



Atchison County Walk Kansas Captain Notes

- Teams may register online (See www.atchison.k-state.edu/walk_kansas/index.html). We also welcome paper registrations. **We encourage teams to register before March 15.** However, local teams may register after the published online March 15 date by contacting the extension office at (913) 833-5450 or AtchisonCoExt@ksu.edu
- To register by paper format, simply complete Team Registration for Walk Kansas 2020 found in the captain's packet. Collect individual registration forms and pay by cash or check. Checks payable to Atchison County Extension. Team registrations may be mailed or delivered to the extension office.
Atchison County Extension Office, PO Box 109, 405 Main Street, Effingham KS 66023
- Walk Kansas t-shirts have three order dates this year. Dates to order by for Walk Kansas apparel include March 4th, March 18th, and April 1st. To make the online registration process easier, a few notes. 1) Paying for registration and t-shirts requires two separate steps. You are able to order t-shirts after you have completed registration. 2) If you choose to use the online PayPal option; two separate transactions are required. 3) Another local option, if paying by cash or check, is to call or email the office with your name & team name and share a t-shirt/merchandise order. A daytime phone number is helpful for questions. Checks can be mailed or delivered; we do not require payment prior to ordering. Please allow 10 days for apparel orders to arrive.
- We will have a walking float in the St. Patrick's Day parade. The parade is scheduled for March 14, details will be shared as teams register. Atchison County teams walking will earn "extra parade mileage" on the 14th.
- Gathering time will be 1:30 p.m. in the UMB parking lot located at 320 Commercial St. T-shirts ordered by March 4th should be available for pick-up.

POWER 9®

Nine healthy lifestyle habits shared by people who have lived the longest.

