



## Frequently Asked Questions

### **Why is 150 minutes of activity/week recommended?**

This is the recommendation established by the U.S. Health and Human Services in their Physical Guidelines for Americans, <http://www.health.gov/paguidelines>. It is best, however, to distribute activities throughout the week such as 30 minutes per day/five days per week.

### **Can activities performed for less than 10 minutes at a time be counted?**

No, and this answer is based on the physical activity guidelines mentioned above. For the activity to be beneficial, it should be performed for a minimum of 10 minutes at a time.

### **How do I report fruits and vegetables?**

Report the number of cups you consume each day – not the number of servings or portions. Review the Fruit and Vegetable Chart to learn what counts as a cup of fruit or vegetables.

### **Why a limit on members per team?**

Walk Kansas is an 8-week, team based program designed to motivate participants toward a healthier lifestyle. If 6 people met the minimum physical activity recommendations, they could walk the distance across the state of Kansas (423 miles) during that 8-week period. **Shawnee County will accept teams of five or six.**

### **How are minutes of activity converted to miles on the website map?**

When minutes of activity are entered on the tracking website, the minutes are converted on the formula of 15 minutes being equal to 1 mile.

### **Do team members have to walk or be active together?**

No, team members can count individual activity and they can also count activities with others.

### **What does the registration fee cover?**

The registration fee contributes to program development costs at the state level (website development/maintenance, newsletters, promotion and program materials, etc.) and also supports many local program activities, incentives, and educational classes.

### **What if a team member is not able to participate for the full 8 weeks?**

This is a team effort, so the rest of your team will need to increase their activity level to support a team member for a week or two. Special circumstances may exist, so contact your Extension Agent, Susan Fangman, with that question, particularly if your team mate will not be able to participate for more than 2 weeks.

**Watch for more information in the  
Walk Kansas Newsletter for upcoming activities.**