

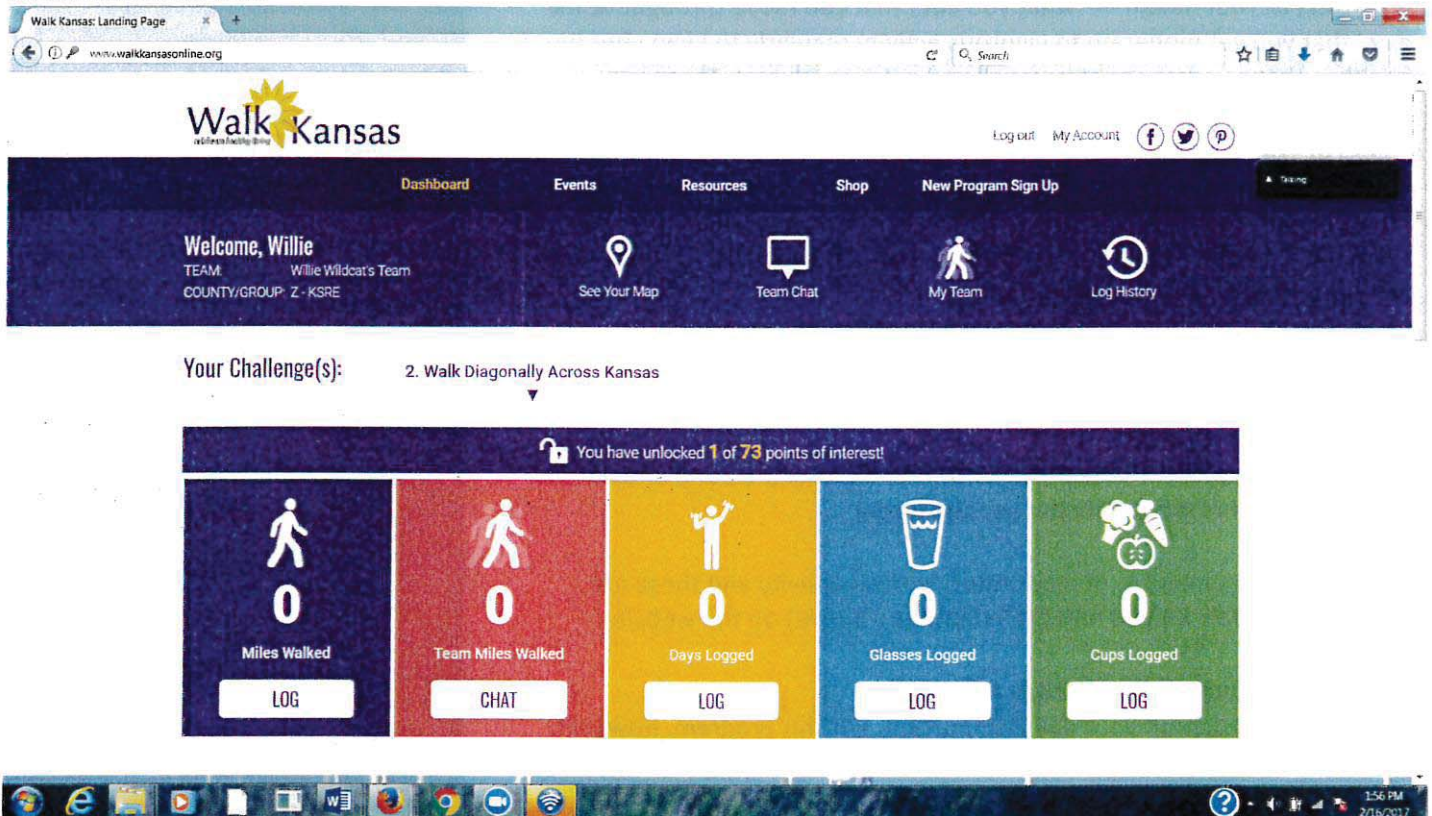
If you don't have a team, and would like to join one, go online and register as an individual. The Extension office will connect you with a team that has similar goals.