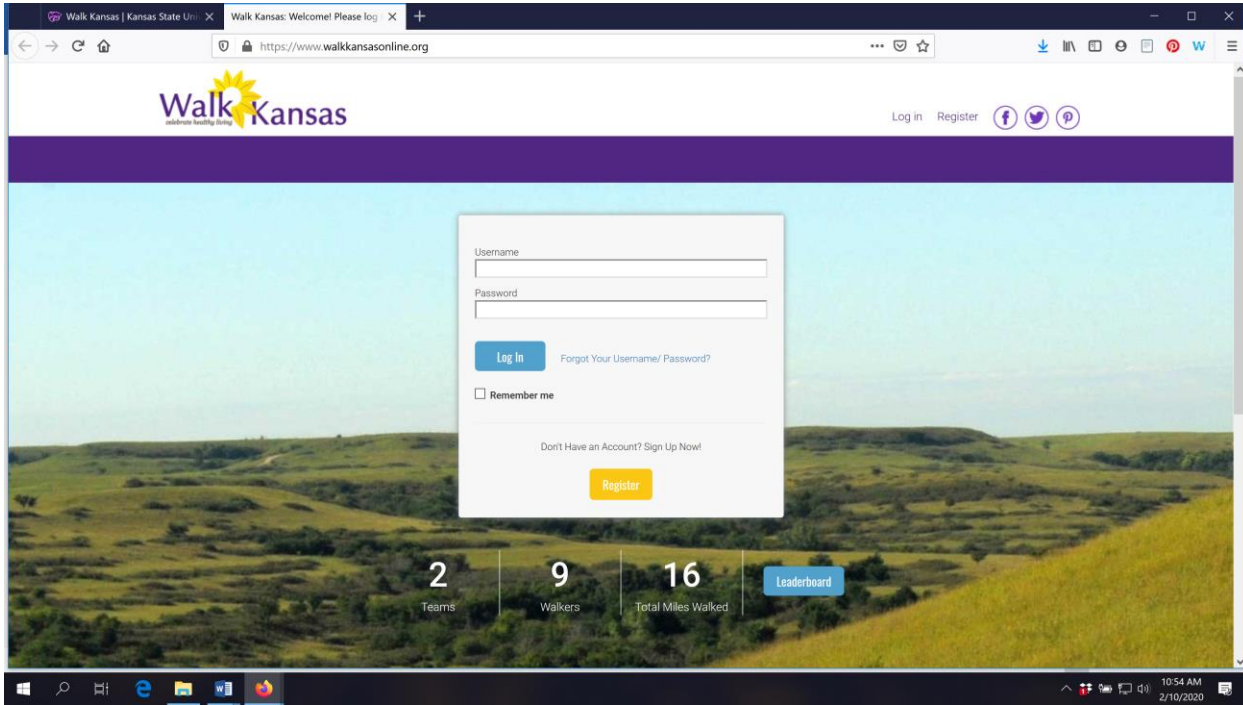


Register for Walk Kansas

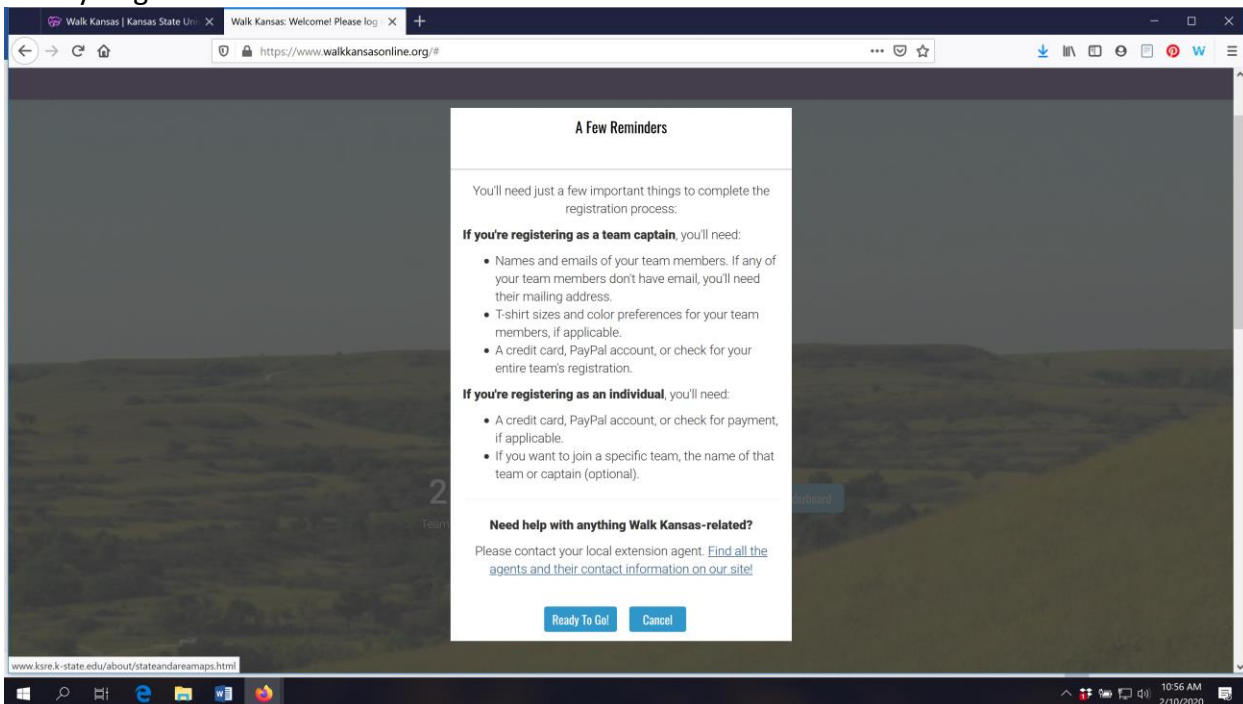
Go to www.walkkansas.org and click “Register” or select “My Walk Kansas” on left side bar.

At any time, during this process, if you are not ready to advance to the next step (Example: you don’t have a full team yet or don’t have email addresses for all team members) please click “CANCEL.” If you just exit without clicking on “cancel” you will have challenges when you come back and try to register again.

Click the yellow “Register” button.

