of cancers.

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KANSAS STATE UNIVERSITY WALK KANSAS

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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Research and Extension

Walk Kansas



March 19 - May 13, 2017

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

www.WalkKansas.org
#WalkKansas

Walk Kansas 2017

March 19 - May 13

Welcome to Walk Kansas, a health initiative presented by K-State Research and Extension. Walk Kansas is a team-based program that will inspire you to lead a healthier life by being more active, making better nutrition choices, and learning positive ways to deal with stress.

We motivated each other to keep tracking, even though it is easier just to get home from the office and take a seat at the couch. Doing it for our health!



How Walk Kansas Works

Teams of 6, with a captain, log minutes of activity for 8 weeks. Each team selects one of three challenges they will collectively work towards. In order to accomplish the challenge, each person will have a personal goal. In addition to physical activity, participants will report the amount of fruits/vegetables they eat.

Program participants will receive weekly newsletters and motivational messages that focus on healthful lifestyle habits. Some local Walk Kansas programs offer classes, group activities, kick-off and celebration events, and more. Go to www.walkkansas.org to find your local Extension Office and learn about Walk Kansas in your community.

Physical Activity Guidelines

The U.S. Department of Health and Human Services recommends at least 150 minutes of moderate and/or vigorous intensity activity/week. **Moderate intensity activity** is a level where you can barely talk, but not sing. Moderate is about 100 steps per minute. If you can only say a few words without stopping to catch your breath, you are working at **vigorous intensity**. A combination of moderate and vigorous activity is good.

Muscle strengthening activities are recommended at least 2 days per week. By working all major muscle groups, you can prevent muscle loss, increase strength and increase bone density.

Team Challenges

Each team will select one of these challenges. As your team moves across or around the state, you will learn about points of interest in Kansas by viewing progress of your team on the online map.

Challenge 1) Each person reaches the minimum goal for physical activity – 2½ hours of moderate/vigorous activity per week. Collectively, the team would walk 423 miles – the distance across the state.



Challenge 2) Take a meandering trek diagonally across the state from Troy to Elkhart. Each person logs 4 hours of activity per week which would take the team 750 miles.

Challenge 3) Walk the perimeter of Kansas – 1200 miles -- with each person logging 6 hours of moderate/vigorous activity per week.

What activities count toward Walk Kansas minutes?

You can report all activity you do at a moderate and vigorous level, as long as the activity is performed for at least 10 consecutive minutes. You can also include minutes you spend doing strengthening exercises.

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.



Healthy Eating Makes a Difference

Healthy eating, including beverage choices, plays a key role in helping you achieve and maintain good

health and in reducing the risk of chronic disease throughout your life.

As a Walk Kansas participant, you will be asked to report the amount of fruits and vegetables you eat each

week. Healthy eating guidelines, tips and recipes will be available through the weekly newsletter and on the Walk Kansas website. Information provided is from the 2015-2020 Dietary Guidelines for Americans and the American Institute for Cancer Research (AICR).

