Spring is around the corner, and that means it’s almost time for Walk Kansas! This 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.

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 8-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. This year, the newsletters will include a focus on healthy eating for the mind, since eating a certain way can help protect brain function and reduce your risk of developing dementia and Alzheimer’s. Furthermore, you will qualify for HealthQuest credits if you are a State of Kansas employee participating in this program!

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, please contact Clara Wicoff, Nutrition, Food and Health Agent, at clarawicoff@ksu.edu or by calling 620-365-2242.

No matter who you are, you can find safe, fun ways to get active by moving your own way.