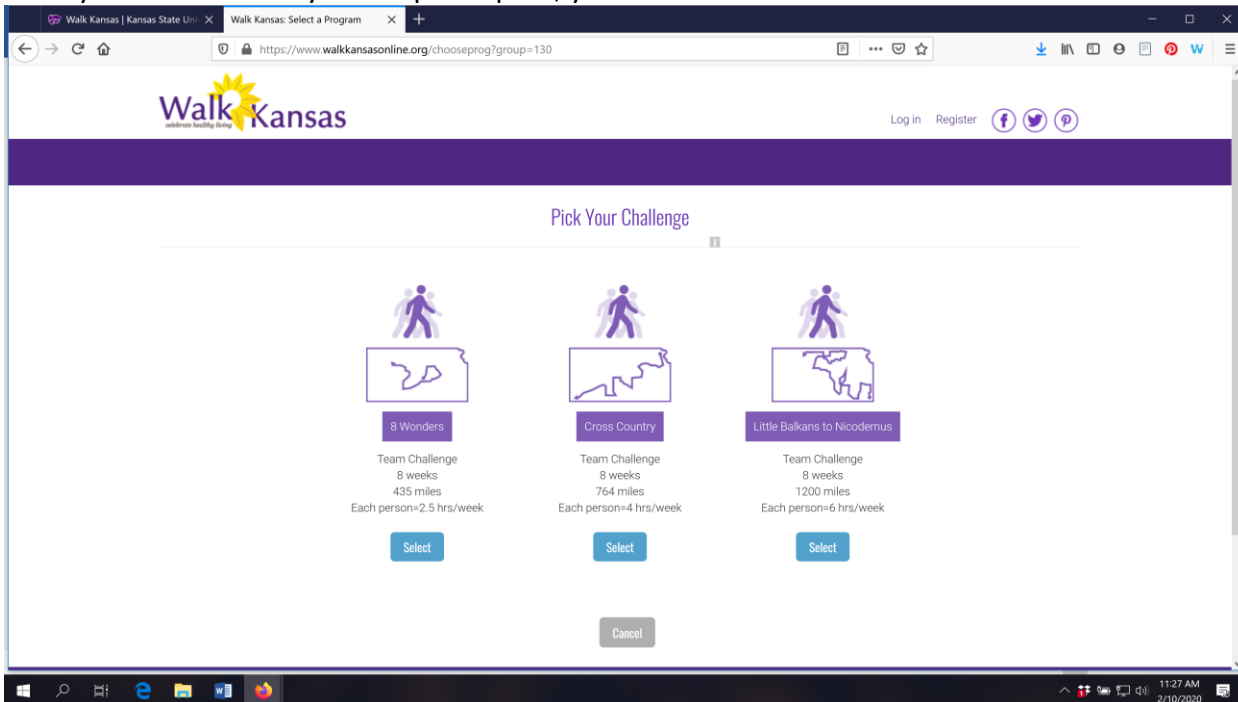


Read the “reminders” on this screen. If you are not ready to register, click “cancel” and if you are ready, click “ready to go!”



On the next screen, click on the first letter of the county/district/group where you will participate. (Participants are not required to live in the state of Kansas, nor do they need to participate in the county where they live. We are all connected via technology!)

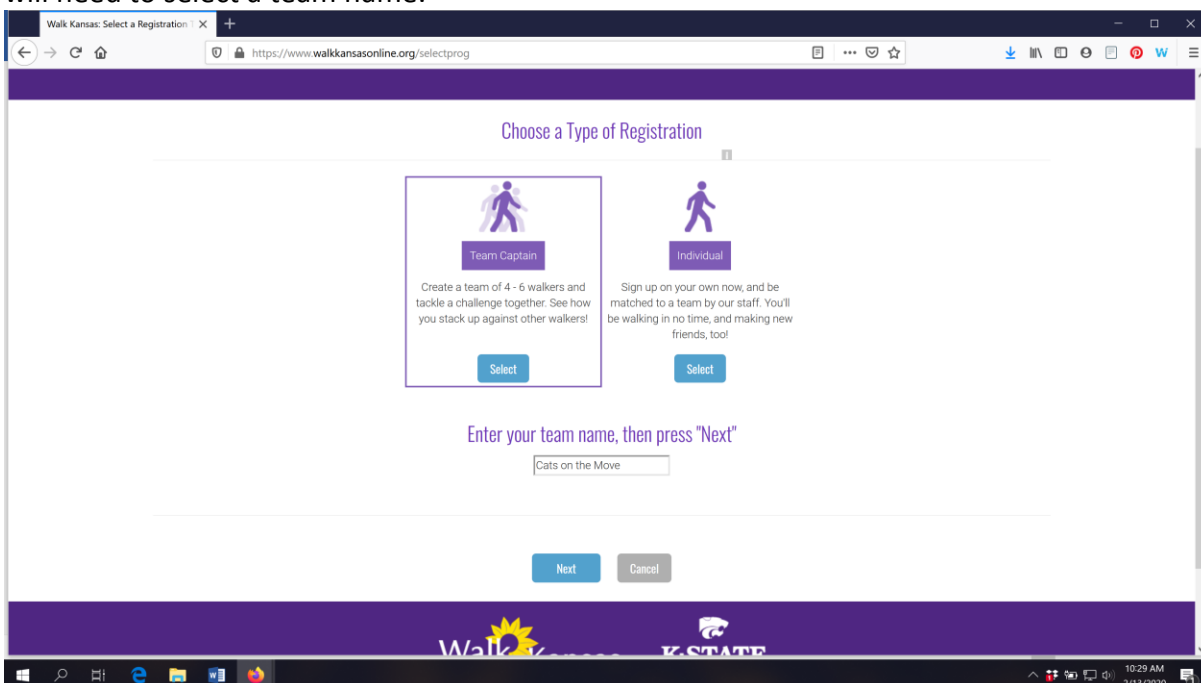
After you select where you will participate, you should see this screen:



