

# Walk Kansas

Commit to the well-being of your employees and your business by making Walk Kansas, an eight-week physical activity program part of your employee wellness program!



Visit [walkkansas.org](http://walkkansas.org)  
or scan below



Holly Miner



410 Peter Pan Road  
Independence, KS



(620) 331 - 2690



[haminer@ksu.edu](mailto:haminer@ksu.edu)



**K-STATE**  
Research and Extension

Wildcat District

## MARCH 26 - MAY 20

### HOW CAN YOUR BUSINESS PARTICIPATE?

- sponsor your employees in Walk Kansas
- encourage your employees to enroll
- enhance participation through in-house activities or competitions

### INVESTMENT RETURN CHARACTERISTICS OF AN EMPLOYEE WELLNESS PROGRAM:

- improved productivity
- lower employee turnover
- reduces absenteeism
- reduces workers' compensation costs
- decreases work related stress
- decreases employee presenteeism
- enhances morale and teamwork
- creates a culture of health

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Director of K-State Research and Extension, Kansas State University, County Extension Councils, Extension Districts.

# Walk Kansas

Commit to the well-being of your employees and your business by making Walk Kansas, an eight-week physical activity program part of your employee wellness program!



Visit [walkkansas.org](http://walkkansas.org)  
or scan below



## HOW CAN YOUR BUSINESS PARTICIPATE?

- ▶ sponsor your employees in Walk Kansas
- ▶ encourage your employees to enroll
- ▶ enhance participation through in-house activities or competitions

## INVESTMENT RETURN CHARACTERISTICS OF AN EMPLOYEE WELLNESS PROGRAM:

- ▶ improved productivity
- ▶ lower employee turnover
- ▶ reduces absenteeism
- ▶ reduces workers' compensation costs
- ▶ decreases work related stress
- ▶ decreases employee presenteeism
- ▶ enhances morale and teamwork
- ▶ creates a culture of health

**K-STATE** | Walk Kansas  
Research and Extension



**K-STATE**  
Research and Extension  
Wildcat District

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Director of K-State Research and Extension, Kansas State University, County Extension Councils, Extension Districts.