### Register with paper forms:

Complete the registration form provided by your captain. Return it, along with payment for the program fee (\$17) to your captain. You can log minutes of activity and fruit/veg consumption on a paper or electronic log, or you can log online at [www.walkkansasonline.org](http://www.walkkansasonline.org).

### Report/Log online:

The online system will be ready for you to use beginning **March 18**. When you log into your account, you will see a screen similar to this:



The purple horizontal "welcome" bar takes you to the map (to see team progress and learn more about the destination points on your trail and some Kansas history); a place to "chat" with your team; and you can view your "log history." On the very top of the bar, there are links to *Events and Resources*.

You and your team mates will log minutes of moderate/vigorous activity (at least 10 consecutive minutes) into the system and it converts to miles (15 min = 1 mile) which will display in the purple box as miles. Total team miles will show in the red box. Check the days you do strengthening exercises in the yellow box; log water in the blue box (optional) and cups of fruits/veggies in the green one.

Rhonda Gordon, FACS Agent  
Lyon County Extension Office  
341-3220

Barb Rourk  
Emporia Recreation Center



# Walk Kansas

*celebrate  
healthy living*

March 18 – May 12, 2018

## Grab your gear – it's time for Walk Kansas!

It matters to your health ---- what you eat...that you move throughout the day...that you get moderate to vigorous activity regularly to keep your heart healthy...that you manage stress well and get enough rest. These are cornerstones for a healthy lifestyle and things we will focus on during the 8 weeks of Walk Kansas.

This is a team-based program, meaning that you are part of a 6-member team and together you will select a goal (challenge) to work toward. Here are the Virtual Challenge Trail options:

**Challenge 1:** Takes participants to the 8 Wonders of Kansas (2 ½ hrs. of moderate activity per person/week)

**Challenge 2:** Walk a winding diagonal trail from Troy to Elkhart (4 hrs. of activity per person/week)

**Challenge 3:** Explores the Little Balkans in SE KS, winds around and ends at Nicodemus. (6 hrs. of activity per person/week)

Each person logs minutes of moderate/vigorous activity and these are converted to Walk Kansas miles (15 minutes = 1 mile) on the website.

### What counts toward Walk Kansas minutes?

Movement throughout your day is important. For this program, however, we specify the types of activity to report as Walk Kansas minutes (based on the Physical Activity Guidelines for Americans.) Count only the minutes of activity that:

- are moderate or vigorous intensity – at a level where you can just barely carry on a conversation or say a few words.
- are done for a minimum of 10 consecutive minutes.
- are aerobic activities (like walking) AND strengthening exercises.

If you wear a fitness tracker: You can report steps after you reach 6,000 that day. Report 15 minutes of activity for 2,000 steps (after 6,000). You decide which method of reporting works best for you – steps OR minutes of activity. Do not report both.

## Take the first step – register for Walk Kansas!

To register online at [www.walkkansasonline.org](http://www.walkkansasonline.org):

If you already have a team, wait for your captain to register the team online. You will receive a message by email asking you to complete registration by giving 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 program fee which includes your t-shirt.

**Kick-Off Party** will be held **Tuesday March 20<sup>th</sup>** at the Bowyer Building on the Lyon County Fairgrounds. 11:30-1:00 in conjunction with the first Poker Walk. **RSVP by March 15<sup>th</sup>.**

**Poker Walks** every Tuesday during Walk Kansas. Poker Walks will be held at C of E Park starting **March 27<sup>th</sup>** and ending **May 8<sup>th</sup>.**

**Picnic and Poker on the Patio** will take place on **Tuesday May 15<sup>th</sup>** at Anderson Building on the Lyon County Fairgrounds 11:30-1:00 **RSVP by May 10<sup>th</sup>.**

Lyon County Extension Office  
620-341-3220 for questions or  
to RSVP for programs.