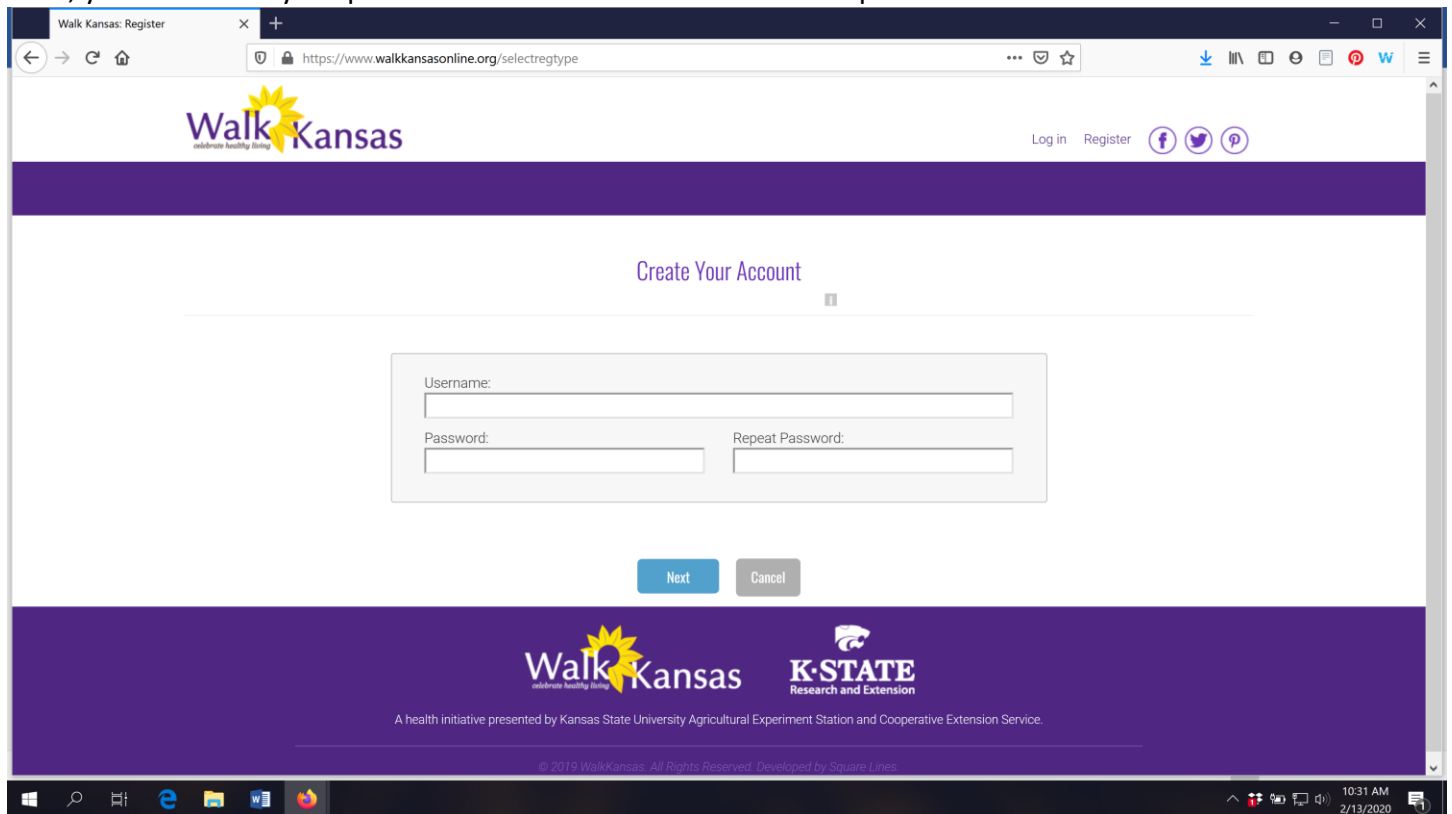
If you are the captain of your team, select the challenge your team has chosen. If you are registering as an individual, select the challenge you would like to work towards and your local Extension agent will connect you with a team that matches your challenge.

