



K-State Extension Connection

Staying Active...What's Your Move?

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Walk Kansas, K-State Research and Extension's eight week healthy living challenge ended on May 11, but we are still encouraging everyone to keep up an active lifestyle. Being physically active is one of the best things you can do for your health, and it doesn't have to be hard or involve the gym, and it CAN fit into your busy schedule.



Following are some ideas to help you get motivated and fit more physical activity into your routine:

Get Social.

Get active with your friends instead of just going out to eat. Go for a hike, walk around the mall, or play an exercise-themed video game.

Move more at work.

Fit more activity into the work day by standing during phone calls. Use a printer farther from your desk, have walking meetings, and get up to stretch each hour.

Do something new.

Develop a new skill to kick-start your motivation. Sign up for a class to learn how to line dance, do Zumba, or play a sport.

Get stuff done.

Make the most of busy days of household chores and everyday tasks. Step up your house cleaning routine, make yardwork a workout, park further away when shopping and running errands.

Keep cool in the pool.

Don't like to sweat? Hit the local community pool for a swim, water polo, or water aerobics class to stay cool while exercising.

Make a plan to stay on track.

Set your own weekly goals, choose the activities you want to do, and get personalized tips to help you stay motivated using the planning tool located at:

<https://health.gov/MoveYourWay/Activity-Planner/>. When you're done, print your plan or share it with friends and family. **So make your plan — and then get moving!**

Additional resources are also available at: <https://health.gov/moveyourway/>. The Move Your Way tools, videos, and fact sheets on this page can help make it easier to get a little more active. And small changes can add up to big health benefits!

No matter who you are, you can find safe, fun ways to get active — to move your way. So, what's your move?

Find more information about these topics and others, by contacting the Wildcat Extension District offices at: Crawford County, 620-724-8233; Labette County, 620-784-5337; Montgomery County, 620-331-2690; Wilson County, 620-378-2167. Wildcat District Extension is on the Web at <http://www.wildcatdistrict.ksu.edu>. Or, like our Facebook page at www.facebook.com/wildcat.extension.district.

For more information, contact Barbara Ames, Family and Consumers Sciences Agent, bames@ksu.edu, (620)331-2690.

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