



WALK KANSAS

March 31 - May 25, 2024

K-STATE
Research and Extension

Let the fun begin! Participant information:

It's time to dust off those walking shoes!! Walk Kansas is set to begin March 31. This is Walk Kansas #24. We are so glad you are joining us this year!!

Join a team or go solo:

Walk Kansas is primarily a team-based program, meaning that you are part of a 4-6 member team that selects a goal and then supports each other during the 8-week program. You also have the option to participate "solo" if you prefer to not be on a team.

Each team will **select a goal** or challenge to work toward from these options:

- 1) Discover the *8 Wonders of Kansas!*** This journey requires each person to get 2.5 hrs of moderate activity per week.
- 2) Follow *US Route 56!*** This trail actually begins in New Mexico, but it won't take you long to reach Kansas and then trek across the state. Requires 3.3 hrs of activity per week.
- 3) Go *Cross Country*** from the NE to the SE corners of Kansas, requiring 4 hrs of activity per person/week.
- 4) *Little Balkans to Nicodemus*** is the longest trail and requires 6 hrs per person/week to complete.

The ***Purple Power Trail*** is the solo option, beginning in Manhattan – home of Kansas State University!! All trails unlock interesting waypoints along the way giving you a glimpse into Kansas history and attractions!

During Walk Kansas, you will log minutes of moderate activity OR total steps/day which the online system converts to Walk Kansas miles (15 minutes/2,000 steps = 1 mile.) **Read the Activity Guide**, page 4, for more detailed information on reporting.

Ready to take the first step?

Register online at www.walkkansas.org

If you have a team, wait for your captain to start team registration online. You will receive a message by email (check clutter/spam folders also) asking you to complete registration and give your consent to participate. Your captain will be responsible for paying fees for the entire team so make sure you reimburse your captain for your \$10 reg fee.

Reminders and dates:

March 4: Registration Opens

After you register: Complete the walking and flexibility tests described in the Activity Guide.

March 31: Here we go!! Start logging physical activity minutes/steps, strengthening exercises; fruits/veg, and water.

April 5: Registration closes

March 29 and April 19: Order dates for Walk Kansas apparel. www.shopwalkkansas.com

April 10: "The Science of Happiness" webinar. Watch your newsletter for more webinar dates and topics!!

May 25: Walk Kansas wraps up for 2024! Complete Post walking and flexibility tests, and a program evaluation.

Walk Kansas Website:
www.walkkansas.org



If you don't have a team, and would like to join one, go online and register as an "individual." The Extension office will connect you with a team that has similar goals. If you prefer to go solo (not on a team) select the "Solo Team" option.

Walk Kansas Webinars: Our first webinar, "The Science of Happiness" includes emphasis on how regular physical activity supports physical, mental and emotional health. Details on additional webinars will be highlighted in WK newsletters and posted in the "Events" section of your portal.

Med Instead of Meds – a series of 6 webinars recorded from 2023. Links and resources are in your portal. The series focuses on the 7 Simple Steps to eating the Med Way. Each session explores 1-2 steps, a mindfulness skill, and features Med Way recipes from medinsteadofmeds.com

Eating the Med Way includes lots of fruits and veggies! In addition to logging minutes/steps of physical activity, we encourage you to track cups of fruits and veggies you eat each day. You'll find resources, recipes and helpful articles in the weekly Walk Kansas newsletter to help you boost your fruit/veggie consumption! If you wish, you can also track the water you drink each day.

Show your Walk Kansas pride with t-shirts and more!