While you are on this screen, check the option “Challenge Only” and then you can advance.

This next screen asks you to choose the type of registration. If you are registering your team, select “Team Captain” and if you are registering as an individual and would like to join a team, select “Individual.” Captains will need to select a team name.



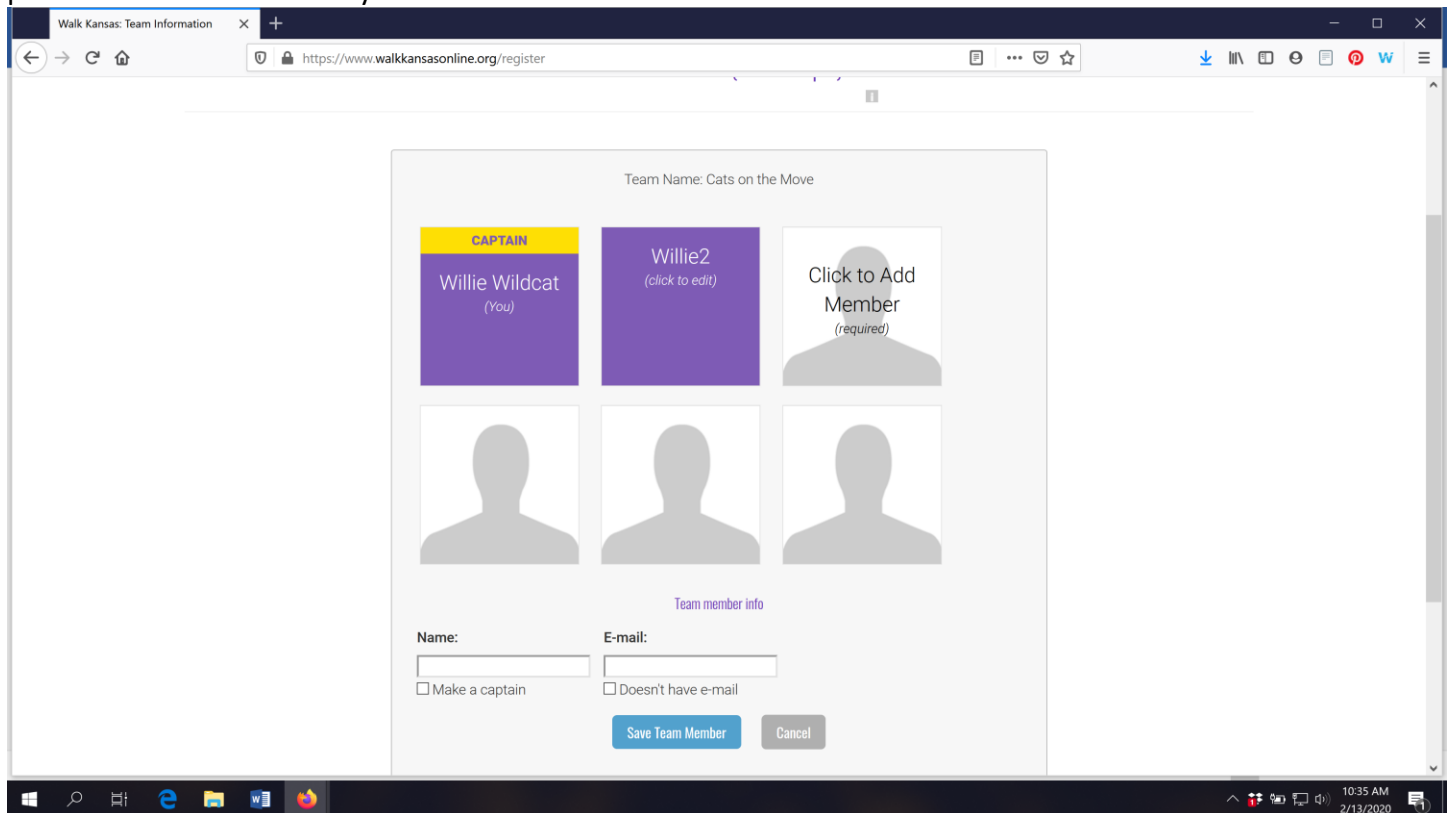
Next, you will create your personal account with a username and password.



