



# 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](http://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](http://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](http://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](http://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](http://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](http://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 set to '8 Wonders'. A message indicates that 1 of 29 points of interest have been unlocked. The bottom of the page shows a Windows taskbar with the time 12:10 PM on 2/13/2020.

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. The background of the page is a landscape with wind turbines and a field.

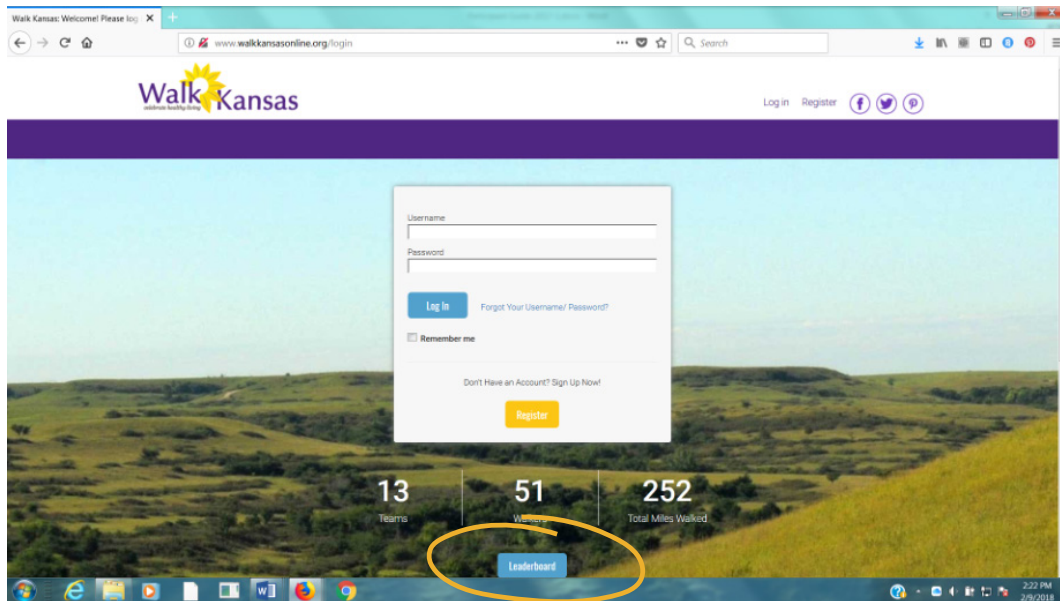
PROGRAM	TEAM	MILES	GLASSES WATER	CLIPS FRUITS & VEGGIES
8 Wonders	Cats on the Move	17	23	26

**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 >](#)

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](http://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!**