

For Participants

Physicians say that if walking were a pill, it would be the most widely prescribed medication. The reason we promote walking is that almost anyone can do it and it is good for your heart!

This is a team-based program, meaning that you are part of a 5 or 6-member team and together you will select a goal (challenge) to work toward. Here are the options:

- **Challenge #1 (8 Wonders of KS)** Each participant gets 2 ½ hours of activity per week. Collectively over 8 weeks, the team would walk 423 miles or the distance across the state.
- **Challenge #2 (Troy to Elkhart)** Take a meandering trek diagonally across the state from Troy to Elkhart. Each person logs 4 hours of activity per week which would take the team 750 miles.
- **Challenge #3 (Little Balkans to Nicodemus)** 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.

Each person logs minutes of moderate/vigorous activity and these are converted to Walk Kansas miles (15 minutes = 1 mile) on the website.

As your team moves through your selected trail, learn about points of interest through the online map.

What counts toward Walk Kansas minutes?

Movement throughout your day is important. For this program, however, we specify the types of activity to report as Walk Kansas minutes (based on the Physical Activity Guidelines for Americans.) 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, running, push-mowing your yard, swimming, tennis etc.) or strengthening exercises.
- If you wear a fitness tracker: You can report steps after you reach 6,000 that day. Report 15 minutes of activity for every 2,000 steps (after 6,000). You decide which method of reporting works best for you- steps OR minutes of activity. Do not report both.

To register:

Individual registration forms and the \$8 participation fee should be given to your team captain. The captain will then return all needed registration materials (individual registrations, team registration, team payment, and team shirt order) to the Shawnee County Extension office at 1740 SW Western Ave. **We can only take cash or checks** made payable to Shawnee County Extension at this time.

Please do not try to register on-line or enter team information until registration fees are paid. You will receive an e-mail from our office with a password to use when logging into the Walk Kansas website (www.walkkansasonline.org).

T-shirts are optional for \$9.00 each, baseball shirts (new this year) \$14.00 each.

Shirt orders will be placed on March 8 and March 22 ONLY.

Registrations will not be accepted after 5:00 p.m. March 9th.



Important Information!!!

- ☀ Walk Kansas runs March 18th- May 12th. **Registration deadline is March 9th at 5:00 pm.**
- ☀ Each team must turn in
 - A team registration sheet
 - Individual registration papers for every team member
 - An \$8.00 registration fee per member over the age of 17
- ☀ **Four Health Quest points** are available for employees on the **state health plan** if they complete the program.
- ☀ **New this year in Shawnee County:** Each member may do their own logging on-line. You may log daily or add your minutes up for the week and enter weekly. If you would rather you may have your team captain add team minutes up and enter them weekly as a team amount. Do what works best for your team. Please let us know if you have questions on this! **If you are earning Health Quest points you must have your minutes and fruits and vegetables entered under your name as opposed to lumping it together and entering it as a team total.**
- ☀ Check out the captain and or participant guide to see the **new challenges for this year!**
- ☀ This year there will be a **focus on flexibility** with a **pre/post flexibility and fitness assessment** to take if you would like.
- ☀ A new baseball style shirt has been added!
- ☀ Our website (www.shawnee.ksu.edu) has additional information that may be helpful to you such as, what counts as a cup of fruits and vegetables and frequently asked questions.
- ☀ **As always you can contact the KSRE-Shawnee County office if you have questions!**
 - For Joanne- 785-232-0062 ext. 101 or jdomme@ksu.edu
 - For Susan- 785-232-0062 ext. 103 or sfangman@ksu.edu



Individual Registration Form – 2018

Registration fee is **\$8.00** each made payable to **Shawnee County Extension Council**

Name _____

Mailing Address _____

City _____ Zip Code _____ County District _____

E-mail _____ Phone _____ Gender Male Female

Team Captain _____ Team Name _____

If this is a worksite team, please specify company/organization _____

Which age range are you in? (check one)

- 12 and under 13-17 18-24
- 25-34 35-44 45-54
- 55-64 65-74 75 and over

Which of the following best describes you? (check one)

- American Indian/Native Alaskan Asian Black /African American
- Bi-racial Hispanic or Latino Native Hawaiian/Pacific Islander
- White Other

Walk Kansas t-shirts are available for \$9.00 (baseball \$14.00)
 If ordering please circle color and size.

