

# Walk Kansas

*celebrate  
healthy living*

March 17 – May 11, 2019

Participant Guide

## Move YOUR Way!

What is one of the best things you can do for your body, mind and spirit? You guessed it – move your way, every day!! K-State Research and Extension (KSRE) is pleased to offer this health initiative designed to help you move more, eat better and live life to the fullest. Regular exercise can help you live longer, maintain a healthy weight, reduce your risk of developing some cancers, reduce your risk of heart disease and stroke, reduce diabetes risk, boost your brain power, improve your mood and relieve stress. Wow – there isn't a pill that can offer all of those benefits!!

Walk Kansas 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 during the 8 weeks. Here are the options for your team.

**Challenge 1:** Discover the *8 Wonders of Kansas*! This journey requires each person to get 2 ½ hours of moderate activity per week.

**Challenge 2:** Go *Cross Country* from Troy (NE) to Elkhart (SW), which requires 4 hours of activity per person/week.

**Challenge 3:** *Little Balkans to Nicodemus* – a trail that takes you through SE Kansas and then up to Nicodemus with interesting stops along the way. This requires 6 hours of activity per person/week.

Each person logs minutes of moderate or vigorous activity and these are converted to Walk Kansas miles (15 minute = 1 mile) on the website. For a complete description of activities that count for Walk Kansas and how to report minutes, check your [Activity Guide](#).

## Take the first step – register for Walk Kansas!

To register online at [www.walkkansasonline.org](http://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 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 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 and t-shirt (optional) to your captain. You can log minutes of activity and fruit/vegetable consumption on a paper or you can log online at [www.walkkansasonline.org](http://www.walkkansasonline.org).

## Frontier Extension District

### Garnett Office

411 S Oak, PO Box 423  
Garnett, KS 66032  
785.448.6826

### Lyndon Office

128 W. 15<sup>th</sup>, PO Box 400  
Lyndon, KS 66451  
785.828.4438

### Ottawa Office

1418 S Main, Suite 2  
Ottawa, KS 66067  
785.229.3520

[frontierdistrict.ksu.edu](http://frontierdistrict.ksu.edu)

**K-STATE**  
Research and Extension

Walk Kansas

Kansas State University Agricultural Experiment  
Station and Cooperative Extension Service

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opportunity provider and employer.

## Healthy Eating is Important

Here is a sobering statistic – according to the Centers for Disease Control and Prevention (CDC), only 10% of Kansans eat enough fruits and vegetables. While recommendations vary based on age and gender, most adults need 1½-2 cups of fruit and 2-3 cups of vegetables each day. We ask you to log the cups of fruits/veggies you eat daily as a way to help you increase that amount and we know that fruit and vegetable consumption in Kansas increases during this program! Our goal is to help you make this a lifestyle habit. Check your newsletter each week for tips on increasing your fruits and veggies plus other healthy eating strategies – including a tasty recipe!

## Report/Log online:

Once your team is “ready” (everyone has added user information, consented and all fees are paid) you will see a screen like this when you log in. This is your “Dashboard” where you log minutes, fruit and vegetable consumption, and chat with your team. **Along the top of the 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; and “Shop” is where you can purchase merchandise, including t-shirts. **Please note that the shop will only be open the first two weeks of Walk Kansas.**

**Also on the purple bar --** See your welcome message, your team name, and the group (county) where you are participating. After you enter your activity minutes (*the system automatically converts your minutes into miles*), click on the “See Your Map” icon to find a map of Kansas with your challenge trail displayed. This is where you will unlock points of interest along the trail and learn more about our great state. Click “Team Chat” to communicate with team members. You will also see – just under the purple bar – when someone has posted to your chat group. “My Team” shows all of your teammates and “Log History” shows what you have logged for activity, fruit and vegetables, etc.

**To log your progress:** In the **purple box**, log your minutes of activity – the system will calculate into miles. (Read the [Activity Guide](#) to know what counts); the **red box** displays the total miles your team has walked and this also takes you to the “team chat” page; if you do strengthening exercises that day, click “log” in the **yellow box**; the **blue box** is where you can log the number of 8 oz. glasses of water you drink (optional); and record cups of fruits/veggies in the **green box**.

