

FOR IMMEDIATE RELEASE

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Walk Kansas is back for 2026!

Kansas State University Extension is proud to announce the return of Walk Kansas for its 26th year. Walk Kansas is an eight-week health initiative that promotes active lifestyles and well-being among Kansans and participants worldwide. The 2026 program runs from **March 22 to May 16**, with **registration open from March 1st through March 31st**; a **\$10 registration fee** is due at the time of registration.

Walk Kansas is a team-based challenge that encourages individuals to engage in regular physical activity, whether walking, jogging, cycling, swimming, or any preferred form of exercise. Each participant commits to at least 150 minutes of moderate-intensity exercise per week, aligning with health guidelines from the U.S. Centers for Disease Control and Prevention. There is also an option to participate in Walk Kansas as an individual!

Participants will have access to an online system to track their exercise minutes and monitor fruit, vegetable, and water intake. The program also offers weekly newsletters and webinars covering topics such as chronic disease prevention, stress management, and safety tips.

The small daily steps add up to big changes over time! Many have used this challenge as a starting point to get into movement most, if not all, days of the week. Walking is one of the most underrated forms of exercise for a person's overall health and well-being.

So, head out solo or find a friend and log some steps!

For more information and to register, visit www.walkkansas.org or contact either our Girard or Independence office.

- Girard Office: (620) 724-8233
- Independence Office: (620) 331-2690

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