



WALK KANSAS

Get Ready! Participant Information:

Wow, it is hard to believe that Walk Kansas is 25-years old!! We are back at it – nudging and motivating you to move more, sit less and feel better. Let the fun begin!

Join a team or go solo:

Walk Kansas is primarily a team-based program, meaning that you are part of a 4-6 member team that selects a goal and then support 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. **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.

Going solo?

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 activity or total steps/day, which the online system converts to Walk Kansas miles (15 minutes/2,000 steps = 1 mile). Read the Activity Guide, page 4, for more detailed information on reporting both moderate and vigorous activity.

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) 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.

K-STATE
Research and Extension

Reminders and Dates

March 4: Registration Opens

After you register: Complete the walking and flexibility tests described in the Activity Guide.

March 30: Here we go!!

Start logging physical activity minutes/steps, strengthening exercises; fruits/veg, and water.

April 7: Registration closes

Order Walk Kansas Apparel:

www.shopwalkkansas.com

Order by dates are on the website

April 16, 23 and May 7, 14:

Walk Kansas webinars begin at 12:10 pm.

May 24: Walk Kansas wraps

up for 2025! Complete Post walking and flexibility tests, and a program evaluation.

Walk Kansas website:

www.walkkansas.org

Kansas State University
Agricultural Experiment Station
and Cooperative Extension Service

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

If you don't have a team and would like to join one, go online and register as an "individual." An 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. *If you reach a point during the process where you don't have all of the information you need, click CANCEL and start over later. Please do not exit out of the system without hitting CANCEL.*

Walk Kansas Webinars

These have been quite popular! Topics for 2025 include: taking care of your heart; a stronger future with resistance training; foot care; and lessons from the Blue Zones – Keys to Living Longer and Better.

Details about webinars will be highlighted in Walk Kansas newsletters and posted in the "Events" section of your portal. These will be recorded so you can view them when it is convenient, plus you'll have access to webinars from the past two years. This years' dates are: April 16, 23 and May 7, 14 at 12:10p.m.

Newsletters

You will receive the weekly Walk Kansas newsletter via email with tips for moving more, stretching and strengthening, eating better, staying safe while you exercise and a whole lot more!

Track Your Fruits, Vegetables and Water

Our weekly newsletters include tasty and healthful recipes. We promote eating lots of fruits and veggies during Walk Kansas, and you have the option to track your intake each day. Keeping a log is the best way to know if you are getting enough of these fiber-full and nutrient-dense foods. We also encourage our participants to record how much water they drink.

Show your Walk Kansas Pride

You can purchase a 25th anniversary t-shirt, hoodie, long-sleeved tee, cap and more at: www.shopwalkkansas.com. Go directly to this website or login to your portal and click "shop" on the top purple bar. Note the dates to place orders (3/21, 4/4 and 4/18).

T-shirt color options are Amethyst (purple) and Cement (gray).



Participant Checklist – Make sure you are ready for Walk Kansas

- Connect with your team – get to know those that may not be familiar to you.
- Read the Activity Guide (www.walkkansas.org/doc/participant/wkactivityguide.pdf) and check page 4 for more information on reporting minutes/steps. Know what "moderate" activity is (where you can barely carry on a conversation) and "vigorous" (can only say a word or two). You can double the minutes if you do vigorous activity, like running.
- Complete the Fitness pre-test. This is a fun activity to do with a friend/team. Take the test after Walk Kansas completed and compare your pre and post results.
- Become familiar with the online portal and "chat" with your team.
- Plan to join our webinars! The first is April 16 at 12:10p.m. Check your portal and the newsletter for a link.
- Make sure you reimburse your captain for the \$10 registration fee.
- Like Kansas State University Walk Kansas on Facebook (www.facebook.com/walkkansas), and find a local Walk Kansas group, if available.
- Start logging activity minutes/steps, fruits and vegetables, and water on March 30.
- Have fun!

Ready, Set, Go!! Report/Log online – begin March 30

Once your team is ready to go, you will see your dashboard where you log minutes, fruits and vegetables, and chat with your team. *You will not be able to log before March 31.*

The top horizontal purple menu is where you'll find links to events happening in your community, the resources like our weekly newsletters and other information, and the Walk Kansas shop where you can purchase apparel.

The middle purple bar is your dashboard. 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. If you are in a team, 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 your teammates, and "Log History" shows what you have logged for activity, fruits and vegetables, etc. Earn badges along the way for activity, logging, reading, and more!

