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 for more details or to register your team.

For questions, contact K-State Research & Extension-Atchison County Office by e-mail (AtchisonCoExt@ksu.edu) or call 913-833-5450. For information, download a captain’s packet at www.atchison.ksu.edu, check with your church office or stop by the Atchison Chamber. Register by March 15; $10.00 per person. Walk Kansas is celebrating 18 years of healthy living in our community, we encourage you to join the celebration! Have some fun while improving your health.

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