

The popular Walk Kansas program returns on March 28! This year's Walk Kansas will highlight how physical activity and healthy eating can prevent or help people manage common challenges including mental health; heart disease; osteoporosis, Alzheimer's disease, and brain health; obesity; arthritis; diabetes; and cancer.

Participants are encouraged to form teams of six, with one serving as captain. Team members record their own activity – walking, bicycling or other activity – online weekly. Participants do not have to walk together, or even live in Kansas. Since teams connect through technology, many teams form with family members or friends in other parts of the state or country.

For the first time this year, a pilot program allows participants to sign up individually rather than as part of team if they choose.

Though teams and individuals don't actually walk across the state, the goal is to walk in their own neighborhoods or communities an equivalent distance to walking across Kansas. Plus, they'll learn virtually about the state along the way. Each team (or individual) chooses one of three challenges at the outset, each with different goals.

Challenge 1, for example, sets a minimum guideline of 30 minutes of exercise five days a week and takes a team on a virtual tour of the 8 Wonders of Kansas. Challenges 2 and 3 increase the goals set.

Those who sign up for the individual pilot program will walk (virtually) the Purple Power Trail, which begins on the Kansas State University campus. The individual sets a personal goal to determine how far along they will go during the eight weeks.

Participants will receive e-newsletters filled with recipes, activity and nutrition tips, plus information about local and statewide events and mini-webinars.

The fee to participate is \$10 per person. State employees who participate can earn Health Quest credits and their fee is waived. A Walk Kansas t-shirt and other apparel is available for an additional cost.

The Participant Guide is attached to this email to help you navigate the Walk Kansas reporting system. If you would like the Captain Guide, please let me know and I'll forward it on. To register go to...www.walkkansasonline.org<<http://www.walkkansasonline.org>>

Looking forward to another year of Walk Kansas!

For more information about the Walk Kansas program in Wyandotte County, contact Lori Wuellner, Wyandotte County K-State Research and Extension Family and Consumer Sciences Agent, 913-299-9300 ext. 107, lwuellne@ksu.edu.