



K-STATE
Research and Extension
Walk Kansas

Walk Kansas Participants

Welcome!! We are SO glad that you are “moving your way” with us again this year! Research has shown that what is good for your heart is also good for your brain. Through Walk Kansas this year, we will highlight ways that physical activity and healthy lifestyle habits improve our physical and mental health. You will also be introduced to the MIND diet so make sure you check the newsletter each week to learn more.

Join a team or go solo:

Walk Kansas is primarily a team-based program, meaning that you are part of a 6-member team that selects a goal and then supports one another during the 8-week program. You also have the option to participate “solo” if you prefer to not be on a team.

Each team will select a challenge to work toward from these options:

Challenge 1: Discover the *8 Wonders of Kansas*! This journey requires each person to get 2 ½ hrs of moderate activity per week.

Challenge 2: Go *Cross Country* from the NE to the SE corners of Kansas, which requires 4 hrs of activity per person/week.

Challenge 3: *Little Balkans to Nicodemus* – a trail that takes you through SE Kansas and then up to Nicodemus with interesting stops along the way. This requires 6 hrs of activity per person/week.

During Walk Kansas, you will log minutes of moderate/vigorous activity OR total steps/day which convert to Walk Kansas miles (15 minute = 1 mile). For a complete description of activities and how steps are counted, check the Activity Guide. New this year – the system will automatically convert steps to miles.

Ready to take the first step?

Register online at www.walkkansasonline.org

If you have a team, wait for your captain to register the team online. You will receive a message by email asking you to complete registration and give your consent to participate. Your captain will be responsible for paying fees for the entire team, so make sure you reimburse your captain for your registration fee (\$10).

If you don't have a team, and would like to join one, go online and register as an “individual.” The Extension office will connect you with a team that has similar goals. If you prefer to go solo (not be on a team) select the “solo” option when you register.

March 26 – May 20 2023

Important dates:

March 26 – Go! Log exercise minutes and cups of fruits/vegetables

April 1 – Registration closes

Dates Coming Soon – Order dates for Walk Kansas apparel

May 20 – Walk Kansas wraps up!

Watch for details on “Living Well” webinars to be offered on Wednesdays at 12:15 pm

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Walk Kansas t-shirts and other apparel:

Show your Walk Kansas pride by wearing a t-shirt or sweatshirt! After completing registration, log into the portal with your username and password. Click on the “shop” button on the purple bar at the top. This will take you to our apparel vendor site, www.shopwalkkansas.com and you can place your order. The website will calculate shipping and tax, and the items will be shipped directly to you. Please note the dates for placing orders.

Healthy Eating for Mind and Body

It’s no secret that following a balanced diet provides immense benefits for overall health, but did you know that eating a certain way can help protect brain function and reduce your risk of developing dementia and Alzheimer’s disease? Fruits and vegetables play a key role in the MIND diet, so we ask you to log cups of fruits/veggies again this year. You will learn more about the MIND diet through weekly newsletters and webinars. Tasty recipes will be shared as well!

Report/Log online – begin March 26:

Once your team is ready to go, you will see this “Dashboard” where you log minutes, etc., and chat with your team. This will be available on March 26, not before. **Along the top horizontal purple bar:** Click on “Events” to see what is happening in your community, learn about Walk Kansas webinars and the Walk Kansas 5K/Fun Walk; “Resources” is where you will find program newsletters and other information; **“Shop” is where you can purchase apparel.**

On the bottom purple bar -- See your welcome message, team name, and group (county). After you enter your activity minutes or daily steps (*the system automatically converts your minutes and steps into miles*), click on the “See Your Map” icon to find your challenge trail displayed. Here you will unlock points of interest and learn more about our great state. Click “Team Chat” to communicate with team members and check just under the purple bar for posts from your chat group. “My Team” shows all of your team-mates and “Log History” shows what you have logged for activity, f/v, etc. **Earn badges** along the way for activity, logging, reading, and more!!

To log your progress: In the **purple box**, log your minutes/steps of activity – the system will calculate into miles. (Read the [Activity Guide](#) to know what counts); the **red box** displays the total miles your team was walked and this also takes you to the “team chat” page; record cups of fruits/veggies in the **yellow box**. If you do strengthening exercises that day, click “log” in the **blue box**; the **green box** is where you can log the number of 8 oz. glasses of water you drink (optional). You can also log through the Walk Kansas App for iPhone, iPad and Android. [Instructions](#) for using the app.

The screenshot shows the Walk Kansas online dashboard in a web browser. The page has a purple header with the "Walk Kansas" logo and navigation links: Minutes vs. Miles, Find Local Office, Log out, My Account, and social media icons. Below the header is a navigation bar with icons for Dashboard, Events, Resources, Shop, and New Program Sign Up. The main content area is divided into sections. The top section is a purple bar with a welcome message for "Willie" and icons for See Your Map, Team Chat, My Team, and Log History. Below this is a section for "Your Challenge(s):" with a dropdown menu showing "8 Wonders". The bottom section is a grid of five colored boxes: a purple box for "8 Miles Walked" with a "LOG" button; a red box for "17 Team Miles Walked" with a "CHAT" button; a yellow box for "15 Cups Logged" with a "LOG" button; a blue box for "1 Day Logged" with a "LOG" button; and a green box for "11 Glasses Logged" with a "LOG" button. A notification at the top of the grid says "You have unlocked 1 of 29 points of interest!". The browser's address bar shows "https://www.walkkansasonline.org" and the system clock at the bottom right shows "12:10 PM 2/13/2020".

If you scroll down the page, you will see a white “Leaderboard” box. This is where other teams from your community will appear along with their progress. You can also stay connected with other participants through our Facebook page. Like *Kansas State University Walk Kansas* on Facebook.

The screenshot shows the 'Walk Kansas: Landing Page' in a web browser. At the top, there are five colored boxes with statistics: 8 Miles Walked (purple), 17 Team Miles Walked (red), 15 Cups Logged (yellow), 1 Day Logged (blue), and 11 Glasses Logged (green). Each box has a 'LOG' button. Below these is a large background image of a field with wind turbines. Overlaid on this image are two white boxes. The left box is titled 'Leaderboard:' and contains a table with columns: PROGRAM, TEAM, MILES, GLASSES WATER, CUPS FRUITS & VEGGIES, and a MAP button. The right box is titled 'Fitness Guidelines:' and lists three points: 1) Get a minimum of 150 minutes/week of moderate aerobic activity... 2) Do muscle strengthening activities... 3) For more health benefits, increase minutes of aerobic activity... A 'Learn More >' link is at the bottom of this box. The browser's taskbar at the bottom shows the time as 1:06 PM on 2/13/2020.

You can see how all teams in your community and across Kansas are doing by going to the “Leaderboard” located on the login page, www.walkkansasonline.org. Click on the **blue Leaderboard box** at the bottom of this screen.

The screenshot shows the 'Walk Kansas: Welcome! Please log in' page. The header features the 'Walk Kansas' logo and links for 'Log in', 'Register', and social media icons. A central white login form contains fields for 'Username' and 'Password', a 'Log In' button, a 'Forgot Your Username/ Password?' link, a 'Remember me' checkbox, and a 'Register' button. Below the form, statistics are displayed: 13 Teams, 51 Walkers, and 252 Total Miles Walked. A 'Leaderboard' button is located at the bottom center. The background is a scenic image of rolling green hills. The browser's taskbar at the bottom shows the time as 2:22 PM on 2/9/2018.