

# Walk Kansas

*celebrate  
healthy living*

April 3 – May 28, 2016

Flint Hills Extension District

## Grab your walking shoes and let's go!

It is time to kick off Walk Kansas 2016! The program has a new look and a new website. While the program goals and design are very similar to previous years, there are a few changes. Here are highlights:

### Three Challenges

Each team will choose a challenge to work toward:

**Challenge 1:** Walk across the state (2 ½ hours of activity per person/week).

**Challenge 2:** Walk a winding diagonal trail from Troy to Elkhart (4 hours of activity per person/week) – **this is a new challenge!**

**Challenge 3:** Walk the perimeter (6 hours of activity per person/week).

### What Counts Toward Walk Kansas Minutes?

While it is human nature to try and make any and every activity you are doing count toward Walk Kansas minutes, the goal of this program is specific. 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.

**New this year:** If you wear a fitness tracker/pedometer, you can report steps **after you reach 6,000 steps** in a 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.

Goals of this program are based on the Physical Activity Guidelines for Americans.

## Take The First Step – Registration

### To Register Online:

**If you already have a team**, wait for your team captain to start the online registration process. You will receive a message by email inviting you to join Walk Kansas and complete online registration. The team will be identified by your captain's name at first. After the team is signed up the captain can add the name your team chooses.

### Flint Hills Extension District

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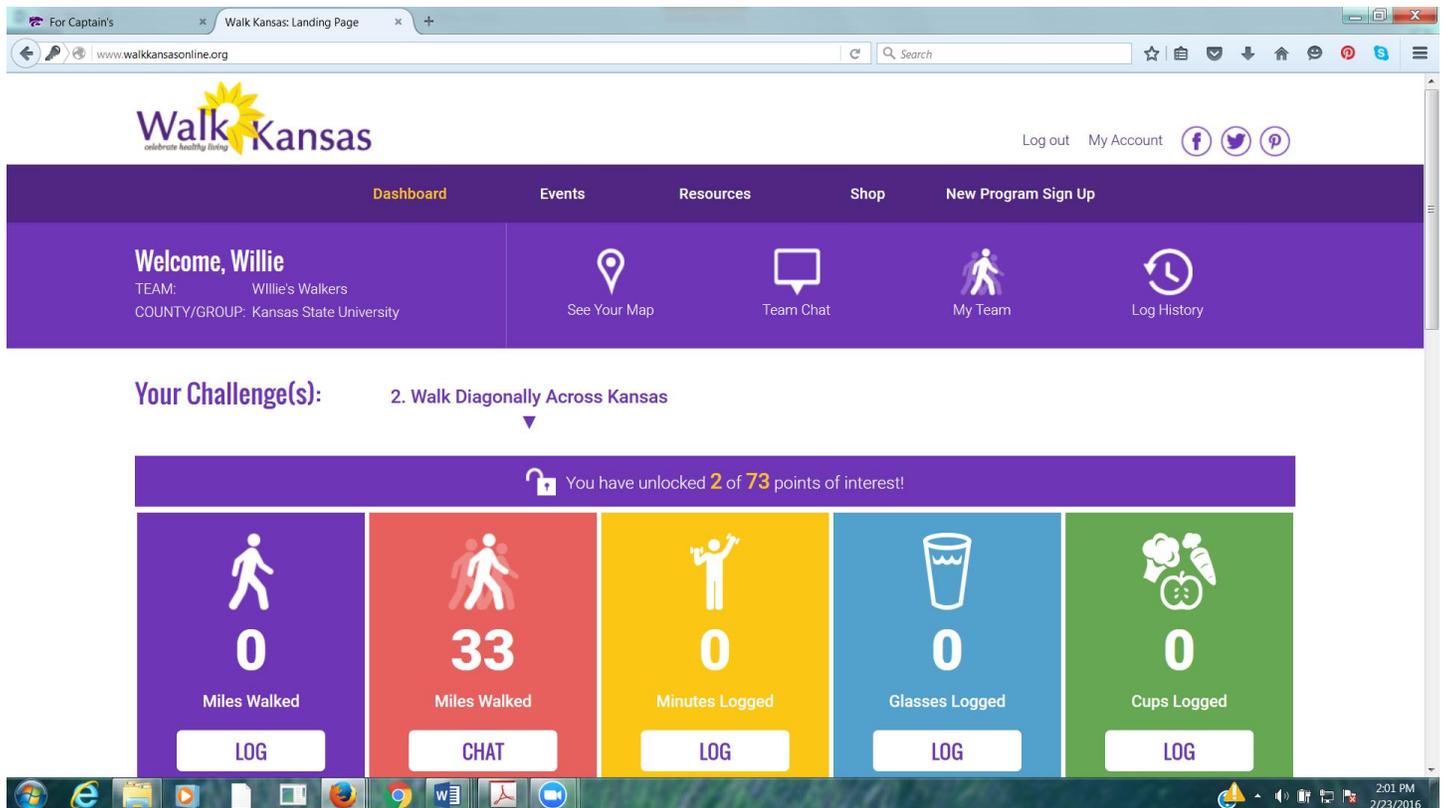
**Don't have a team yet?** You can register online as an individual. Go to [www.walkkansas.org](http://www.walkkansas.org) and click on "My Walk Kansas"; then click the yellow *Register* box. Complete the required personal information. When it asks if you are a team captain or individual, click *Individual*. Authorize the responsibility agreement; and place an order through the Walk Kansas Store, (optional). Note that orders are not placed or finalized until payment is received. Extension Office staff will assist you in finding a team with 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 directly on the Walk Kansas website. Your username is your first and last name, such as, "WillieWildcat," and your password is FlintHills. You will want to change your password once you log onto the Walk Kansas website for the first time.

### Reporting/Logging Online:

The online system will be ready for you to use beginning April 3. When you log into your account, you will see a screen similar to this:



The screenshot shows a web browser window with the URL [www.walkkansasonline.org](http://www.walkkansasonline.org). The page features the Walk Kansas logo with the tagline "celebrate healthy living". A navigation bar includes links for Dashboard, Events, Resources, Shop, and New Program Sign Up. A purple "welcome" bar displays the user's name "Willie", team name "Willie's Walkers", and county/group "Kansas State University". Below this bar are five interactive buttons: "See Your Map", "Team Chat", "My Team", and "Log History". The main content area shows a challenge titled "2. Walk Diagonally Across Kansas" and a progress bar indicating "2 of 73 points of interest" are unlocked. Below the progress bar are five colored boxes representing different metrics: Miles Walked (0), Miles Walked (33), Minutes Logged (0), Glasses Logged (0), and Cups Logged (0). Each box has a "LOG" button. The Windows taskbar at the bottom shows the date and time as 2:01 PM on 2/23/2016.

The purple horizontal "welcome" bar takes you to the map (to see team progress); a place to "chat" with your team; "My Team" where all of your team members are listed; and "Log History" where you can view what you have logged to date. You and your team members will log minutes of activity (aerobic and strengthening) which automatically convert to miles walked in the system. Log cups of fruits and vegetables as well. You can also keep track of water consumption (optional).

This system will convert minutes of walking/aerobic activity (see the Walk Tall, Walk Strong Activity Guide for instructions on what type of activity to report) into minutes (15 minutes = 1 mile). It will also convert the minutes of strengthening exercises (yellow box) that you log into activity minutes. These totals are instantly added to your log and your team total in the red box.