The screenshot shows the 'Walk Kansas' online dashboard in a web browser. The browser address bar shows 'https://www.walkkansasonline.org'. The page has a purple header with the 'Walk Kansas' logo and navigation links: 'Minutes vs. Miles', 'Find Local Office', 'Log out', 'My Account', and social media icons. Below the header is a navigation bar with 'Dashboard', 'Events', 'Resources', 'Shop', and 'New Program Sign Up'. The main content area is divided into two columns. The left column has a 'Welcome, Willie' message, 'COUNTY/GROUP: Kansas County', 'TEAM: Cats on the Move', and '[E-mail Team]'. It also lists recent logins for Willie, Wildcat, and another user. The right column has four icons: 'See Your Map', 'Team Chat', 'My Team', and 'Log History'. Below these icons is a list of recent activity logs. At the bottom, there is a 'Your Challenge(s): 8 Wonders' section with a dropdown arrow. Below that is a row of five colored boxes representing different challenges: 'Miles Walked' (purple, 3), 'Team Miles Walked' (red, 7), 'Day Logged' (yellow, 1), 'Glasses Logged' (blue, 4), and 'Cups Logged' (green, 6). Each box has a 'LOG' button. Above these boxes is a purple banner that says 'You have unlocked 1 of 29 points of interest!'. The Windows taskbar is visible at the bottom of the screen.

Walk Kansas: Landing Page x +  
https://www.walkkansasonline.org 90%  
Walk Kansas celebrate healthy living  
Minutes vs. Miles Find Local Office Log out My Account f t p  
Dashboard Events Resources Shop New Program Sign Up  
Welcome, Willie  
COUNTY/GROUP: Kansas County  
TEAM: Cats on the Move [E-mail Team]  
Willie last logged on Feb. 4 (for Feb. 4). Log for user  
Wildcat last logged on Feb. 4 (for Feb. 3). Log for user  
Wildcat has not yet logged. Log for user  
Wildcat has not yet logged. Log for user  
Willie W. posted to the team chat. (Today, 4:23pm)  
Willie W. logged activity for Feb. 3. (Today, 4:23pm)  
Willie W. logged activity for Feb. 4. (Today, 4:23pm)  
Your Challenge(s): 8 Wonders  
You have unlocked 1 of 29 points of interest!  
3 Miles Walked LOG  
7 Team Miles Walked CHAT  
1 Day Logged LOG  
4 Glasses Logged LOG  
6 Cups Logged LOG  
Type here to search 4:27 PM 2/4/2019

If you scroll down the page, you will see a white “Leaderboard” box. This is where other teams from your community, that chose the same challenge as your team, will appear along with their progress. At the bottom of the page you will see recent posts on the Facebook group Kansas State University Walk Kansas. Please *like* our page on Facebook!

The screenshot shows the website <https://www.walkkansasonline.org>. The background is a scenic view of rolling hills with wind turbines. A white "Leaderboard" box is overlaid on the left, and a "Fitness Guidelines" box is on the right.

**Leaderboard:**

TEAM	MILES	GLASSES WATER	CUPS FRUITS & VEGGIES
Cats on the Move	7	10	12

**Fitness Guidelines:**

- 1) Get a minimum of 150 minutes/week of moderate aerobic activity (working at a level where you can barely carry on a conversation), performed in episodes of at least 10 minutes.
- 2) Do muscle strengthening activities that involve all major muscle groups on 2 or more days per week.
- 3) For more health benefits, increase minutes of aerobic activity to 5 hours/week OR work at a vigorous intensity level for 150 minutes/week (can still talk but not carry on a conversation).

[Learn More >](#)

Recent posts from the Facebook group Kansas State University Walk Kansas are shown at the bottom of the page.

You can see how all teams, in all 3 challenges, in your community and across Kansas are doing by going to the “Leaderboard” located on the login page, [www.walkkansasonline.org](http://www.walkkansasonline.org). Click on the **blue box** at the bottom of this screen.

The screenshot shows the login page of [www.walkkansasonline.org](http://www.walkkansasonline.org). The page features the Walk Kansas logo and a login/register form. A white box is overlaid on the page, displaying the following statistics:

- 13 Teams
- 51 Walkers
- 252 Total Miles Walked

A blue box labeled "Leaderboard" is located at the bottom of the page, with an orange arrow pointing to it.