

# MAKING A DIFFERENCE



## Grand Challenges

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K-State Research & Extension  
Shawnee County  
1740 SW Western  
Topeka, KS 66604  
785-232-0062  
<https://www.shawnee.ksu.edu>



## Grand Challenge: Health

Title: Extension Provides Programming to Encourage Physical Activity

### Why is this issue important?

The Physical Activity Guidelines for Americans recommend adults get at least 150 minutes of moderate level activity each week. According to America's Health Ranking's 2019 report only 24% of adults are reaching that minimum recommendation. Being physically active is important, as regular physical activity is associated with many health benefits such as reduced risk of cardiovascular disease, hypertension, type 2 diabetes, and certain types of cancer. Regular physical activity also is associated with reduced feelings of anxiety and depression.

### How did extension address this issue?

Susan Fangman, Family & Consumer Sciences Agent, provides programming to encourage Shawnee County residents to get up and get moving. Programs include an 8-week team-based spring *Walk Kansas* program, an individual fall *Walk Kansas* program as well as Zoom classes that teach new ways of incorporating more movement and less sitting into your everyday life.



### What was the impact?

257 individuals participated in the spring *Walk Kansas* program. This 8-week, team-based walking program is designed to help participants develop the habit of exercise and reach the recommended 150 minutes of physical activity. Most participants reported meeting, if not exceeding, the physical activity recommendations each week.

92 participants are currently logging minutes of exercise in the fall *Walk Kansas* program. Participants receive a weekly educational newsletter as well as mid-week motivation to keep moving.

30 participants have participated in one of several *Get Moving* Zoom classes. At the conclusion of each class participants shared at least one way they plan to add more movement into their day.