

Get Moving with Walk Kansas

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Did you know that less than half of Kansas adults meet the minimum requirements for physical activity? Or that chronic disease is responsible for more than 70% of healthcare costs? The good news is that practicing healthy lifestyle behaviors can delay or prevent chronic disease! With this in mind, you will want to save the date for Walk Kansas 2023. Walk Kansas is a team-based health initiative program that will encourage you to lead a healthier life by being more active and making better nutrition choices. This year, the program will take place from March 26th to May 20th.



Through Walk Kansas, you are part of a six-member team which selects a goal and then supports one another in reaching that goal during the course of the eight-week healthy lifestyle challenge. Teams can be made up of family members, coworkers, friends, community organization members, neighbors, or members of a faith-based community. You don't have to be in the same town, county, state, or even country. If you don't have a team, we can assign you to one or you can fly solo!

We promote walking because almost anyone can do it and it is good for your heart. However, other types of exercise are beneficial as well so they also count towards Walk Kansas minutes. This includes any moderate or vigorous activity. This physical activity will help boost your mood, sharpen your focus, reduce your stress, and improve your sleep. No matter who you are, you can find safe, fun ways to get active by moving your own way.

By participating in Walk Kansas, you gain support in working towards leading a healthier life, including support from your teammates and exclusive membership in a closed Walk Kansas Facebook group. Success increases with supportive relationships. You will also receive weekly newsletters filled with motivational healthy lifestyle information, resources, and recipes. A new component of Walk Kansas this year will be the opportunity to participate in the online "Med Instead of Meds" class! If you're interested in eating the Mediterranean way but not sure where to start, this weekly class series is perfect for you.

So, what are you waiting for? Registration for Walk Kansas opens on March 1st. Register by March 26th online at WalkKansas.org or by contacting your local K-State Research and Extension office. For more information, including about the optional kickoff 5K event on April 1st, please contact Clara Wicoff at 620-365-2242 or clarawicoff@ksu.edu.