



Dear Walk Kansas Participant,

Welcome to the **Walk Kansas** program. We hope you have fun and have the time to participate in many of the events planned for the 16<sup>th</sup> year of Walk Kansas.

### Summary of Walk Kansas Events:

**Kick-Off Party** at the **Anderson Building** is **March 16<sup>th</sup>** from 11:30 – 1:30. There will be food, fun and prizes. Please call the **Extension Office** at **(620) 341-3220** to **RSVP** or email [lycoext@ksu.edu](mailto:lycoext@ksu.edu).

**Poker Walks** will be every Tuesday during Walk Kansas, from 11:30 – 1:00 at the C of E Park.

**Is it Safe? Class** will be **March 28<sup>th</sup>**, at the **Anderson Building** at **10 a.m. and 7:00 p.m.** Consumers are increasingly interested in where their food comes from and may be concerned about the health and safety implications of various food production methods. With many different terms such as “organic,” “natural,” and “GMO-free” being used in food marketing, it is confusing for consumers to know how to **spend their food dollars** wisely. **Please RSVP by March 22<sup>nd</sup>** by calling the **Extension Office** at **(620) 341- 3220** or emailing [lycoext@ksu.edu](mailto:lycoext@ksu.edu).

**Fit for Life** will be at the **Emporia Rec Center**, **April 11<sup>th</sup>** at **10 a.m. and 7 p.m.** Let’s work on creating time for activity. Choosing an activity that you enjoy is one of the keys to lifetime health. Come and explore the many options that exist, as we introduce you to some new and exciting possibilities. Let’s get you moving and keep you moving. **Please RSVP by 6<sup>th</sup>** by calling **(620) 341-3220** or emailing [lycoext@ksu.edu](mailto:lycoext@ksu.edu).

**Fixing Funky Foods** will be **April 25<sup>th</sup>**, **10 a.m. and 7 p.m. at the Extension Office.** Class will cover the increasing variety of foods in grocery stores, how to incorporate, prepare and familiarize participants with newly available fruits, vegetables, and whole grains in even rural grocery stores. **Please RSVP by April 19<sup>th</sup>** by calling **(620) 341-3220** or emailing [lycoext@ksu.edu](mailto:lycoext@ksu.edu).

**Wrap up Event** will be included with the **Poker Walk** on **May 9<sup>th</sup>**. **Watch for more details!**

Best wishes and welcome again to Walk Kansas,

Rhonda Gordon  
Lyon County Extension Agent  
Family and Consumer Sciences

Barb Rourk  
Emporia Recreation Center



Kansas State University Agricultural Experiment Station and Cooperative Extension Service  
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# Individual Registration Form – 2017

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ Zip Code \_\_\_\_\_ County/District \_\_\_\_\_

E-mail \_\_\_\_\_ Gender (check one)  Male  Female

Team Captain \_\_\_\_\_ Team Name \_\_\_\_\_

**T-Shirt Color Choices are: Heather Sapphire, Gravel or Purple - circle one**

**T- Shirt Size: sm med. lrg. xl, 2x, 3x, 4x, 5x - circle one**

**(Please note the \$3 additional charge for size 2x and larger.)**

**If this is a worksite team, please specify company/organization \_\_\_\_\_**

**Which of the following best describes you? (Check one)**

- American Indian/Native Alaskan  White  Black/African American  Asian
- Hispanic or Latino  Native Hawaiian/Pacific Islander  Bi-racial  Other

*I wish to participate voluntarily in the Walk Kansas physical activity for the purpose of physical fitness. I understand that I should have medical approval from my health care professional if I:*

- have chronic health problems such as heart disease or diabetes.
- have been told by my doctor that I have high blood pressure.
- have pains in my heart and/or chest area.
- have any physical conditions or problems that might require special attention in an exercise program.
- feel dizzy or have spells of severe dizziness.
- have a bone or joint condition, like arthritis, that might be made worse by an exercise not accustomed to, or a vigorous exercise program.
- am a male over age 45 or a female over age 55 AND not accustomed to vigorous exercise.

*I agree to accept full responsibility for any injuries I may sustain while participating in this program.*

*Participant Signature: \_\_\_\_\_ Date \_\_\_\_\_*

*Parent/Guardian Signature (If under 18): \_\_\_\_\_ Date \_\_\_\_\_*



## PUBLICITY RELEASE

- I authorize** K-State Research and Extension to record and photograph my image and/or voice for use in research, educational and promotional program. I also recognize that these audio, video and image recordings are the property of K-State Research and Extension.
- No, I do not authorize** use of my individual image or voice.

Please complete and return this form to Lyon County Extension Office, 2632 W. Hwy 50, Emporia, KS by March 16<sup>th</sup>.



Research and Extension Kansas State University Agricultural Experiment Station and Cooperative Extension Service  
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# Walk Kansas - 2017

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**March 19 – May 13, 2017**

## Here we go!

Get your walking shoes ready – it's time for Walk Kansas 2017.

## How Walk Kansas Works

- ◆ Fill out a participant registration form and return it, along with program fee payment, to your team captain. Order a Walk Kansas T-shirt if you want one.
- ◆ Read and apply **Walk Kansas 2017**, included in this packet. Identify and write down your personal goals.
- ◆ Along with your team members, select a team challenge that you will, collectively, strive for.
- ◆ Use the *Daily Log* to record physical activity minutes and fruits/vegetables. Don't forget to include strengthening exercises in your total activity minutes. **(Begin March 19.)**
- ◆ **Report weekly to your team captain.**
- ◆ Read your newsletter. If you don't receive it weekly, contact your Extension office.
- ◆ Explore the website [www.walkkansas.org](http://www.walkkansas.org)
- ◆ Like "Kansas State University Walk Kansas" on Facebook.
- ◆ Participate in any events, educational programs, fun walks/runs, kick-off and/or celebration events offered in your community or promoted through your team.
- ◆ Enter the photo challenge – your photo could earn you a Walk Kansas sweatshirt!
- ◆ Complete a Walk Kansas evaluation after week 8.