**K-STATE**  
Research and Extension

Walk Kansas

Kansas State University Agricultural Experiment  
Station and Cooperative Extension Service

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



# CELEBRATE HEALTHY LIVING

## K-STATE Research and Extension

Walk Kansas

# Activity Guide

### Want to feel better and have more energy?

Maybe you need to blow off some steam from a stressful day or need to get better sleep. Regular exercise can help you achieve this and more. The health benefits from regular exercise and physical activity are hard to ignore, and they are available to everyone, regardless of age, sex, or physical ability. Another fantastic thing about exercise — it's fun!

Walk Kansas is based on *Physical Activity Guidelines for Americans*, which recommend a minimum of 150 minutes of moderate exercise per week OR 75 minutes of vigorous exercise/week, and strengthening exercises at least 2 days per week. Walk Kansas also promotes a warm-up and cool-down time and stretching to improve flexibility.

### Make sure it is safe for you to exercise

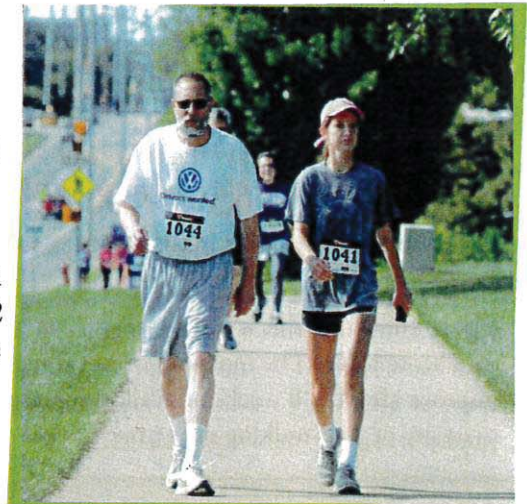
Before you begin Walk Kansas, or any exercise program, it is important to make sure it is safe for you to exercise. This PAR-Q (Physical Activity Readiness Questionnaire) can help you decide if you are ready or if you might need to check with your physician first. Answer yes or no to the following questions:

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
6. Is your doctor currently prescribing medications for your blood pressure or heart condition?
7. Do you know of any other reason why you should not do physical activity?

If you answered yes to one or more of these questions, are older than age 40, and have been inactive or are concerned about your health, check with your physician before taking a fitness test or participating in Walk Kansas.

### Measure your fitness

Almost everyone that increases their physical activity will benefit by improved fitness. You may notice that you don't get out of breath as easily when you climb the stairs or that picking something up from the floor is easier. While a pre/post fitness test is not required, you may want to know just how much you improve over the 8 weeks of Walk Kansas. These tests are relatively easy to do. You can do the walking test by yourself and the flexibility tests will require another person to do some measuring.



## Rockport Fitness Walking Test

This is one of the best ways to determine your cardiorespiratory fitness, which is the ability of the heart and lungs to supply fuel and oxygen during sustained physical activity. The test determines your fitness level by estimating your VO<sub>2</sub>Max, which is your maximum possible oxygen consumption.

To do this 1-mile walking test, you will need: a scale to determine your weight, a stopwatch or cell phone to time the test, a 1-mile measured course, and a way to measure your heart rate (take your pulse).

First, find a 1-mile course. For most high-school tracks, this is 4 laps around the innermost lane. You can also measure out 1 mile on a road or street. Have your phone or stopwatch ready and follow these instructions.

1. Warm up at a gentle pace for at least 5 minutes.
2. Walk 1 mile as fast as you can and time how long it takes.
3. Record your time to walk 1 mile.
4. Take your heart rate immediately at the end of your 1-mile walk. You can use a heart rate monitor or app, or take your pulse for 15 seconds and multiply this number by 4.
5. Enter this data into the calculator linked below. This will determine your VO<sub>2</sub>Max and compare it to standards for your gender and age group. <http://knightsoknee.com/calculators/FitnessTestCalc.htm>

If you do not have access to the Internet, contact your local K-State Research and Extension office for calculation instructions.

