



K-STATE
Research and Extension
Walk Kansas

Participant Guide

March 28 – May 22,

Welcome to Walk Kansas!

We have all been through a very challenging year. K-State Research and Extension has adapted, as you have, to new ways of working, learning and thriving. We will do our best to help you have fun, during Walk Kansas, while being active and learning about the many ways regular movement improves your health.

Through Walk Kansas this year, we will highlight how physical activity plays an important role in managing, delaying and even preventing some types of chronic disease. Specifically, we will explore mental health, heart disease, osteoporosis, Alzheimer's, obesity, arthritis, diabetes and cancer.

Walk Kansas is primarily a team-based program, meaning that you are part of a 6-member team that selects a goal and then supports one another during the 8-week program. This year, we are also offering a "solo" option for those who prefer to participate on their own.

Each team will select a challenge to work toward from these options:

Challenge 1: Discover the *8 Wonders of Kansas*! This journey requires each person to get 2 ½ hrs of moderate activity per week.

Challenge 2: Go *Cross Country* from Troy (NE) to Elkhart (SW), which requires 4 hrs of activity per person/week.

Challenge 3: *Little Balkans to Nicodemus* – a trail that takes you through SE Kansas and then up to Nicodemus with interesting stops along the way. This requires 6 hrs of activity per person/week.

During Walk Kansas, you log minutes of moderate/vigorous activity which converts to Walk Kansas miles (15 minute = 1 mile). For a complete description activities and counting steps, check your [Activity Guide](#).

Take the first step – register for Walk Kansas!

Register with paper forms:

Complete the registration form provided by your captain. Return it, along with payment for the program fee (\$10). Later, you will be able to log online at walkkansasonline.org or use a paper log.

Register online: www.walkkansasonline.org

If you have a team, wait for your captain to register the team online. You will receive a message by email asking you to complete registration and give your consent to participate. Your captain will be responsible for collecting fees for the entire team, so make sure you reimburse your captain for your registration fee (\$10).

Important dates:

March 8 – Online registration open **Note:** **Atchison County Extension has a limited supply of t-shirts in inventory. Prices are \$8.50 for all sizes and no shipping fees. We will also bundle orders during the program. Orders must be placed thru our office and NOT online.**

March 28 – Go! Log exercise minutes and cups of fruits/vegetables

April 2 – Registration closes. **Note:** **This is a state advertised date, Atchison county will accept registrations until April 13.**

April 12 – Last day to order Walk Kansas apparel .

May 22 – Walk Kansas wraps up!

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Walk Kansas

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. The Extension office will connect you with a team that has similar goals. If you prefer to go solo (not be on a team) select the "solo" option when you register.

Apparel Orders for 2021-Celebrating 20 Years of Walk Kansas

Due to Covid, there will be two order options this year.

State Option: The process for ordering t-shirts, and other apparel, has changed. After you complete registration, you can log in to your portal. On the purple bar at the top, click on the "Shop" button. This will take you to our apparel vendor site, www.shopwalkkansas.com and you can place your order. Unlike previous years, you will be required to pay shipping and the items will be shipped directly to you. Please note the dates for placing orders.

Atchison Walk Kansas Traditional Option: Locally, we currently have a small inventory of t-shirts in stock. During Walk Kansas, we are willing to bundle orders to reduce shipping costs. The cost for all t-shirt sizes will be \$8.50. Other items will be sold as listed. We will offer door side delivery to local businesses or items can be picked up at the Extension Office. Do NOT submit your order online at the store. Please contact the Extension Office to place your order. You will NOT be able to pay online.



Who will be on your Walk Kansas team? Walk Kansas kicks off March 28 and continues until May 22. Have some fun with a team of 6 friends or family members.