You can purchase t-shirts, hoodies, long-sleeved tees, and a ½ zip at: www.shopwalkkansas.com. Go directly to this website or login to your portal and click "shop" on the top purple bar. **Note the dates to place orders.** T-shirt color options are Raspberry Heather, Navy Heather, and Purple Heather. (Note: Some items are available in navy only)



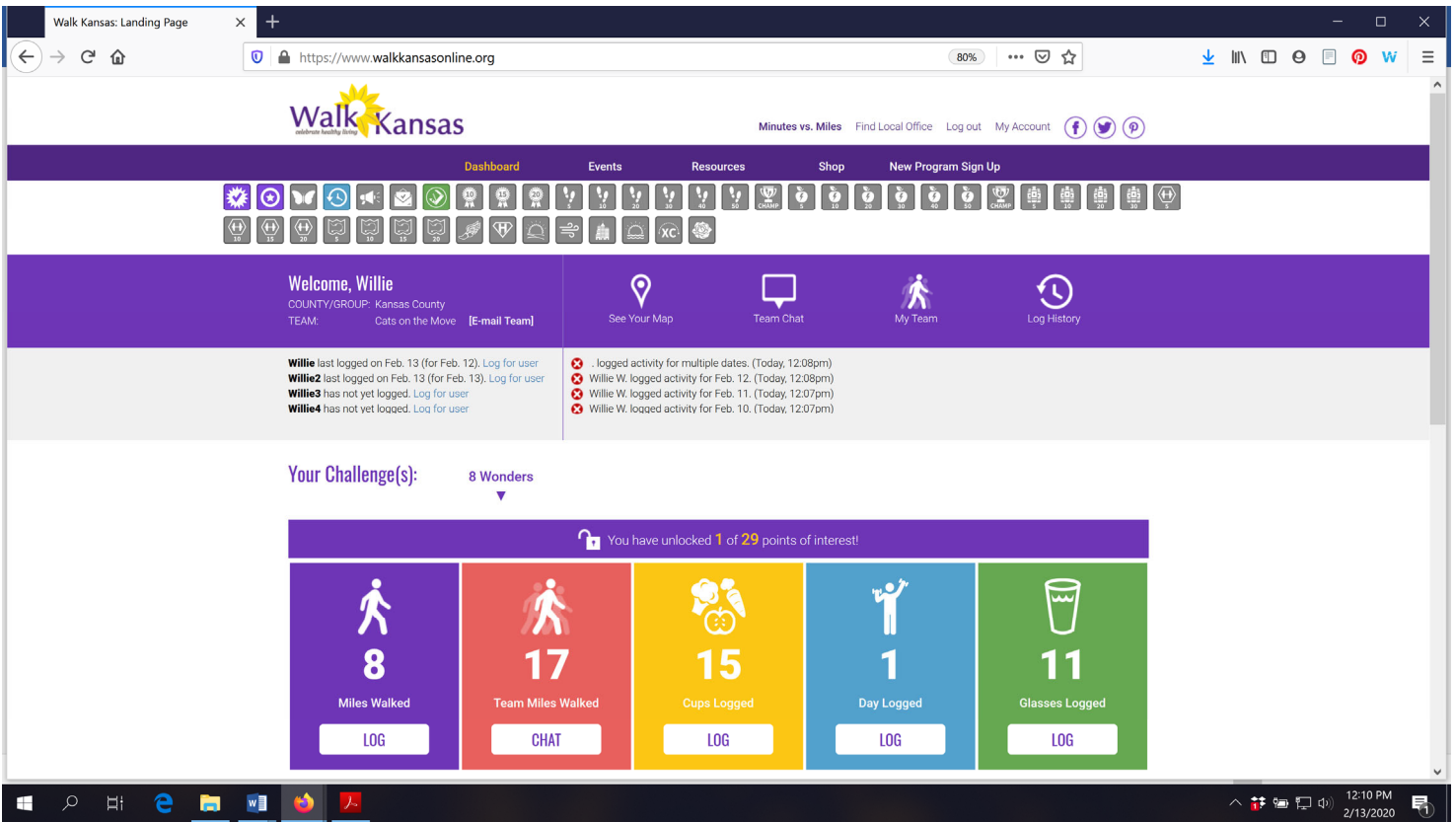
Participant Checklist – Make sure you are ready for Walk Kansas!!

