

FOR IMMEDIATE RELEASE

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## **WildWind 5K Walk/Run April 1**

Walk Kansas begins March 26 and continues through May 20, 2023. As part of this annual event the Southwind and Wildcat Extension Districts will hold their annual 5K Walk/Run Kickoff event on April 1<sup>st</sup> at 8am. This is a fun way for participants to jump start their efforts.

The 5K Walk/Run event started last year as the result of efforts to help support participants and for staff to share their excitement about Walk Kansas. The 5K event will be held in two locations, Pittsburg and Chanute, and will begin at 8a.m.

The Center for Disease Control and Prevention recommends 150 minutes of moderate to vigorous physical activity every week. There are many advantages to being active. Immediate results can be seen in better sleep, reduced anxiety and lowered blood pressure. Long term results include brain health, heart health, cancer prevention, healthy weight, bone strength, balance and coordination.

The Wildcat District will host this event at The Farmers Market Pavilion located at 119 East 11st Street in Pittsburg. To register or receive more information about the event, call 620-331-2690. The Southwind District will host this event at the Neosho County Community College Student Union located at 800 West 14<sup>th</sup> Street in Chanute. Call 620-365-2242 for more information about this location.

Registration for the 5K will include a t-shirt (size guaranteed if registered by March 15), Walk Kansas Registration and a jump start to tracking your minutes walked. Join in the WildWind 5K and get on track for better health.

The Wildcat and Southwind Extension Districts look forward to having you join us for this fun event. Registration for the 5K Walk/Run is open at <https://bit.ly/wildwindwalkrun>. Registration for Walk Kansas is open at <https://www.walkkansasonline.org>.

For more information about other topics related to nutrition, food safety or health please contact Holly Miner, Nutrition, Food Safety and Health Agent, [haminer@ksu.edu](mailto:haminer@ksu.edu), or by calling 620-331-2690.

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