Healthy Eating is Important

According to the Centers for Disease Control and Prevention (CDC), only 10% of Kansans eat enough fruits and vegetables. While recommendations vary based on age and gender, most adults need 1½-2 cups of fruit and 2-3 cups of vegetables each day. Together we will discover why **Every Bite Counts. Food often brings us together as friends and family; yet it is our daily healthy choices that protect us from chronic diseases.** We ask you to log the cups of fruits/veggies you eat daily as a way to help you increase that amount. And we know that F/V consumption in Kansas increases during this program! Our goal is to help you make this a lifestyle habit. Check your newsletter each week for tips on increasing your fruits and veggies plus other healthy eating strategies – including a tasty recipe! **Staying hydrated contributes to our well-being.** During Walk Kansas, you are asked to log the glasses of water you drink. Asking you to make **Every Sip Count** will guide your path to staying hydrated and living well.

Report/Log online:

Once your team is “ready” (all members have an account and have paid) you will see this “Dashboard” where you log minutes, etc., and chat with your team.

Along the top horizontal purple bar: Click on “Events” to see what is happening in your community; “Resources” is where you will find program newsletters and other information.

“Shop” is where you can purchase merchandise.

On the bottom purple bar -- See your welcome message, team name, and group (county). After you enter your activity minutes (*the system automatically converts your minutes into miles*), click on the “See Your Map” icon to find a map of Kansas with your challenge trail displayed. Here you will unlock points of interest on the trail and learn more about our great state. Click “Team Chat” to communicate with team members.

Check just under the purple bar for posts from your chat group. “My Team” shows all of your team mates and “Log History” shows what you have logged for activity, f/v, etc.

Earn badges along the way for activity, logging, reading, and more!!

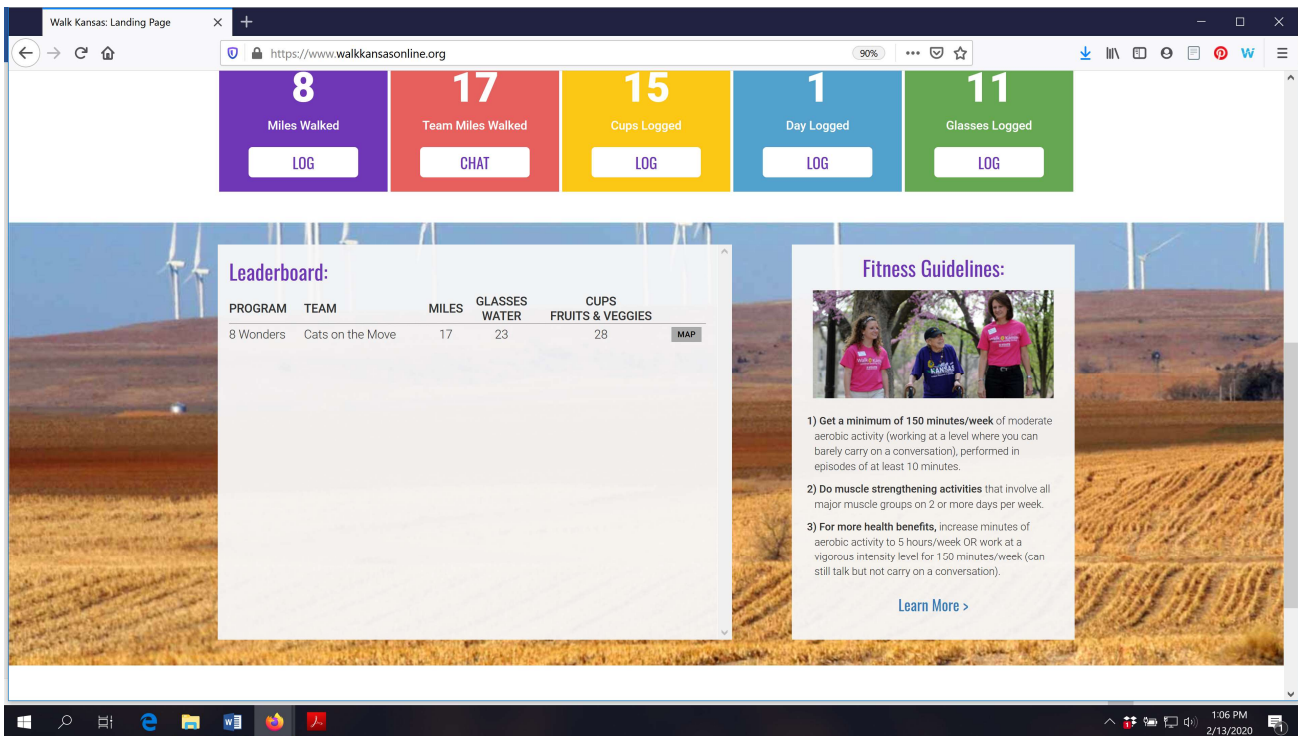
To log your progress:

In the **purple box**, log your minutes of activity – the system will calculate into miles. (Read the [Activity Guide](#) to know what counts); the **red box** displays the total miles your team was walked and this also takes you to the “team chat” page; record cups of fruits/veggies in the **yellow box**. If you do strengthening exercises that day, click “log” in the **blue box**; the **green box** is where you can log the number of 8 oz. glasses of water you drink (optional).

The screenshot shows the 'Walk Kansas' online dashboard. At the top, there's a navigation bar with links for 'Minutes vs. Miles', 'Find Local Office', 'Log out', 'My Account', and social media icons. Below this is a secondary navigation bar with tabs for 'Dashboard', 'Events', 'Resources', 'Shop', and 'New Program Sign Up'. The main content area is divided into several sections. On the left, a 'Welcome, Willie' section displays the user's name, county (Kansas County), and team (Cats on the Move), along with a link to 'E-mail Team'. Below this, a list of users shows their last login status. To the right, four icons represent 'See Your Map', 'Team Chat', 'My Team', and 'Log History'. Further down, a 'Your Challenge(s):' section shows '8 Wonders'. A purple banner indicates 'You have unlocked 1 of 29 points of interest!'. The bottom section features five colored boxes with icons and numbers: '8 Miles Walked' (purple), '17 Team Miles Walked' (red), '15 Cups Logged' (yellow), '1 Day Logged' (blue), and '11 Glasses Logged' (green). Each box has a 'LOG' button. The bottom of the screen shows a Windows taskbar with various application icons and the system clock displaying 12:10 PM on 2/13/2020.

Challenge	Count	Action
Miles Walked	8	LOG
Team Miles Walked	17	CHAT
Cups Logged	15	LOG
Day Logged	1	LOG
Glasses Logged	11	LOG

If you scroll down the page, you will see a white “Leaderboard” box. This is where other teams from your community will appear along with their progress. You can also stay connected with other participants through our Facebook page. Like *Kansas State University Walk Kansas* on Facebook. Connect with local teams via the Atchison County Walk Kansas Facebook group.



The screenshot shows the Walk Kansas Landing Page in a web browser. At the top, there are five colored boxes with statistics: 8 Miles Walked (purple), 17 Team Miles Walked (red), 15 Cups Logged (yellow), 1 Day Logged (blue), and 11 Glasses Logged (green). Below these are buttons for LOG, CHAT, and LOG. The main content area features a background image of a field with wind turbines. On the left, there is a "Leaderboard:" section with a table showing team progress. On the right, there is a "Fitness Guidelines:" section with three numbered points and a "Learn More >" link.

