



Welcome to Walk Kansas!

March 7 – May 1, 2010

Thank you for joining thousands of other Kansans in this journey toward a healthier lifestyle. The evidence is in for fitness. Regular exercise has been associated with more health benefits than anything else known to man. Studies show that it increases longevity, delays or reverses the onset of type 2 diabetes, reduces the risk of heart disease and some cancers, aids in weight loss, helps you sleep better, improves arthritis, improves your mood and boosts brain power. In short, healthy habits like exercise and nutritious food, will help you feel better, look better, and live a healthier, longer life.

While the benefits from exercise are great, we know that results from any lifestyle change are not immediate. Walk Kansas is a journey, with small steps that lead in a positive direction. By taking these small steps and achieving personal goals, you can define a new version of what is normal for you – a permanent lifestyle change.

Here is how Walk Kansas works:

- 1) Each Walk Kansas team of 6 people will have one person serve as captain. Your team captain has provided you with a packet that includes a registration form, daily log, and several information pages. **Complete the individual registration form and return it to your team captain** along with payment of your participation fee. Walk Kansas T-shirts are available for purchase in colors of black or sapphire blue. Please return your registration form/payment and t-shirt order (optional) promptly so you can meet the registration deadline.
- 2) Read through the information packet and begin to think about personal goals you will strive for during the 8-week challenge. Complete the activities in "My S.M.A.R.T. Plan for Healthy Living." Keep this in a prominent place so you can refer to them and make changes if needed. Also, review the "Measure Your Progress" page and take the walking test as a baseline for measuring your success during the program.
- 3) On Sunday, March 7, begin recording minutes of physical activity on your daily log. Your log sheet also includes space to record cups of fruits and

- vegetables you eat each day, and a place to check if half of the grain foods you eat are whole grains. For more information on nutrition, particularly fruits/vegetables and whole grains, read your weekly Walk Kansas newsletter. You will also find more information on the “Captain and Participant Pages” section of the website: www.walkkansas.org and/or contact your local Extension Office.
- 4) Keep your daily log handy so that you are reminded to record activity and food choices each day. A good place to keep your log is on the door of your refrigerator, or anyplace where it is easy to see. Your weekly log runs from Sunday through Saturday, so you will need to report to your team captain every weekend. Captains will report the team total of activity minutes and fruits/vegetables on Monday of each week. The last weekend you will report is May 2.
 - 5) You can view the progress of your team, as well as other teams in your county/district and across the state on the “Team Progress” section at www.walkkansas.org
 - 6) Each participant will receive a weekly newsletter (9 issues) that contains healthy lifestyle information on physical activity, stress management, tips for eating better and a recipe. If you do not receive a newsletter after the first week, notify your team captain or the Extension Office.
 - 7) More information on “Healthy Eating for Life,” including how-to videos for preparing nutritious foods, lots of recipes, and links to more information on nutrition can be found on the website. Walk Kansas newsletters from 2007, 2008, and 2009 are also available, so take a look at www.walkkansas.org
 - 8) At the conclusion of the program you will be asked to complete a wrap up survey to help us in preparing for Walk Kansas 2010, and we welcome your success stories. You can write your success story and forward it to the Extension office, or enter it online at the “Your Comments” link of the website.
 - 9) Your local Walk Kansas program may offer a kick-off event, celebration, or special classes during the 8-week challenge. Enhance your Walk Kansas experience by attending those, if they are offered.
 - 10) Congratulations on your commitment to living a more healthful lifestyle in 2010, and for joining the 9th annual Walk Kansas Program!

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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