



K-STATE
Research and Extension
Walk Kansas

Walk Kansas Participants

Welcome!! We are SO glad that you are “moving your way” with us again this year! Research has shown that what is good for your heart is also good for your brain. Through Walk Kansas this year, we will highlight ways that physical activity and healthy lifestyle habits improve our physical and mental health. You will also be introduced to the MIND diet so make sure you check the newsletter each week to learn more.

Join a team or go solo:

Walk Kansas is primarily a team-based program, meaning that you are part of a 6-member team that selects a goal and then supports one another 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 challenge to work toward from these options:

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 the NE to the SE corners of Kansas, 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.

During Walk Kansas, you will log minutes of moderate/vigorous activity OR total steps/day which convert to Walk Kansas miles (15 minute = 1 mile). For a complete description of activities and how steps are counted, check the Activity Guide. New this year – the system will automatically convert steps to miles.

Ready to take the first step?

Register online at www.walkkansasonline.org

If you 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 (\$10).

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. If you prefer to go solo (not be on a team) select the “solo” option when you register.

March 27 – May 21 2022

Important dates:

March 27 – Go! Log exercise minutes and cups of fruits/vegetables

April 3 – Registration closes

March 25, April 1, April 29 – Order dates for Walk Kansas apparel

May 21 – Walk Kansas wraps up!

Watch for details on “Living Well” webinars to be offered on Wednesdays at 12:15 pm

Cottonwood Extension District
Barton & Ellis Counties
Great Bend Office - 3007 10th St.
Great Bend, KS 67530 / 620-793-1910

Hays Office - 601 Main St.
Hays, KS 67601 / 785-628-9430



Walk Kansas t-shirts and other apparel:

Show your Walk Kansas pride by wearing a t-shirt or sweatshirt! After completing registration, log into the portal with your username and password. Click on the “shop” button on the purple bar at the top. This will take you to our apparel vendor site, www.shopwalkkansas.com and you can place your order. The website will calculate shipping and tax, and the items will be shipped directly to you. Please note the dates for placing orders.

Healthy Eating for Mind and Body

It's no secret that following a balanced diet provides immense benefits for overall health, but did you know that eating a certain way can help protect brain function and reduce your risk of developing dementia and Alzheimer's disease? Fruits and vegetables play a key role in the MIND diet, so we ask you to log cups of fruits/veggies again this year. You will learn more about the MIND diet through weekly newsletters and webinars. Tasty recipes will be shared as well!

Report/Log online – begin March 27:

Once your team is ready to go, you will see this “Dashboard” where you log minutes, etc., and chat with your team. This will be available on March 27, not before. **Along the top horizontal purple bar:** Click on “Events” to see what is happening in your community, learn about Walk Kansas webinars and the Walk Kansas 5K/Fun Walk; “Resources” is where you will find program newsletters and other information; **“Shop” is where you can purchase apparel.**

On the bottom purple bar -- See your welcome message, team name, and group (county). 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. 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 of your team-mates and “Log History” shows what you have logged for activity, f/v, etc. **Earn badges** along the way for activity, logging, reading, and more!!

To log your progress: In the **purple box**, log your minutes/steps 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; record cups of fruits/veggies in the **yellow box**. If you do strengthening exercises that day, click “log” in the **blue box**; the **green box** is where you can log the number of 8 oz. glasses of water you drink (optional). You can also log through the Walk Kansas App for iPhone, iPad and Android. [Instructions](#) for using the app.

Walk Kansas: Landing Page
https://www.walkkansasonline.org

Walk Kansas
minutes healthy miles

Minutes vs. Miles Find Local Office Log out My Account

Dashboard Events Resources Shop New Program Sign Up

Welcome, Willie
COUNTY/GROUP: Kansas County
TEAM: Cats on the Move [E-mail Team]

See Your Map Team Chat My Team Log History

Willie last logged on Feb. 13 (for Feb. 12). Log for user
Willie2 last logged on Feb. 13 (for Feb. 13). Log for user
Willie3 has not yet logged. Log for user
Willie4 has not yet logged. Log for user

logged activity for multiple dates. (Today, 12:08pm)
Willie W. logged activity for Feb. 12. (Today, 12:08pm)
Willie W. logged activity for Feb. 11. (Today, 12:07pm)
Willie W. logged activity for Feb. 10. (Today, 12:07pm)

Your Challenge(s): 8 Wonders

You have unlocked 1 of 29 points of interest!

| Miles Walked | Team Miles Walked | Cups Logged | Day Logged | Glasses Logged |
|--------------|-------------------|-------------|------------|----------------|
| 8 | 17 | 15 | 1 | 11 |
| LOG | CHAT | LOG | LOG | LOG |

If you scroll down the page, you will see a white “Leaderboard” box. This is where other teams from your community will appear along with their progress. You can also stay connected with other participants through our Facebook page. Like *Kansas State University Walk Kansas* on Facebook.

The screenshot shows the 'Walk Kansas: Landing Page' in a web browser. At the top, there are five colored boxes with progress metrics: 8 Miles Walked (purple), 17 Team Miles Walked (red), 15 Cups Logged (yellow), 1 Day Logged (blue), and 11 Glasses Logged (green). Each box has a 'LOG' button. Below these is a large background image of a field with wind turbines. Overlaid on this image are two white boxes. The left box is titled 'Leaderboard:' and contains a table with columns: PROGRAM, TEAM, MILES, GLASSES WATER, and CUPS FRUITS & VEGGIES. The right box is titled 'Fitness Guidelines:' and lists three points: 1) Get a minimum of 150 minutes/week of moderate aerobic activity, 2) Do muscle strengthening activities, and 3) For more health benefits, increase minutes of aerobic activity. A 'Learn More >' link is at the bottom of the fitness guidelines box.

| PROGRAM | TEAM | MILES | GLASSES WATER | CUPS FRUITS & VEGGIES |
|-----------|------------------|-------|---------------|-----------------------|
| 8 Wonders | Cats on the Move | 17 | 23 | 28 |

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.

