



WALK KANSAS

K-STATE
Research and Extension

Welcome Walk Kansas Participants!

We are so glad you are joining us this year and we have several new things to offer during Walk Kansas 2023 – a new trail to explore plus a webinar series “Med Instead of Meds” – read on for more details!

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 each other 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 goal** or challenge to work toward from these options:

- 1) Discover the 8 Wonders of Kansas!** This journey requires each person to get 2.5 hrs of moderate activity per week.
- 2) New this year! Follow US Route 56!** This trail actually begins in New Mexico, but it won't take you long to reach Kansas and then trek across the state. Requires 3.3 hrs of activity per week.
- 3) Go Cross Country** from the NE to the SE corners of Kansas, requiring 4 hrs of activity per person/week.
- 4) Little Balkans to Nicodemus** is the longest trail and requires 6 hrs per person/week to complete.

The **Purple Power Trail** is the solo option, beginning in Manhattan – home of Kansas State University!! All trails unlock interesting waypoints along the way giving you a glimpse into Kansas history and attractions!

During Walk Kansas, you will log minutes of moderate/vigorous activity OR total steps/day which the online system converts to Walk Kansas miles (15 minutes/2,000 steps = 1 mile.)

Ready to take the first step?

Register online at www.walkkansas.org

If you have a team, wait for your captain to start team registration online. You will receive a message by email (check clutter/spam folders also) 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 \$10 reg fee.

Reminders and dates:

March 26: Here we go!! Start to log physical activity minutes, fruits/veg, and water (optional) – daily

April 2: Registration closes

March 13, March 20 and April 10: Order dates for Walk Kansas apparel.
www.shopwalkkansas.com

Med Instead of Meds virtual classes: April 5, 12, 19, 26, May 3 & 10 at 12:05 pm (Wednesdays)

May 20: Walk Kansas wraps up for 2023!

Walk Kansas Website:



March 26 – May 20, 2023

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 on a team) select the "Solo Team" option.

Med Instead of Meds – virtual class offered at noon on Wednesdays!!

This six-session series will focus on eating a healthy Mediterranean-style eating pattern. Classes focus on the 7 Simple Steps to eating the Med Way. Each session will explore 1-2 simple steps, a mindfulness skill, and features Med Way recipes from medinsteadofmeds.com. This series is only for Walk Kansas participants and you will find a link to register in your Walk Kansas portal. Webinars will be offered at noon on Wednesdays.

Eating the Med Way includes lots of fruits and veggies! In addition to logging minutes/steps of physical activity, we encourage you to track cups of fruits and veggies you eat each day. You'll find resources, recipes and helpful articles in the weekly Walk Kansas newsletter to help you boost your fruit/veggie consumption! If you wish, you can also track water you drink each day.

Show your Walk Kansas pride with t-shirts and more!

You can purchase t-shirts, hoodies, long-sleeved t-shirts, ladies tank, an awesome lavender 1/2 zip and more at www.shopwalkkansas.com. Go direct to the website login to your portal and click the "shop" on the top purple bar. **Note the dates to place orders.** T-shirt color options are dark lavender and heather blue lagoon.



Participant Checklist – Make sure you are ready for Walk Kansas!!

- Connect with your team – get to know those that are not familiar to you (if any)
- Read the [Activity Guide](#) – if you will report steps, check the bottom of page 4 for more info.
- Complete the Fitness "Pre" test. This can be a fun activity to do with a friend/team! (Repeat this again after Walk Kansas and compare.)
- Become familiar with the online portal and "chat" with your team!
- Register for "Med Instead of Meds" if you want to participate.
- Make sure you **reimburse** your captain for the \$10 registration fee.
- If you are on Facebook, **like** *Kansas State University Walk Kansas*, and a local WK group if available.

Ready, Set, Go!! Report/Log online – begin March 26:

Once your team is ready to go, you will see this "Dashboard" (graphic on the next page) where you log minutes, etc., and chat with your team. You will not be able to log before March 26. **Along the top horizontal purple bar:** Click on "Events" to see what is happening in your community and find a link to register for "Med Instead of Meds"; "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!!

