

Walk Kansas

celebrate healthy living

Welcome to Walk Kansas Participant! Walk Kansas 2014, March 16 – May 10

How *Walk Kansas* Works

-  Group of five or six people form a team, select a captain, and choose a challenge to work toward.
-  Each team member logs minutes of moderate/vigorous activity and cups of fruits/vegetables eaten daily, from March 16 through May 10.
-  Team members report to their captain weekly. On Sunday, captains report team totals through the program website www.walkkansas.org.
-  See how your team is doing by checking progress on the website AND you'll discover history and trivia about Kansas at each stop on the map!
-  Read the weekly newsletter you receive, apply the information and tips, and give some of the recipes a try. If you do not receive a newsletter after the first week of the program, contact the Extension office.

Check www.walkkansas.org for more information, helpful videos on walking basics and strengthening exercises, and learn about healthy eating through how-to-videos as more! Participate in local Walk Kansas activities. Have fun! Remember that any activity is better than none – and more is better than a little.

Participant's Packet:

- Welcome
 - Walking/Exercise prescription
 - Individual Registration Form
 - Be Active Your Way
 - Daily Log
 - Fruit Chart
 - Vegetable Chart
 - Frequently Asked Questions
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Choose Your Challenge

Each team will select a challenge or goal. Here are the options:

Challenge #1 (Across) Each participant gets 150 minutes of activity per week. Collectively over 8 weeks, the team would walk 423 miles* or the distance across the state of Kansas.

(This is the minimum recommendation, for physical activity, established by the U.S. Department of Health and Human Services.)

Challenge #2 (Across and Back) Each participant gets 5 hours of activity per week. Collectively, the team would walk 846* miles, the distance across the state and back.

Challenge #3 (Around) Each participant gets 6 hours of activity per week. Collectively, over the 8 weeks, the team would walk 1200* miles or the distance around the perimeter of the state of Kansas.

* Based on calculation of 15 minutes = one Walk Kansas mile.

Bonus Minutes!

You can earn 15 bonus minutes per week for breaking every hour of sitting (during waking hours). If you move every hour, 6 days during the week, add 15 bonus minutes to your weekly total.

Why the bonus? Research is showing that sedentary living is a big health risk. If you sit for more than one hour at a time at work, home, while driving or traveling – take a 1-2 minute break. Just standing for a few minutes every hour makes a difference.

Physical Activity Goals

Just 150 minutes of activity per week is needed for health benefits. It is best to spread out activity time, such as 30 minutes/5 days each week. The minutes you log and report for *Walk Kansas* must meet these guidelines:

- **Activity should last for 10 consecutive minutes** or more.
- **Moderate or vigorous:** While doing the activity you should be able to just barely talk, but not sing (moderate); or can only say a few words before stopping to catch your breath (vigorous).
- **Muscle strengthening** activities are also important. You should do these two days per week, which also count toward *Walk Kansas* minutes.

The physical activity guide in this packet explains these recommendations further.

Source: Physical Activity Guidelines for Americans are recommendations from the U.S. Department of Health and Human Services; <http://www.health.gov/paguidelines>

Fruits and Vegetables – How Much?



The *Walk Kansas* program also emphasizes healthy eating. MyPlate is a visual that reminds us to eat healthfully and illustrates the five food groups. Start by filling half your plate with fruits and vegetables. Ideally, you should eat 4 - 5 cups of these each day. This might sound like a lot, so try adding a fruit or vegetable to what you currently eat daily and increase gradually. Track cups of fruits and vegetables you eat, each day, on your *Walk Kansas* log.

MyPlate information helps us understand and apply the *Dietary Guidelines for Americans*. These key messages will be explained through weekly newsletter articles:

- Make half your plate fruits and vegetables.
- Enjoy your food, but eat less.
- Avoid oversized portions.
- Switch to fat-free or low-fat (1%) milk.
- Make half of your grains whole grains.
- Compare sodium in foods – choose those with less sodium.
- Drink water instead of sugary drinks.

Register and Get Started!

☀ Complete the *Walk Kansas* Participant Registration form. Return the form and the \$5.00 (made payable to Shawnee County Extension) program fee to **your team captain** before the registration deadline to be registered for special prizes. Order a *Walk Kansas* T-shirt if you would like one. Samples are on display at the Extension office. They are available in sizes small – 3X for \$8.00. Colors: Tropical Blue, Charcoal and Purple.

☀ Use your Daily Log to record minutes of moderate/vigorous activity and strengthening activities as well as cups of fruits and vegetables you eat each day. Start logging March 16 and continue through May 10.

☀ Report minutes of activity and fruit/vegetable amounts each week to your team captain. (Report on Sunday.)

☀ Read information about physical activity provided in your packet, through newsletters and at www.walkkansas.org.

☀ Watch for information about community walks and the *Walk Kansas* Wrap Up.

☀ During week 7 you will receive a program evaluation. Please complete and return to the extension office by the Wrap Up in May (date to be announced) to be entered in our final prize drawings!

☀ Have a great *Walk Kansas* experience!

**Early Bird
Deadline
March 7,
5:00pm**

**Program
Starts March
16th**

**Final
Registration
Deadline
March 24,
5:00pm**

**Shawnee County Walk Kansas
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