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Ampifying Life

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Walk Kansas

Put your walking shoes on and get ready for spring! Did you know that less than ½ of Kansas adults meet the minimum requirements for physical activity? Chronic disease, including obesity, is responsible for more than 70% health care costs. Just 19% of Kansan's consume enough fruits and vegetables. The U.S. Department of Health and Human Services recommends at least 150 minutes of moderate and/or vigorous intensity activity/week. Muscle strengthening activities are recommended at least 2 days per week. By working all major muscle groups, you prevent muscle loss, increase strength and increase bone density.

Moving regularly throughout your day is important, but you can get a lot of steps in without reaching moderate or vigorous intensity which is the type of exercise that raises your heart rate and helps to reduce your health risks. Healthy eating guidelines, tips, and recipes will be available in the weekly Walk Kansas newsletter.

We are gearing up for Walk Kansas 2018. Walk Kansas challenges you to get a variety of physical activity! This is a team-based program to encourage a healthier lifestyle including walking. The Walk Kansas program asks participants to log their minutes of physical activity and consumption of fruits and vegetables.

You can report all activity you do at a moderate and vigorous level, as long as the activity is performed for at least 10 consecutive minutes. You can also include minutes you spend doing strengthening exercises. If you wear an activity tracker (or pedometer) you can start counting your steps after you reach 6,000 steps in a day. You report 15 minutes of activity for every 2,000 steps you take above 6,000 steps.

Teams are made up of 4-6 individuals. If you would like to participate, but are not part of a team go ahead and join. You can then be added to a team for the event. Teams are led by a captain. Teams can be made up of co-workers, family, friends, neighbors, members of an organization, or just a group of people. Team members do not have to be a part of the same town, community, or state. You can invite people to walk with you even if they live in another state!

Participants can choose a path to walk across Kansas with log of physical activity. Points of interest in Kansas can be viewed on the online map. Challenge 1 is to explore the 8

Wonders of Kansas. The trail is 480 miles. Challenge 2 is to Go Cross County. This begins in the NE corner and treks diagonally to the SE corner of the state and see points along the way. This trail is a total of 768 miles. Challenge 3 is a path from Little Balkens (SE KS) to Nicodemus. This is a trail of 1152 miles. Walk Kansas is scheduled for March 18 – May 12. Registration will be open the middle of February. I encourage you to put together a team. Look for registration details soon!

For more information about the program contact me, Shandi Andres, at the Flint Hills District Extension Office in Council Grove, 620-767-5136 or sdandres@ksu.edu.