

# Walk Kansas

*celebrate  
healthy living*

March 17 – May 11, 2019

Cottonwood Extension District - Participant Guide

## Move YOUR Way!

What is one of the best things you can do for your body, mind and spirit? You guessed it – move your way, every day!! K-State Research and Extension (KSRE) is pleased to offer this health initiative designed to help you move more, eat better and live life to the fullest. Regular exercise can help you live longer, maintain a healthy weight, reduce your risk of developing some cancers, reduce your risk of heart disease and stroke, reduce diabetes risk, boost your brain power, improve your mood and relieve stress. Wow – there isn't a pill that can offer all of those benefits!!

Walk Kansas 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 during the 8 weeks. Here are the options for your team.

**Challenge 1:** Discover the *8 Wonders of Kansas!* This journey requires each person to get 2 ½ hrs. of moderate activity per week.

**Challenge 2:** Go *Cross Country* from Troy (NE) to Elkhart (SW), which requires 4 hrs. of activity per person/week.

**Challenge 3:** *Little Balkans to Nicodemus* – a trail that takes you through SE Kansas and then up to Nicodemus with interesting stops along the way. This requires 6 hrs. of activity per person/week.

Each person logs minutes of moderate/vigorous activity and these are converted to Walk Kansas miles (15 minute = 1 mile) on the website. For a complete description of activities that count for Walk Kansas and how to report minutes, check your [Activity Guide](#).

## 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 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 registration fee (and t-shirt, if appropriate).

If you don't have a team, and would like to join one, go online and register as an individual. Your local Cottonwood Extension District 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 and t-shirt (optional) to your captain. You can log minutes of activity and fruit/veg consumption on a paper or you can log online at [www.walkkansasonline.org](http://www.walkkansasonline.org).

For specific information about Walk Kansas in your community, contact your local Extension Office. Find contact information here:

### Cottonwood Extension District In Barton Co.

Great Bend Office  
1800 12<sup>th</sup> St. / Great Bend, KS 67530  
620-793-1910 / [bwalton@ksu.edu](mailto:bwalton@ksu.edu)

### In Ellis Co.

Hays Office  
601 Main, Suite A / Hays, KS 67601  
785-628-9430 / [tam@ksu.edu](mailto:tam@ksu.edu)

### All program participants receive:

- Weekly newsletter (information on health and wellness, exercise/activity, stress management, nutrition and a tasty recipe.)
- Access to interactive online system for activity reporting
- Local events, classes and celebrations that support Walk Kansas

**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.

## Healthy Eating is Important

Here is a sobering statistic – according to the Centers for Disease Control and Prevention (CDC), only 10% of Kansans eat enough fruits and vegetables. While recommendations vary based on age and gender, most adults need 1½-2 cups of fruit and 2-3 cups of vegetables each day. We ask you to log the cups of fruits/veggies you eat daily as a way to help you increase that amount and we know that F/V consumption in Kansas increases during this program! Our goal is to help you make this a lifestyle habit. Check your newsletter each week for tips on increasing your fruits and veggies plus other healthy eating strategies – including a tasty recipe!

## Report/Log online:

Once your team is “ready” (everyone has added user information, consented and all fees are paid) you will see a screen like this when you log in. This is your “Dashboard” where you log minutes, etc., and chat with your team. **Along the top of the horizontal purple bar:** Click on “Events” to see what is happening in your community; “Resources” is where you will find program newsletters and other information; **“Shop” is where you can purchase Walk Kansas T-shirts.** (The Shop will only be open the first 2 weeks of Walk Kansas.)