The screenshot shows the 'Walk Kansas: Welcome! Please log in' page. The header includes the 'Walk Kansas' logo and links for 'Log in', 'Register', and social media icons. A central white login form contains fields for 'Username' and 'Password', a 'Log In' button, a 'Forgot Your Username/ Password?' link, a 'Remember me' checkbox, and a 'Register' button. Below the form, it says 'Don't Have an Account? Sign Up Now!'. At the bottom of the page, there are three large numbers: 13 Teams, 51 Walkers, and 252 Total Miles Walked. A 'Leaderboard' button is located below these numbers. The background is a scenic image of rolling green hills.

MOVE YOUR WAY! **Daily Log**

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Walk Kansas

Cottonwood Extension District

GB Office - 3007 10th St. Great Bend, KS 67530

Hays Office - 601 Main St. Hays, KS 67601

620-783-1910 ~785-628-9430

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, cups of fruits/vegetables, and number of days you did strengthening exercises to your team captain.

Reminder: 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 | 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 | | | | | | | | |

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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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 the Director of Institutional Equity, Kansas State University, 103 Edwards Hall, Manhattan, KS 66506-0124, (Phone) 785-532-6220; (TTY) 785-532-4807.

MOVE YOUR WAY

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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 _____

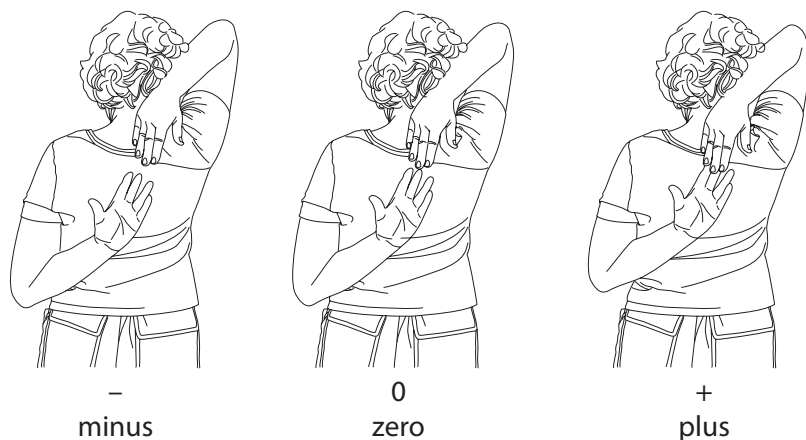
Hamstring: Right _____ Left _____

Helpful Information

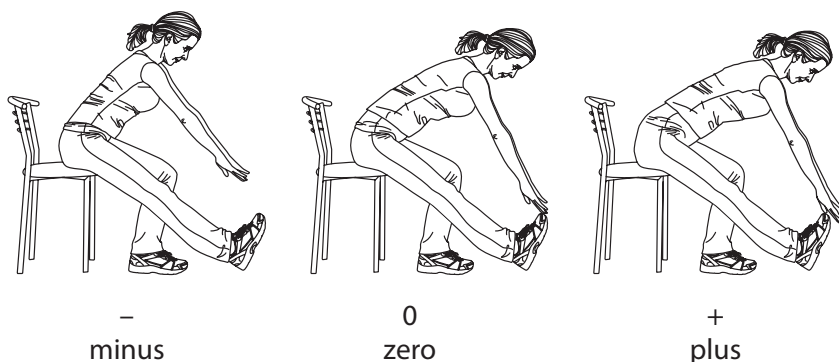
Flexibility Tests

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

Physical Activity
Guidelines for Americans:

health.gov/paguidelines/guidelines/

Strength Training:

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

walkkansas.org/activity/strength.html

"Don't just sit there!":

[washingtonpost.com/wp-srv/special/
health/sitting/Sitting.pdf](http://washingtonpost.com/wp-srv/special/health/sitting/Sitting.pdf)

Flexibility and Stretching:

uaex.edu/publications/PDF/FSFCS34.pdf

Source for flexibility tests:

Stay Strong Stay Healthy Program and
University of Missouri Extension
k-state.edu/staystrong/

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Barton & Ellis Counties

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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.

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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.

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 actual minutes.

If you wear an activity tracker (wrist tracker or pedometer), report the total number of steps per/day in the Walk Kansas system. It will covert steps to miles (2,000 steps = 1 mile) after you reach 6,000 steps per/day.*

**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: www.youtube.com/watch?v=GEvJImpZCoM&feature=youtu.be&list=PL43D95102E29BC901.

LIFESTYLE FOR A
healthy mind

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healthy mind

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Registration

Please complete and return to your local K-State Research and Extension office.

Name _____

Mailing Address _____

City _____ Zip Code _____ County/District _____

Email _____ Phone _____ Gender ☐ Male ☐ Female

Team Captain _____ Team Name _____

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

Which age range are you in? (Check one)

- ☐ Under 5 ☐ 5 - 12 ☐ 13 - 17 ☐ 18 - 24 ☐ 25 - 34
☐ 35 - 44 ☐ 45 - 54 ☐ 55 - 64 ☐ 65 - 74 ☐ 75 and over

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

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

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.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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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 the Director of Institutional Equity, Kansas State University, 103 Edwards Hall, Manhattan, KS 66506-0124, (Phone) 785-532-6220; (TTY) 785-532-4807.