

The Post Rock Connection
Post Rock Extension District #1 Family and Consumer Sciences Column
Month of March 2021
By Ashley Svaty, Nutrition, Food Safety, and Health Agent

Put Your Best Foot Forward: Walk Kansas Starts March 28

The popular Walk Kansas program returns on March 28 and this year, new features were added to enhance its focus on physical and mental health. This year's Walk Kansas will highlight how physical activity and healthy eating can prevent or help people manage eight common challenges including mental health; heart disease; osteoporosis, Alzheimer's disease and brain health; obesity; arthritis; diabetes; and cancer. Participants in the eight-week program can sign up at www.walkkansasonline.org or through their local Extension Office.

Participants are encouraged to form teams of six, with one serving as captain. Team members record their own activity – walking, bicycling or other activity – online weekly. Participants do not have to walk together, or even live in Kansas. Since teams connect through technology, many teams form with family members or friends in other parts of the state or country. For the first time this year, a pilot program allows participants to sign up individually rather than as part of a team if they choose.

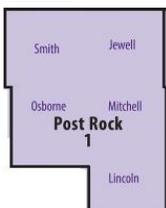
Though teams and individuals don't actually walk across the state, the goal is to walk in their own neighborhoods or communities an equivalent distance to walking across Kansas. Plus, they'll learn virtually about the state along the way. Each team (or individual) chooses one of three challenges at the outset, each with different goals.

Challenge 1, for example, sets a minimum guideline of 30 minutes of exercise five days a week and takes a team on a virtual tour of the 8 Wonders of Kansas. Challenges 2 and 3 increase the goals set. Those who

sign up for the individual pilot program will walk (virtually) the Purple Power Trail, which begins on the Kansas State University campus. The individual sets a personal goal to determine how far along they will go during the eight weeks.

Participants are encouraged to engage in moderate to vigorous activities they enjoy, whether that's walking, running, swimming, tennis or another activity. The program also encourages participants to make every bite count by eating nutrient dense foods. Participants will receive e-newsletters filled with recipes, activity and nutrition tips, plus information about local and statewide events and mini-webinars. The fee to participate is \$10 per person. State employees who participate can earn Health Quest credits and their fee is waived. A Walk Kansas t-shirt and other apparel is available for an additional cost.

For more information regarding healthy living or Walk Kansas, please contact Ashley at asvaty@ksu.edu or by calling (785) 524-4432. The Post Rock District of K-State Research and Extension serves Jewell, Lincoln, Mitchell, Osborne, and Smith Counties. Stay connected with "Post Rock Extension" on Facebook, Twitter, Instagram, and YouTube. Our website is www.postrock.ksu.edu.



Post Rock Extension District #1

Beloit Office 115 S. Hersey Beloit, KS 67420 (785) 738-3597
Lincoln Office 108 W. Lincoln P.O. Box 8 Lincoln, KS 67455 (785) 524-4432
Mankato Office 307 N. Commercial Mankato, KS 66956 (785) 378-3174
Osborne Office 113 N. 1st Street Osborne, KS 67473 (785) 346-2521
Smith Center Office 218 S. Grant P.O. Box 287 Smith Center, KS 66967 (785) 282-6823

*Knowledge
for Life*

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact a Post Rock District Office.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.