- Connect with your team** – get to know those that are not familiar to you (if any)
- Read the [Activity Guide](#)** and check page 4 for more information on reporting minutes/steps.
- Complete the Fitness "Pre" test.** This can be a fun activity to do with a friend/team! (Repeat this again after Walk Kansas and compare.)
- Become familiar** with the online portal and "chat" with your team!
- Plan to join our webinars!** The first is April 10 at 12:10 p.m. Check your portal and the newsletter for the link.
- Make sure you **reimburse** your captain for the \$10 registration fee.
- If you are on Facebook, **like** *Kansas State University Walk Kansas*, and a local WK group if available.

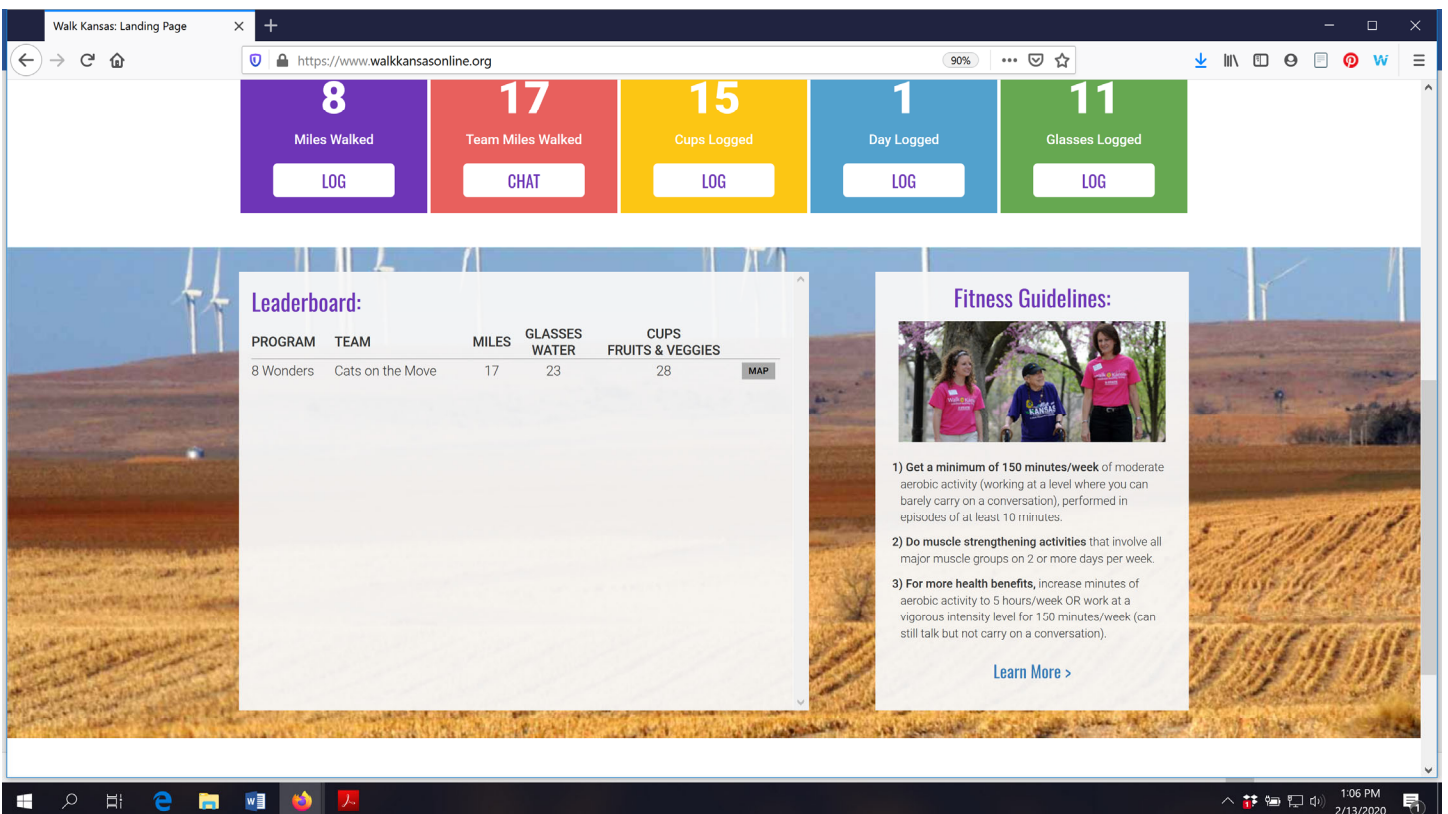
Ready, Set, Go!! Report/Log online – begin March 31:

Once your team is ready to go, you will see this "Dashboard" (graphic on the next page) where you log minutes, etc., and chat with your team. You will not be able to log before March 31. **Along the top horizontal purple bar:** Click on "Events" to see what is happening in your community; "Resources" is where you will find program newsletters and other information; **"Shop" is where you can purchase apparel.**

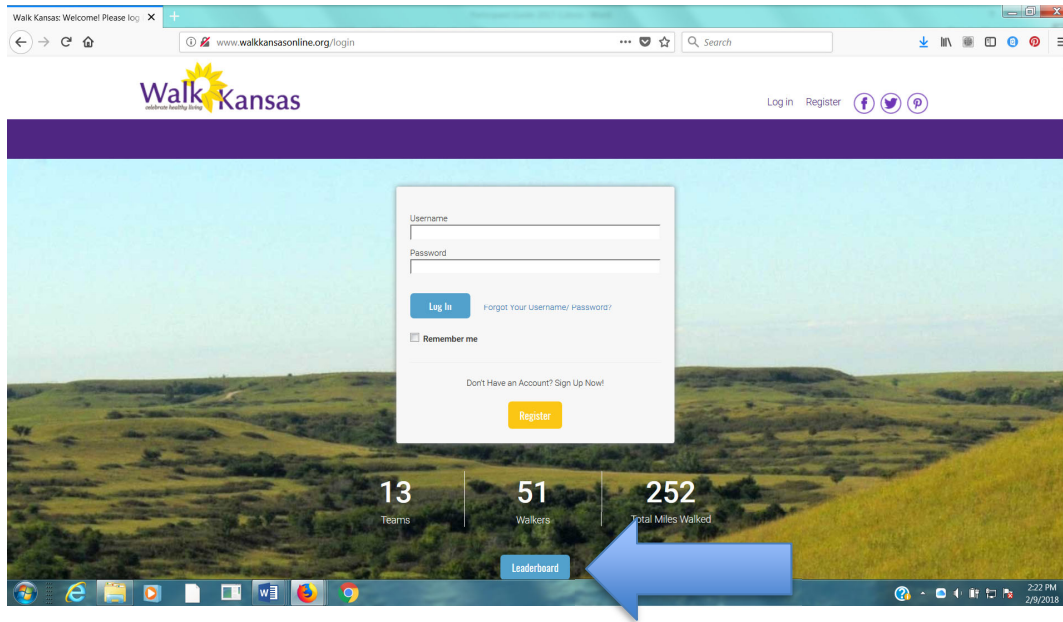
On the bottom purple bar -- See your welcome message, team name, and group (county). After you enter your activity minutes or daily steps (*the system automatically converts your minutes and steps into miles*), click on the "See Your Map" icon to find your challenge trail displayed. Here you will unlock points of interest and learn more about our great state. Click "Team Chat" to communicate with team members and check just under the purple bar for posts from your chat group. "My Team" shows all your team-mates and "Log History" shows what you have logged for activity, f/v, etc. **Earn badges** along the way for activity, logging, reading, and more!!



If you scroll down the page, you will see a white "Leaderboard" box. This is where other teams from your community will appear along with their progress.



You can see how all teams in your community and across Kansas are doing by going to the “Leaderboard” located on the login page, www.walkkansasonline.org. Click on the **blue Leaderboard box** at the bottom of this screen.



Remember, the best Walk Kansas activity is the one you will actually do!! Find an activity you enjoy and make it a habit – have a fantastic Walk Kansas this year!!!



Join Walk Kansas to move more, eat better, and sleep well!!!

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