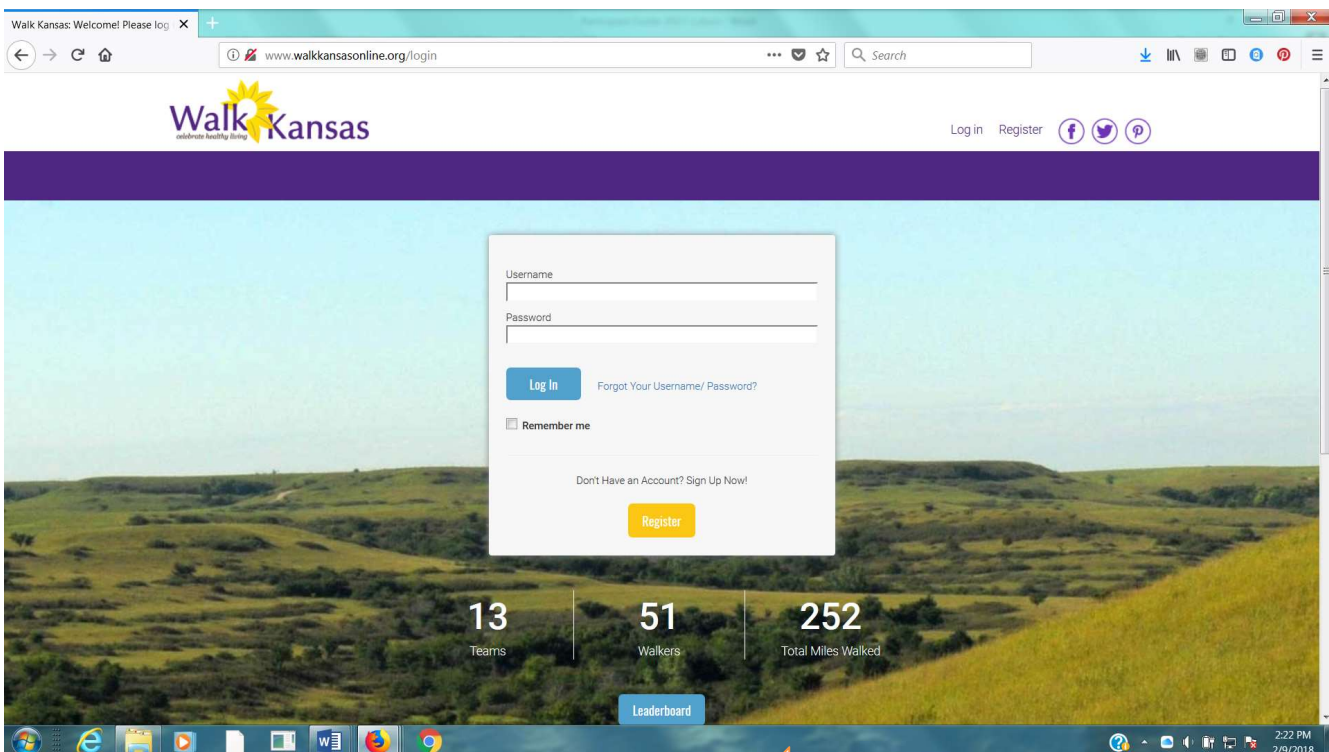
PROGRAM	TEAM	MILES	GLASSES WATER	CUPS FRUITS & VEGGIES
8 Wonders	Cats on the Move	17	23	28

Fitness Guidelines:

- 1) Get a minimum of 150 minutes/week of moderate aerobic activity (working 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. Click on the **blue Leaderboard box** at the bottom of this screen.



The screenshot shows the Walk Kansas Login Page. The header includes the Walk Kansas logo and links for Log in, Register, and social media icons. The main content area features a large background image of a field with wind turbines. In the center, there is a login form with fields for Username and Password, a Log In button, a Forgot Your Username/ Password? link, a Remember me checkbox, and a Register button. Below the login form, there are statistics: 13 Teams, 51 Walkers, and 252 Total Miles Walked. At the bottom, there is a blue Leaderboard button. An orange arrow points to the Leaderboard button.

Username
Password
Log In
Forgot Your Username/ Password?
Remember me
Don't Have an Account? Sign Up Now!
Register

13 Teams | 51 Walkers | 252 Total Miles Walked

[Leaderboard](#)

We have an app!

The Walk Kansas app is free and you can download it from the App Store. The app is available only in iOS format for iPhone and iPad. Watch for the Android version in the future!

You **cannot** register through the app so wait until your account is set up online first. Then, you can access all of your information and log minutes, etc.

The Walk Kansas app will sync with fitness trackers. However, if you have a Fitbit you will need to download *Fitbit to Apple Health Sync* (\$5.99) for this data transfer.

Using the Walk Kansas app

- Before you use the app make sure your team is created online, that you have selected a challenge (from the 3 available), and make sure that logging is ready to go and that your team is ready. You may want to test this online first to make sure you can log minutes.
- When you open the app for the first time, you'll see a splash screen that tells you to login with the username and password you created on the WK website. When you close this screen you will see some login fields.
- After you login, the default screen should be the log activity screen; click "new log" and have at it!
- To edit an existing log just click the row you want to edit.
- All data entered through the app will transfer to the web and vice versa.