Please know that this is not a test you can cram for because fitness doesn't improve overnight. Don't be discouraged if your score is low. The most important thing is that you improve your score over time. We would expect your score to improve after the 8 weeks of Walk Kansas, provided you walk or exercise regularly and that you increase the length and intensity of your walking over time.

## My Fitness Test Numbers

### Before Walk Kansas:

#### Walking test

Time for 1-mile walk \_\_\_\_\_

Heart rate immediately after walk \_\_\_\_\_

#### Rockport results:

My Fitness Level \_\_\_\_\_

My Fitness Rating \_\_\_\_\_

#### Flexibility Tests

Back Scratch: Right \_\_\_\_\_ Left \_\_\_\_\_

Hamstring: Right \_\_\_\_\_ Left \_\_\_\_\_

### After Walk Kansas:

#### Walking test

Time for 1-mile walk \_\_\_\_\_

Heart rate immediately after walk \_\_\_\_\_

#### Rockport results:

My Fitness Level \_\_\_\_\_

My Fitness Rating \_\_\_\_\_

#### Flexibility Tests

Back Scratch: Right \_\_\_\_\_ Left \_\_\_\_\_

Hamstring: Right \_\_\_\_\_ Left \_\_\_\_\_

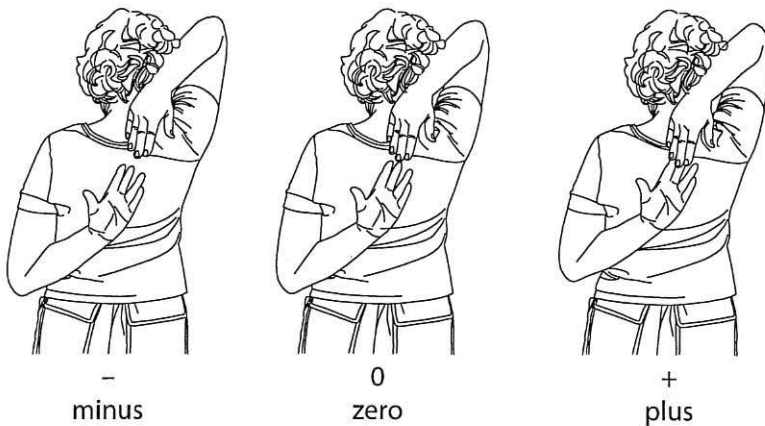


# Helpful Information

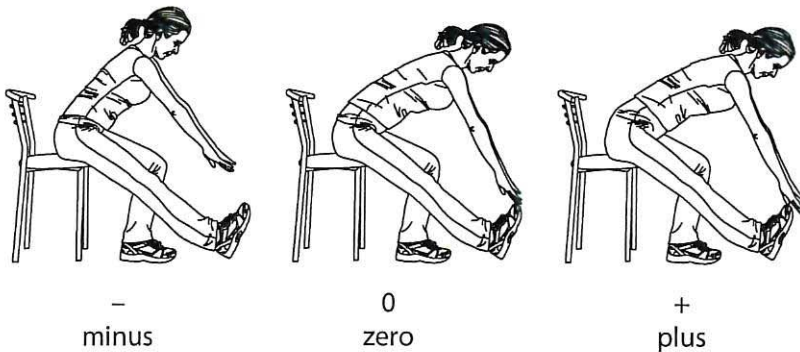
## Flexibility Tests

Flexibility is somewhat hard to measure. These two tests are some of the best ways to determine if your flexibility improves over time. You will need a partner to complete these and have a ruler handy.

**Back Scratch Test** to determine upper body flexibility. Stand and place your right hand over your right shoulder, palm down and fingers extended. Place your other arm around the back of your waist with palm up, reaching as far as possible and trying to touch or overlap extended middle fingers of both hands. Have your partner measure to the closest quarter inch. Use the diagram below as a guide and record your results. Repeat on the other side.