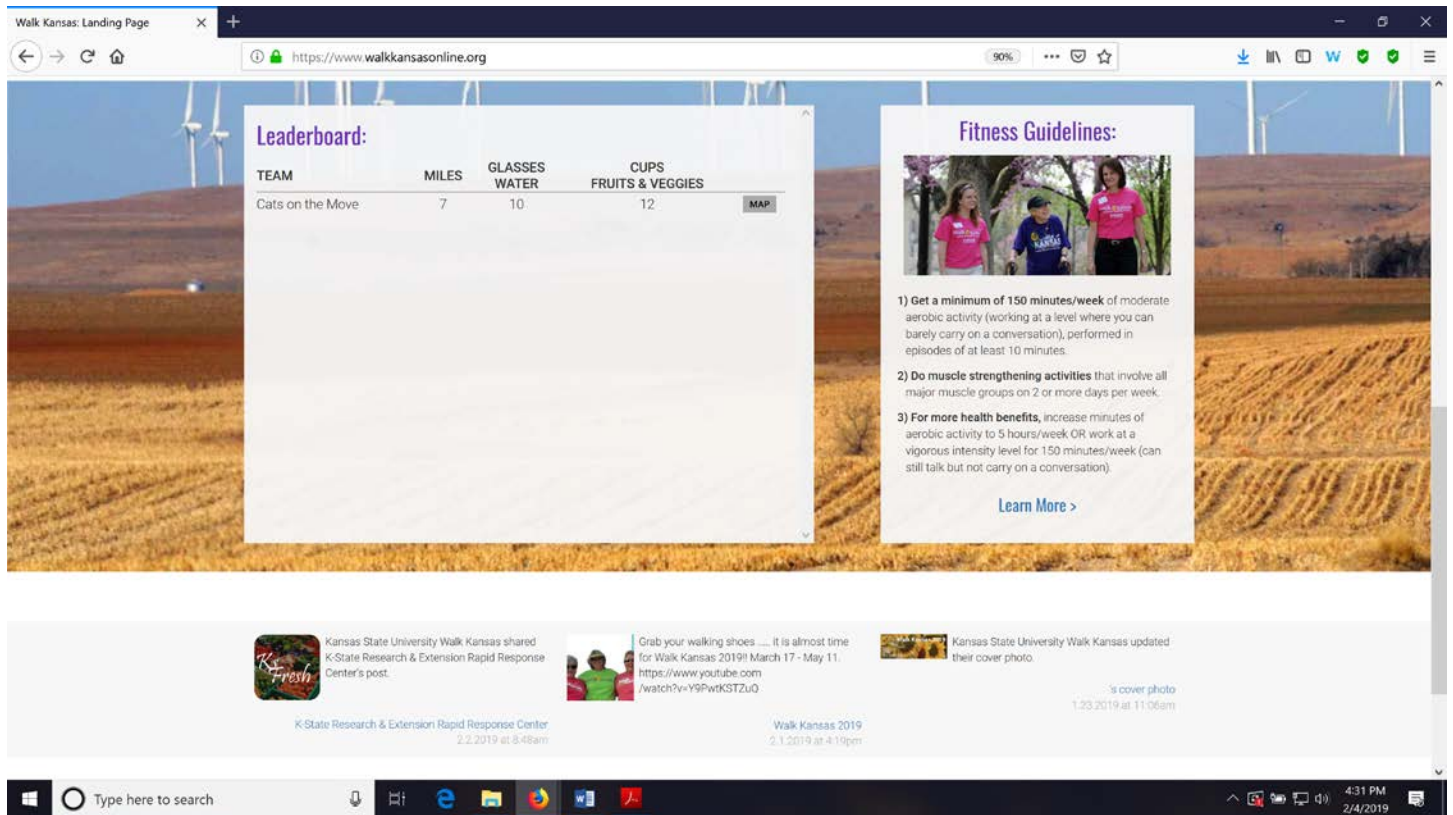
**Also on the purple bar** -- See your welcome message, your team name, and the group (county) where you are participating. After you enter your activity minutes (the system automatically converts your minutes into miles), click on the “See Your Map” icon to find a map of Kansas with your challenge trail displayed. This is where you will unlock points of interest along the trail and learn more about our great state. Click “Team Chat” to communicate with team members. You will also see – just under the purple bar - when someone has posted to your chat group. “My Team” shows all of your team mates and “Log History” shows what you have logged for activity, f/v, etc.

**To log your progress:** In the **purple box**, log your minutes of activity – the system will calculate into miles. (Read the [Activity Guide](#) to know what counts); the **red box** displays the total miles your team was walked and this also takes you to the “team chat” page; if you do strengthening exercises that day, click “log” in the **yellow box**; the **blue box** is where you can log the number of 8 oz. glasses of water you drink (optional); and record cups of fruits/veggies in the **green box**.

The screenshot shows the 'Walk Kansas' online dashboard. At the top, there's a navigation bar with 'Minutes vs. Miles', 'Find Local Office', 'Log out', and 'My Account'. Below this is a purple header with navigation tabs: 'Dashboard', 'Events', 'Resources', 'Shop', and 'New Program Sign Up'. The main content area is divided into two columns. The left column displays a welcome message for 'Willie' from 'Cats on the Move' in 'Kansas County'. The right column contains four icons: 'See Your Map', 'Team Chat', 'My Team', and 'Log History'. Below the header, there are two rows of activity logs. The first row shows 'Willie W. posted to the team chat. (Today, 4:23pm)'. The second row shows 'Willie W. logged activity for Feb. 3. (Today, 4:23pm)'. Below the logs, there's a section for 'Your Challenge(s):' with '8 Wonders'. A purple banner indicates 'You have unlocked 1 of 29 points of interest!'. At the bottom, there are five colored boxes representing different challenges: 'Miles Walked' (3), 'Team Miles Walked' (7), 'Day Logged' (1), 'Glasses Logged' (4), and 'Cups Logged' (6). Each box has a 'LOG' button.

Challenge	Count	Action
Miles Walked	3	LOG
Team Miles Walked	7	CHAT
Day Logged	1	LOG
Glasses Logged	4	LOG
Cups Logged	6	LOG

If you scroll down the page, you will see a white “Leaderboard” box. This is where other teams from your community, that chose the same challenge as your team, will appear along with their progress. At the bottom of the page you will see recent posts on the Facebook group Kansas State University Walk Kansas. Please *like* our page on Facebook!



You can see how all teams, in all 3 challenges, in your community and across Kansas are doing by going to the “Leaderboard” located on the login page, [www.walkkansasonline.org](http://www.walkkansasonline.org). Click on the **blue box** at the bottom of this screen.