**Physical Activity Guidelines for Americans** include recommendations for cardiovascular activity – at least 150 minutes per week, AND strengthening activities – at least twice per week.

### Make sure you follow the guidelines for counting activity minutes:

- Must be at least moderate intensity – working at a level where you can still talk but not sing.
- Engage in the activity for at least 10 **consecutive** minutes.
- Strengthening exercises also count.

For more information on Physical Activity Guidelines for Americans, go to:

<http://www.health.gov/paguidelines>

### No bonus minutes:

In the past, you could earn bonus minutes for breaking every hour of sitting during the day. Program evaluations have shown that our participants are doing a good job of breaking prolonged sitting – so, keep up the good work!! This is still important.

Research shows that sedentary living is a big health risk. If you sit for more than one hour at a time at work, home, while driving or traveling – take a 1-2 minute break. Just standing for a few minutes every hour makes a difference.

## Fruits and Vegetables – How Much?



The health benefits of physical activity are greater when you also follow a healthy eating plan.

**MyPlate** recommends that you fill half of your plate with fruits and vegetables. Ideally, you should eat 1½ - 2 cups of fruit and 2-3 cups of vegetables each day.

This may sound like a lot, so start by adding a fruit or vegetable to what you currently eat each day and increase gradually. Use your Daily Log to track cups of fruits/vegetables you eat.

More healthy eating information will be included in your weekly newsletters and is also available at [www.choosemyplate.org](http://www.choosemyplate.org).

### Summary of Walk Kansas Events:

- **Kick Off Party** Thursday March 16<sup>th</sup>, 11:30 am.-1:30 pm. RSVP by March 10<sup>th</sup>.
- **Tuesday WalkABOUTS** – every Tuesday at C of E Park 11:30 – 1:00
- **Is It Safe?** - Information on genetically engineered foods and food terms, such as organic, natural, and GMO-free.
- **Fixing Funky Foods** – the increasing variety of foods in stores & how to prepare April 11<sup>h</sup>, 10a.m. and 7p.m.
- **Fit for Life** April 25<sup>th</sup>, 10a.m. and 7:00p.m. Explore the many options to get you moving and keep you moving! .
- **Wrap Up**, May 9<sup>th</sup>, 11:30am.–1:00 pm. Watch for details!

Please RSVP to the Lyon County Extension Office for these events by calling 620-341-3220 or emailing [lycoext@ksu.edu](mailto:lycoext@ksu.edu)

# Summary of Walk Kansas Events!

## Lyon County

### Kick- Off

**Thursday March 16<sup>th</sup> @ Anderson Bldg.**

Kick Off Party will be at the Anderson Building Fairgrounds Thursday, March 16<sup>th</sup>, from 11:30-1:30.

Please RSVP by March 10<sup>th</sup> by calling the Extension Office at (620) 341-3220 or email [lycoext@ksu.edu](mailto:lycoext@ksu.edu).

There will be food, fun and prizes.

### Tuesday Poker Walks

Poker Walks will take place every Tuesday from 11:30 – 1:00 at the **C of E Park** during Walk Kansas. Call the Extension Office at (620) 341-3220 or email [lycoext@ksu.edu](mailto:lycoext@ksu.edu) if you have questions about the Poker Walks.

### Is It Safe?

**Tuesday March 28<sup>th</sup>, 10 a.m. and 7p.m., @ Anderson Bldg.**

Consumers are increasingly interested in where their food comes from and may be concerned about the health and safety implications of various food production methods. With many different terms such as “organic,” “natural,” and “GMO-free” being used in food marketing, it is confusing for consumers to how to spend their food dollars wisely. Please **RSVP by March 22<sup>th</sup>** by calling the **Extension Office at 341-3220** or emailing [lycoext@ksu.edu](mailto:lycoext@ksu.edu).

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### Wrap-Up Event,

**May 9<sup>th</sup>, 11:30 a.m. – 1:00 p.m.**

This will be included with the Poker Walk. Watch for details! Please RSVP by April 29<sup>th</sup> by calling (620) 341-3220 or emailing [lycoext@ksu.edu](mailto:lycoext@ksu.edu).

# Walk Kansas Daily Log

Your Name \_\_\_\_\_

Team Name \_\_\_\_\_

Captain's Name/Phone/E-mail \_\_\_\_\_

**Directions:** Each day, record cups of fruits/vegetables you eat, minutes of moderate or vigorous activity, and give yourself a ✓ if you did strengthening exercises that day. Every Sunday, total the cups fruits/veg and minutes of activity. Report minutes and fruits/vegetables to your team captain each week.

		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	TOTAL
<b>Week #1</b>	Minutes								
	Strengthening								
	F/V								
<b>Week #2</b>	Minutes								
	Strengthening								
	F/V								
<b>Week #3</b>	Minutes								
	Strengthening								
	F/V								
<b>Week #4</b>	Minutes								
	Strengthening								
	F/V								
<b>Week #5</b>	Minutes								
	Strengthening								
	F/V								
<b>Week #6</b>	Minutes								
	Strengthening								
	F/V								
<b>Week #7</b>	Minutes								
	Strengthening								
	F/V								
<b>Week #8</b>	Minutes								
	Strengthening								
	F/V								

**\* Fifteen minutes of moderate or vigorous physical activity counts as one Walk Kansas mile.**