Heather Irish Green	S M L XL 2X 3X
Heather Purple	S M L XL 2X 3X
Heather Gray Baseball	S M L XL 2X 3X

Make check payable to **Shawnee County Extension Council**.

I wish to participate in the Walk Kansas physical activity program for the purpose of physical fitness.

I understand that I should have medical approval from my health care professional if I:

- Have chronic health problems such as heart disease or diabetes.
- Have been told by my doctor that I have high blood pressure.
- Have pains in my heart and/or chest area.
- Have any physical conditions or problems that might require special attention in an exercise program.
- Feel dizzy or have spells of severe dizziness.
- Have a bone or joint condition, such as arthritis, that might be made worse by an exercise I am not accustomed to, or a vigorous exercise program.
- Am a male over age 45 or a female over age 55 AND not accustomed to vigorous exercise

I agree to accept full responsibility for any injuries I may sustain while participating in this program.

Participant Signature _____ Date _____

Parent/Guardian Signature (if under 18) _____ Date _____

PUBLICITY RELEASE

- I authorize K-State Research and Extension to record and photograph my image and/or voice for use in research, educational and promotional programs. I also recognize that these audio, video and image recordings are the property of K-State Research and Extension.
- No, I do not authorize use of my individual image or voice.

Please complete and return this form to your local K-State Research and Extension office.



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What is Walk Kansas?

Walk Kansas is a health initiative presented by K-State Research and Extension. This team-based, 8-week program will help inspire you to lead a healthier life by being more active and making better nutrition choices.

How Walk Kansas works-

Teams of 5 or 6 individuals, with one serving as captain will log minutes of moderate to vigorous exercise as well as fruits and vegetables eaten. Information will be logged into the Walk Kansas website where it will convert minutes into miles. Teams can see their progress as they virtually move across the state on their chosen path. (See the Captain Guide or Participant Guide for the specific challenges)

Participants receive weekly newsletters and motivational messages as well as are eligible for prizes!

Why teams?

Teams are in place to provide motivation and accountability. Research shows that people do better when they have someone to talk to about their goals. The Walk Kansas challenges are designed to need the entire team's participation in order to get it completed.

Why Walk Kansas?

By practicing healthy lifestyle choices you can delay or prevent chronic disease, and symptoms of illness can be managed better. According to the Partnership to Fight Chronic Disease: If Americans were to stop smoking, exercise regularly, and eat well, they could prevent up to 80% of heart disease and stroke, 80% of type 2 diabetes and 40% of cancers.

Physical Activity Guidelines

The U.S. Department of Health and Human Services recommends at least 150 minutes of moderate intensity activity a week. Muscle strengthening activities are recommended at least 2 days per week. By working all major muscle groups, you can prevent muscle loss, increase strength and increase bone density.

Healthy Eating Makes a Difference

Healthy eating, including beverage choices, plays a key role in helping you achieve and maintain good health and in reducing the risk of chronic disease throughout your life. Healthy eating guidelines, tips and recipes will be available through the weekly newsletter and on the Walk Kansas website.

Daily Log

Your Name _____

Team Name _____

Captain's Name/Phone/E-mail _____

You may use this paper form to help keep track of your minutes of exercise and fruits/vegetables eaten.

		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	TOTAL
Week #1 3/18 – 3/24	Minutes								
	Strengthening								
	F/V								
Week #2 3/25 – 3/31	Minutes								
	Strengthening								
	F/V								
Week #3 4/1 – 4/7	Minutes								
	Strengthening								
	F/V								
Week #4 4/8 – 4/14	Minutes								
	Strengthening								
	F/V								
Week #5 4/15 – 4/21	Minutes								
	Strengthening								
	F/V								
Week #6 4/22 – 4/28	Minutes								
	Strengthening								
	F/V								
Week #7 4/29 – 5/5	Minutes								
	Strengthening								
	F/V								
Week #8 5/6 – 5/12	Minutes								
	Strengthening								
	F/V								