The screenshot shows the Walk Kansas online dashboard. At the top, there is a navigation bar with links for Dashboard, Events, Resources, Shop, and New Program Sign Up. Below this is a purple bar with a welcome message for Willie, including links for See Your Map, Team Chat, My Team, and Log History. A yellow arrow points to the Log History link. Below the purple bar, there are five colored boxes representing different metrics: Miles Walked (8), Team Miles Walked (17), Clips Logged (15), Day Logged (1), and Glasses Logged (11). Each box has a LOG button. Below these boxes, there is a section for "Your Challenge(s)" with a dropdown menu showing "8 Wonders". A message indicates that the user has unlocked 1 of 29 points of interest.

If you scroll down the page, you will see the white "Leaderboard" box. This is where other teams from your community will appear along with their progress.

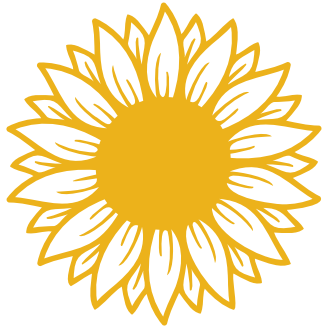
The screenshot shows the Walk Kansas online dashboard with the Leaderboard and Fitness Guidelines sections. The Leaderboard is a white box with a table showing the progress of teams. A yellow arrow points to the Leaderboard section. The Fitness Guidelines section is a white box with a list of three guidelines and a "Learn More" link.

PROGRAM	TEAM	MILES	GLASSES WATER	CLIPS FRUITS & VEGGIES
8 Wonders	Cats on the Move	17	23	26

Fitness Guidelines:

- 1) Get a minimum of 150 minutes/week of moderate aerobic activity (walking 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 >](#)



WALK KANSAS

K-STATE
Research and Extension

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 VO2Max, 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. (See directions for taking pulse on page 4.)
5. Enter this data into the calculator linked below. This will determine your VO2Max and compare it to standards for your gender and age group. knightsofknee.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

Walk Kansas:

www.walkkansas.org

Physical Activity Guidelines for Americans:

health.gov/sites/default/files/2019-10/PAG_ExecutiveSummary.pdf

Strength Training:

workshop.agrability.org/2011/Downloads/Vincent_07.pdf

“Don't just sit there!”:

washingtonpost.com/wp-srv/special/health/sitting/Sitting.pdf

Flexibility and Stretching:

walkkansas.org/doc/stretchingposter.pdf

Source for flexibility tests:

Stay Strong Stay Healthy Program and University of Missouri Extension

k-state.edu/staystrong/

Strength Training with Resistance Bands - 20 and 40 minute routine

https://www.montana.edu/extension/wellness/physical-activity/resistance_band.html

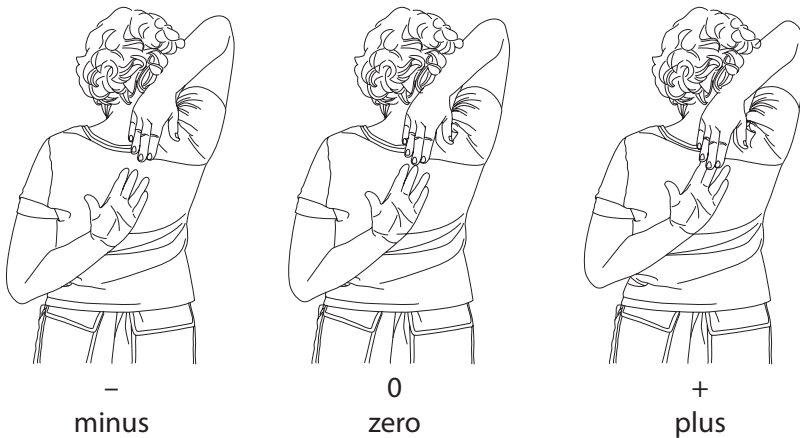
Make Active Habits Stick

https://bookstore.ksre.ksu.edu/pubs/make-active-habits-stick-fact-sheet_MF3622.pdf

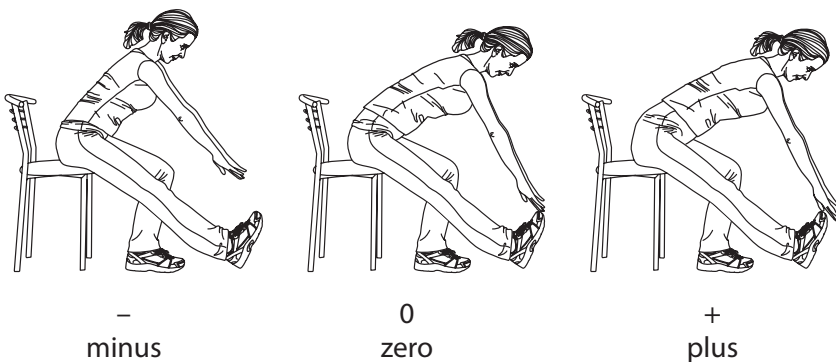
Flexibility Tests

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.