**Chair Sit-and-Reach Test** to determine lower body (hamstring) flexibility. Sit on the edge of a chair, one leg bent and slightly off to one side, foot flat on the floor. Extend your other leg as straight as possible, heel placed on the floor and foot flexed to 90 degrees. With arms outstretched, hands overlapping and middle fingers even, slowly bend forward and reach as far as possible toward or past the toes. Use the diagram below as a guide and record your results. Repeat on the other side.



### Walk Kansas:

[www.walkkansas.org](http://www.walkkansas.org)

### Physical Activity

**Guidelines for Americans:** <https://health.gov/paguidelines/guidelines/>

### Strength Training

[http://workshop.agrability.org/2011/Downloads/Vincent\\_07.pdf](http://workshop.agrability.org/2011/Downloads/Vincent_07.pdf)

<http://www.walkkansas.org/activity/strength.html>

### “Don’t just sit there!”

<http://www.washingtonpost.com/wpsrv/special/health/sitting/Sitting.pdf>

### Flexibility and Stretching

<https://www.uaex.edu/publications/PDF/FSFCS34.pdf>

Source for flexibility tests: Stay Strong Stay Healthy Program and University of Missouri Extension

<http://www.k-state.edu/staystrong/>



### Determine Heart Rate by Measuring Your Pulse

As soon as you stop moving your heart rate will slow, so it is important to check your pulse quickly after you complete the 1-mile walk. You can find your pulse at your neck (carotid artery) or wrist (radial artery). Here are the steps:

1. Have a timing device ready, one that shows seconds. You can use a clock or timer with a second hand or use the stopwatch mode on your smartphone.
2. Use two fingers (not your thumb). It is often easiest to find your pulse in the carotid arteries, located either side of your windpipe. Check just beneath your jaw, next to your windpipe.
3. Once you locate your pulse, press lightly and count your pulse for 15 seconds. Multiply this number by 4. Ex: 20 beats for 15 seconds = 80 beats per minute.

**K-STATE**  
Research and Extension  
Walk Kansas

**CELEBRATE  
HEALTHY  
LIVING**

## Ready for Walk Kansas!

Physicians say that if walking were a pill, it would be the most widely prescribed medication. The reason we promote walking is that almost anyone can do it and it is good for your heart. Other types of exercise are beneficial as well, so you can be assured that other types of activity also count toward Walk Kansas minutes!

Physical activity versus exercise — there is a difference. Physical activity is anything that gets a person moving, such as walking to the mailbox. Exercise is moving at a pace that increases your heart rate, such as walking around the block. Walk Kansas promotes both physical activity and exercise. It is also important to move throughout your day, and especially important that you move — at least stand — for several minutes every waking hour.

## What counts toward Walk Kansas minutes?

The Walk Kansas program is based on the Physical Activity Guidelines, which promote moderate and vigorous intensity activities. Here are the types of activity you can report as Walk Kansas minutes. (Things have changed a bit since 2017, so please read!)

- Moderate exercise/activity — at a level where you can carry on a conversation, but not sing. Activity must be done for at least 10 consecutive minutes. Report actual minutes of activity. Activities could include: walking briskly, water exercise, bicycling slower than 10 miles/hour, tennis (doubles), ballroom dancing, general gardening.
- Vigorous exercise/activity — at a level where you can talk but not have a conversation. Activity must be done for at least 10 consecutive minutes. You can double the actual minutes you perform vigorous activity and report that number. Vigorous activities could include: racewalking, jogging or running, swimming laps, tennis (singles), aerobic dancing, bicycling 10 miles/hour or faster, jumping rope, heavy gardening, hiking uphill or with a heavy backpack.
- Combination of moderate and vigorous — where you add short bursts of vigorous activity or intervals. Example: Add several 30-second bursts of running or fast walking to your moderate walking pace. Report actual minutes of activity.
- Strengthening exercises — report actual minutes.

