Welcome Walk Kansas Participants!
We are so glad you are joining us this year and we have several new things to offer during Walk Kansas 2023 – a new trail to explore plus a webinar series “Med Instead of Meds” – read on for more details!

Join a Team or Go Solo:
Walk Kansas is primarily a team-based program, meaning that you are part of a 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 hours of moderate activity per week.
2) **New this year! 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 hours of activity per week.
3) **Go Cross Country** from the NE to the SE corners of Kansas, requiring 4 hours of activity per person/week.
4) **Little Balkans to Nicodemus** is the longest trail and requires 6 hours 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/vigorous activity OR total steps/day which the online system converts to Walk Kansas miles (15 minutes/2,000 steps = 1 mile.)

Ready to take the first step?
Register online at [www.walkkansasonline.org](http://www.walkkansasonline.org)

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

**Reminders and Dates:**
- **March 26:** Here we go!! Start to log physical activity minutes, fruits and vegetables, and water
- **April 2:** Registration Closes
- **March 13, March 20 and April 10:** Order dates for Walk Kansas apparel [www.shopwalkkansas.com](http://www.shopwalkkansas.com)
- **April 5, 12, 19, 26, May 3 & 10 at 12:05 pm (Wednesdays)**
  - **Virtual Classes:**
- **May 20:** Walk Kansas Wraps Up for 2023!

**Walk Kansas Website:** [www.walkkansasonline.org](http://www.walkkansasonline.org)

**Local Office Contact:**
Frontier Extension District
Chelsea Richmond, FCS Agent
785.448.6826, crichmon@ksu
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.

**Med Instead of Meds** – Virtual Class offered at Noon on Wednesdays!!
This six-session series will focus on eating a healthy Mediterranean-style eating pattern. Classes focus on the 7 Simple Steps to eating the Med Way. Each session will explore 1-2 simple steps, a mindfulness skill, and features Med Way recipes from medinsteadofmeds.com. This series is only for Walk Kansas participants and you will find a link to register in your Walk Kansas portal. Webinars will be offered at noon on Wednesdays.

Eating the Med Way includes lots of fruits and veggies! In addition to logging minutes/steps of physical activity, we encourage you to track the cups of fruits and vegetables you eat each day. You’ll find resources, recipes, and helpful articles in the weekly Walk Kansas newsletter to help you boost your fruit and vegetable 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 t-shirts, ladies tanks, an awesome lavender ½ zip and more at www.shopwalkkansas.com. Go direct to the website or login to your portal and click on “shop” in the top purple bar. **Note the dates to place orders.** T-shirt color options are dark lavender and heather blue lagoon.

**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 – if you will report steps, check the bottom of page 4 for more information.
- □ Complete the Fitness “Pre” Test – This can be a fun activity to do with a friend/team! (Repeat this again after Walk Kansas concludes and compare.)
- □ Become familiar with the online portal and “chat” with your team!
- □ Register for “Med Instead of Meds” if you want to participate.
- □ Make sure you reimburse your captain for the $10 registration fee.
- □ If you are on Facebook, like Kansas State University Walk Kansas and the Frontier Extension District: K-State Research & Extension pages.

**Ready, Set, Go!! Report/Log Online – Begin March 26:**

Once your team is ready to go, you will see this “Dashboard” (graphic on the next page) where you log minutes and chat with your team. You will not be able to log before March 26. **Along the top horizontal purple bar:** Click on “Events” to find a link to register for “Med Instead of Meds”; “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 of your teammates and “Log History” shows what you have logged for activity, fruits and vegetables, 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!!!