



*celebrate
healthy living*

March 19 – May 13, 2017

Grab your gear – it's time for Walk Kansas!

It matters to your health ---- what you eat...that you move throughout the day...that you get moderate to vigorous activity regularly to keep your heart healthy...that you manage stress well and get enough rest. These are cornerstones for a healthy lifestyle and things we will focus on during the 8 weeks of Walk Kansas.

This is a team-based program, meaning that you are part of a 6-member team and together you will select a goal (challenge) to work toward. Here are the options:

Challenge 1: Walk across the state (2 ½ hrs of moderate activity per person/week)

Challenge 2: Walk a winding diagonal trail from Troy to Elkhart (4 hrs of activity per person/week)

Challenge 3: Walk the perimeter of the state (6 hrs of activity per person/week)

Each person logs minutes of moderate/vigorous activity and these are converted to Walk Kansas miles (15 minute = 1 mile) on the website.

What counts toward Walk Kansas minutes?

Movement throughout your day is important. For this program, however, we specify the types of activity to report as Walk Kansas minutes (based on the Physical Activity Guidelines for Americans.) Count only the minutes of activity that:

- are moderate or vigorous intensity – at a level where you can just barely carry on a conversation or say a few words.
- are done for a minimum of 10 consecutive minutes.
- are aerobic activities (like walking) AND strengthening exercises.

If you wear a fitness tracker: You can report steps after you reach 6,000 that day. Report 15 minutes of activity for 2,000 steps (after 6,000). You decide which method of reporting works best for you – steps OR minutes of activity. Do not report both.

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K-STATE
Research and Extension

Walk Kansas

Kansas State University Agricultural Experiment
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K-State Research and Extension is an equal
opportunity provider and employer.

Take the first step – register for Walk Kansas!

To register online at www.walkkansasonline.org:

If you already have a team, wait for your captain to register the team online. You will receive a message by email asking you to complete registration by giving 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 registration fee (and t-shirt, if appropriate).

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.

Register with paper forms:

Complete the registration form provided by your captain. Return it, along with payment for the program fee (\$8) and t-shirt (optional) to your captain. You can log minutes of activity and fruit/vegetable consumption on a paper or electronic log, or you can log online at www.walkkansasonline.org.

Report/Log online:

The online system will be ready for you to use beginning March 19. When you log into your account, you will see a screen similar to this:

The screenshot shows the Walk Kansas online dashboard. At the top, there's a navigation bar with links for Dashboard, Events, Resources, Shop, and New Program Sign Up. Below this, a purple horizontal bar displays the user's name 'Welcome, Willie', their team 'Willie Wildcat's Team', and their county/group 'Z - KSRE'. To the right of this bar are icons for 'See Your Map', 'Team Chat', 'My Team', and 'Log History'. Below the purple bar, the 'Your Challenge(s):' section shows '2. Walk Diagonally Across Kansas'. A purple box indicates 'You have unlocked 1 of 73 points of interest!'. Below this, there are five colored boxes representing different metrics: Miles Walked (purple), Team Miles Walked (red), Days Logged (yellow), Glasses Logged (blue), and Cups Logged (green). Each box shows a '0' and a 'LOG' button. The bottom of the screenshot shows a Windows taskbar with various application icons and a system clock indicating 1:56 PM on 2/16/2017.

The purple horizontal “welcome” bar takes you to the map (to see team progress and learn more about the destination points on your trail and some Kansas history); a place to “chat” with your team; and you can view your “log history.” On the very top of the bar, there are links to *Events*, *Resources* and you can *Shop* for Walk Kansas merchandise.

You and your teammates will log minutes of moderate/vigorous activity (at least 10 consecutive minutes) into the system and it converts to miles (15 min = 1 mile) which will display in the purple box as miles. Total team miles will show in the red box. Check the days you do strengthening exercises in the yellow box; log water in the blue box (optional) and cups of fruits/veggies in the green one.