

# Fitness Fun For Family & Friends

**Sign Up  
Today**

**March 19 to May 13, 2017**

K-State Research & Extension Atchison County



Why not team up for some healthy fun with your family, church members or neighbors? Walk Kansas is an 8 week fitness challenge encouraging personal health and fitness. Recruit (5) friends and team up to “walk” the 423 miles across Kansas. Other forms of physical activity counts for “miles” to reach the recommended healthy goal of 150 minutes of activity per week. Join Walk Kansas and be more active, connect with friends and family, learn to make healthier food choices, and walk away your stress. Weekly newsletters offer fitness tips, recipes and more. Click on [walkkansas.org](http://walkkansas.org) for more details or to register your team.

For questions, contact K-State Research & Extension-Atchison County Office by e-mail ([AtchisonCoExt@ksu.edu](mailto:AtchisonCoExt@ksu.edu)) or call 913-833-5450. For information, download a captain’s packet at [www.atchison.ksu.edu](http://www.atchison.ksu.edu), check with your church office or stop by the Atchison Chamber. Register by April 8; \$8.00 per person. Walk Kansas is celebrating 16 years of healthy living in our community, we encourage you to join the celebration! Have some fun while improving your health, too.

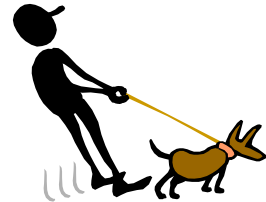
**Atchison County Extension providing you with tips about  
Raising Kids, Spending Smart, Eating Right and Living Well.**

K-State Research & Extension is an equal opportunity provider and a Live Well—Live Atchison-Creating Healthy Communities partner. [www.livewellatchison.org](http://www.livewellatchison.org)

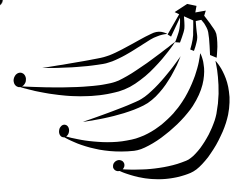
*“ . . . Beloved, I pray that all may go well with you and that you may be in good health, just as it is well with your soul.” 3 John 1:2 (NRSVCE)*

## Walk Kansas Get Fit Tips

**Smart Choices Help Prevent Diabetes and Other Diseases** When you get more physical activity you reduce your risk of getting heart disease, high blood pressure, osteoporosis and cancer. Adults need 30 minutes of moderate activity (such as walking) most days of the week.



**Eat Smart: Eat the Rainbow.** Eating lots of colorful fruits and vegetables is an easy way to get the vitamins and minerals you need. Toss some **RED** dried cranberries into your salad. Enjoy **ORANGE** sweet potatoes with a sprinkle of cinnamon. Dip pieces of **YELLOW** pineapple into low-fat yogurt. Add steamed **GREEN** broccoli to your favorite pasta dish. Throw some **BLUE**berries on top of your oatmeal. Sample some **PURPLE** cabbage for a tasty change. **Enjoy More FRUITS and VEGGIES!**



**Love Your Family: Eat Meals Together** Enjoying more family meals adds up to better nutrition, stronger family bonds and children who are less likely to participate in risky behaviors. Be flexible with meal schedules but keep family mealtime and create memories that last a lifetime.



**Draw On Your Plate** At lunch and dinner, imagine drawing lines on your plate to make four equal sections. Fill two sections with fruits and vegetables. Fill a section with whole grain foods such as brown rice or whole grain pasta. Fill a section with lean protein such as grilled chicken, beef, fish or black beans. **EAT SMART** by picking right size portions to make a healthy meal.