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.

Sharolyn Flaming Jackson, M.S.,
Family and Consumer Sciences
Specialist, Northeast Region,
K-State Research and Extension

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.

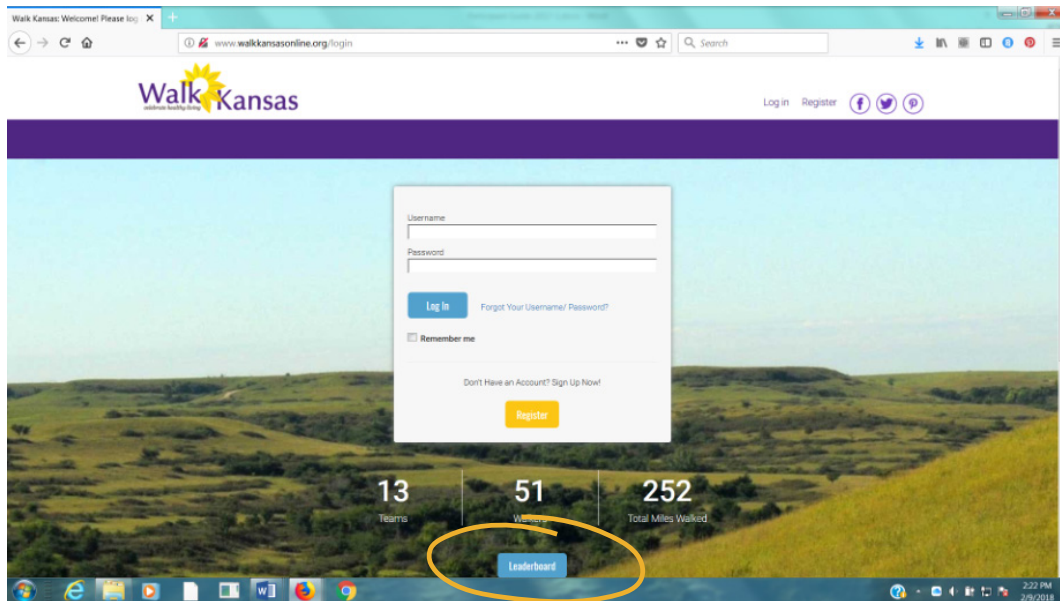
- **Moderate exercise/activity** — at a level where you can carry on a conversation, but not sing. **Report actual minutes** of activity. Activities could include: walking briskly, water exercise, bicycling slower than 10 miles/hour, tennis (doubles), ballroom dancing, general gardening, pickleball.
- **Vigorous exercise/activity** — at a level where you can talk but not have a conversation. **You can double the actual minutes you perform vigorous activity and report that number.** Vigorous activities could include: race-walking, 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 number of days you did strengthening exercises.

If you wear an activity tracker (wrist tracker or pedometer), report the total number of steps per/day in the Walk Kansas system. The system will covert steps to miles (2,000 steps = 1 mile.)

K-STATE
Research and Extension

Walk Kansas

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 do! Find an activity you enjoy and make it a habit. Have a fantastic Walk Kansas this year!



MOVE YOUR WAY!

Daily Log

Captain's Name/Phone/Email _____

Directions: Each day, record your minutes of moderate/vigorous activity (and include minutes of strengthening exercises. Remember, you can double the minutes you report if you do vigorous activity. Check your Activity Guide, page 4, for more details). 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). Enter your daily totals into your portal at www.walkkansasonline.org. Or, report these to your team captain, weekly, so they can include your efforts toward team progress.

		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	WEEKLY TOTAL
Week #1	Minutes								Min F/V
	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.

REGISTRATION

Name _____

Mailing Address _____

City _____ Zip Code _____ County/District _____

Email _____ Phone _____

Gender Male Female Non-binary Choose not to provide

Team Captain _____ Team Name _____

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

Age? (Check one)

Under 5 5 - 17 18 - 29 30 - 59 60-75 75 and over

Race? (Check one)

American Indian/Alaskan Native Asian Black/African American
 White/Caucasian Native Hawaiian/Pacific Islander Two or more races
 Choose not to provide

Ethnicity

Hispanic or Latino Not Hispanic or Latino Choose not to provide

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** _____

FOLLOW-UP SURVEY

I am willing to participate in a brief follow-up survey 6 months after Walk Kansas.

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.