If you wear an activity tracker (wrist tracker or pedometer), you can start counting steps after you reach 6,000 steps in a day. Report 15 minutes of activity for every 2,000 steps you take above 6,000.\*

*\*Research tells us that most people will not get more than 6,000 steps in their average day. To be consistent with Walk Kansas goals, we ask you to count only the steps that are above this amount.*

For more explanation about moderate/vigorous activities and using the “talk” test watch [this video](#).





### Daily Log

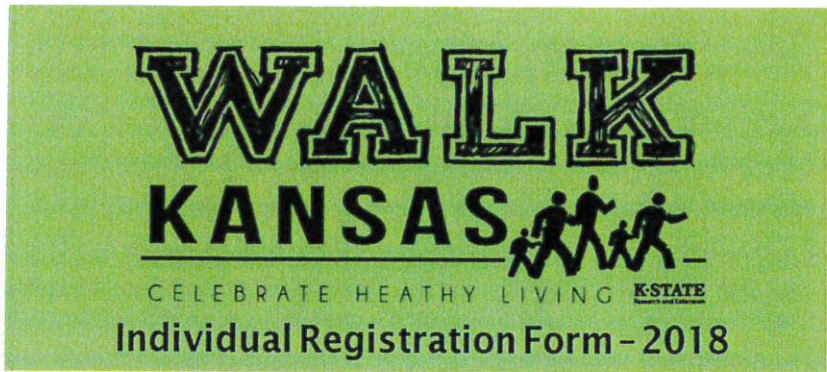
Captain's Name/Phone/Email \_\_\_\_\_

Directions: Each day, record your minutes of moderate/vigorous activity (and include minutes of strengthening exercises). Give yourself a (check) if you did strengthening exercises that day. Record cups of fruit/vegetables you eat and glasses or ounces of water you drink (this is optional). Every Sunday, report your weekly total of exercise minutes and cups of fruits/vegetables to your team captain.

Reminder: You must do the activity for 10 consecutive minutes for it to count toward Walk Kansas. If you wear a activity tracker to count steps, you may start counting after you reach 6,000 that day. Report 15 minutes for each 2,000 steps (above the 6,000.)

		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	WEEKLYTOTAL	
										Min F/V
Week #1	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
Week #2	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
Week #3	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
Week #4	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
Week #5	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
Week #6	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
Week #7	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
Week #8	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									





Please complete and return to your local K-State Research and Extension office by **March 5<sup>th</sup>** to receive t-shirts at Kick-Off.

Name \_\_\_\_\_  
 Mailing Address \_\_\_\_\_  
 City \_\_\_\_\_ Zip Code \_\_\_\_\_ County/District \_\_\_\_\_  
 Email \_\_\_\_\_ Phone \_\_\_\_\_ Gender  Male  Female  
 Team Captain \_\_\_\_\_ Team Name \_\_\_\_\_

**Please circle t-shirt size and color choice: S M L XL 2XL 3XL 4XL Heather Irish Green OR Heather Purple**

If this is a work-site team, please specify company/organization \_\_\_\_\_

Which age range are you in? (Check one)

<input type="radio"/> Under 5	<input type="radio"/> 5 - 12	<input type="radio"/> 13 - 17	<input type="radio"/> 18 - 24	<input type="radio"/> 25 - 34
<input type="radio"/> 35 - 44	<input type="radio"/> 45 - 54	<input type="radio"/> 55 - 64	<input type="radio"/> 65 - 74	<input type="radio"/> 75 and over

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

<input type="radio"/> American Indian/Native American	<input type="radio"/> Asian	<input type="radio"/> Black/African American
<input type="radio"/> Bi-racial	<input type="radio"/> Hispanic or Latino	<input type="radio"/> Native Hawaiian/Pacific Islander
<input type="radio"/> White	<input type="radio"/> Other	

I wish to participate in the Walk Kansas physical activity program 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, such as arthritis, that might be made worse by an exercise I am 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** \_\_\_\_\_

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**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 programs. 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.