Walk Kansas: Landing Page

https://www.walkkansasonline.org

Walk Kansas
addicts better lives

Minutes vs. Miles Find Local Office Log out My Account

Dashboard Events Resources Shop New Program Sign Up

Welcome, Willie
COUNTY/GROUP: Kansas County
TEAM: Cats on the Move [E-mail Team]

See Your Map Team Chat My Team Log History

Willie last logged on Feb. 13 (for Feb. 12). Log for user
Willie2 last logged on Feb. 13 (for Feb. 13). Log for user
Willie3 has not yet logged. Log for user
Willie4 has not yet logged. Log for user

logged activity for multiple dates. (Today, 12:03pm)
Willie W logged activity for Feb. 12. (Today, 12:08pm)
Willie W logged activity for Feb. 11. (Today, 12:07pm)
Willie W logged activity for Feb. 10. (Today, 12:07pm)

Your Challenge(s): 8 Wonders

You have unlocked 1 of 29 points of interest!

8 Miles Walked LOG	17 Team Miles Walked CHAT	15 Cups Logged LOG	1 Day Logged LOG	11 Glasses Logged LOG
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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.

Walk Kansas: Landing Page

https://www.walkkansasonline.org

8 Miles Walked LOG

17 Team Miles Walked CHAT

15 Cups Logged LOG


1 Day Logged LOG

11 Glasses Logged LOG

Leaderboard:

PROGRAM	TEAM	MILES	GLASSES WATER	CUPS FRUITS & VEGGIES	MAP
8 Wonders	Cats on the Move	17	23	28	

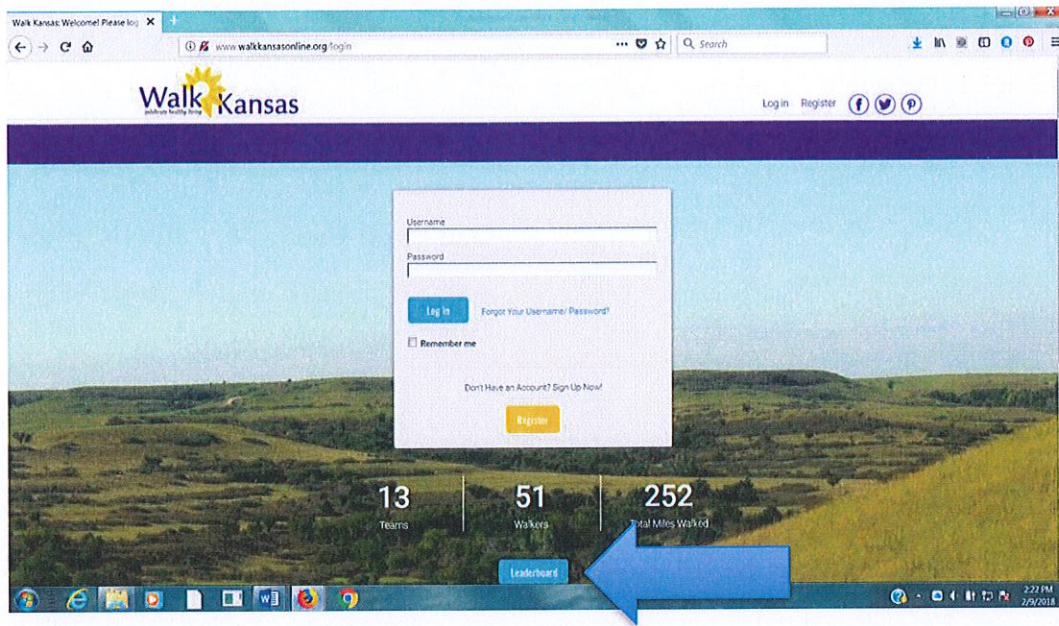
Fitness Guidelines:



- 1) Get a minimum of 150 minutes/week of moderate aerobic activity (working at a level where you can barely carry on a conversation), performed in episodes of at least 10 minutes.
- 2) Do muscle strengthening activities that involve all major muscle groups on 2 or more days per week.
- 3) For more health benefits, increase minutes of aerobic activity to 5 hours/week OR work at a vigorous intensity level for 150 minutes/week (can still talk but not carry on a conversation).

[Learn More >](#)

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.



Remember, the best Walk Kansas activity is the one you will actually do!! Find an activity you enjoy and make it a habit – have a fantastic Walk Kansas this year!!!



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Local contact information

K-State Research and Extension is an equal opportunity provider and employer.