The screenshot shows the 'Walk Kansas: Register' page in a web browser. The browser's address bar displays 'https://www.walkkansasonline.org/selectregtype'. The page features the 'Walk Kansas' logo at the top left and 'Log in Register' links at the top right. The main heading is 'Create Your Account'. Below this, there is a registration form with fields for 'Username:', 'Password:', and 'Repeat Password:'. At the bottom of the form are 'Next' and 'Cancel' buttons. The footer includes the 'Walk Kansas' and 'K-STATE' logos, along with the text 'A health initiative presented by Kansas State University Agricultural Experiment Station and Cooperative Extension Service.' and a copyright notice '© 2019 Walk Kansas. All Rights Reserved. Developed by Square Lines'.

After you click “Next” it will ask for additional information about you.

The next step is to build your team. You must have at least 4 people on your team (including yourself) before you will see the blue “Next” button to advance with registration. Teams must have at least 4 people and 6 is preferred. Click “Cancel” if you do not have at least 4 team members.



The screenshot shows the 'Walk Kansas: Team Information' page in a web browser. The browser's address bar displays 'https://www.walkkansasonline.org/register'. The page features the 'Walk Kansas' logo at the top left. The main heading is 'Team Name: Cats on the Move'. Below this, there is a team building interface with a grid of member slots. The first slot is labeled 'CAPTAIN' and contains 'Willie Wildcat (You)'. The second slot is labeled 'Willie2 (click to edit)'. The third slot is labeled 'Click to Add Member (required)'. Below the grid, there is a 'Team member info' section with fields for 'Name:' and 'E-mail:'. There are also checkboxes for 'Make a captain' and 'Doesn't have e-mail'. At the bottom of the form are 'Save Team Member' and 'Cancel' buttons.

You will see a confirmation screen after you click “Next”

The next screen asks for your consent to participate and to authorize or not authorize photo consent. There also a consent option to participate in a 6-month follow-up survey.

The screenshot shows a web browser window with the address bar displaying <https://www.walkkansasonline.org/procteamreginfo>. The page title is "Walk Kansas: Required Consents". The main heading is "Acknowledgment & Consent".

The form contains the following text:

I wish to participate in the 8 Wonders physical activity program for the purpose of physical fitness. I understand that I should have medical approval from my health care professional if I:

- have chronic health problems such as heart disease or diabetes.
- have been told by my doctor that I have high blood pressure.
- have pains in my heart and/or chest area.
- have any physical conditions or problems that might require special attention in an exercise program.
- feel dizzy or have spells of severe dizziness.
- have a bone or joint condition, such as arthritis, that might be made worse by an exercise I am not accustomed to, or a vigorous exercise program.
- am a male over age 45 or a female over age 55 AND not accustomed to vigorous exercise.

☒ I agree to accept full responsibility for any injuries I may sustain while participating in this program.

Signed: Or Parent/Guardian (if under 18):

☒ I authorize K-State Research and Extension to record and photograph my image and/or voice for us in research, educational and promotional programs. I also recognize that these audio, video and image recordings are the property of K-State Research and Extension.

The last screen will show your order and payment options. Some local programs will offer the option to pay online and you must confirm how you will pay to complete registration. **Click on the blue “Confirm Payment By Check” or select the online payment option. DO NOT JUST EXIT THIS SCREEN WITHOUT SELECTING A PAYMENT OPTION OR HIT CANCEL TO CANCEL YOUR REGISTRATION.**

The screenshot shows a web browser window with the address bar displaying <https://www.walkkansasonline.org/proconssent>. The page title is "Walk Kansas: Cart". The main heading is "Order Summary & Checkout".

Qty	SKU	Item	Cost
4	prog4	8 Wonders	\$40.00

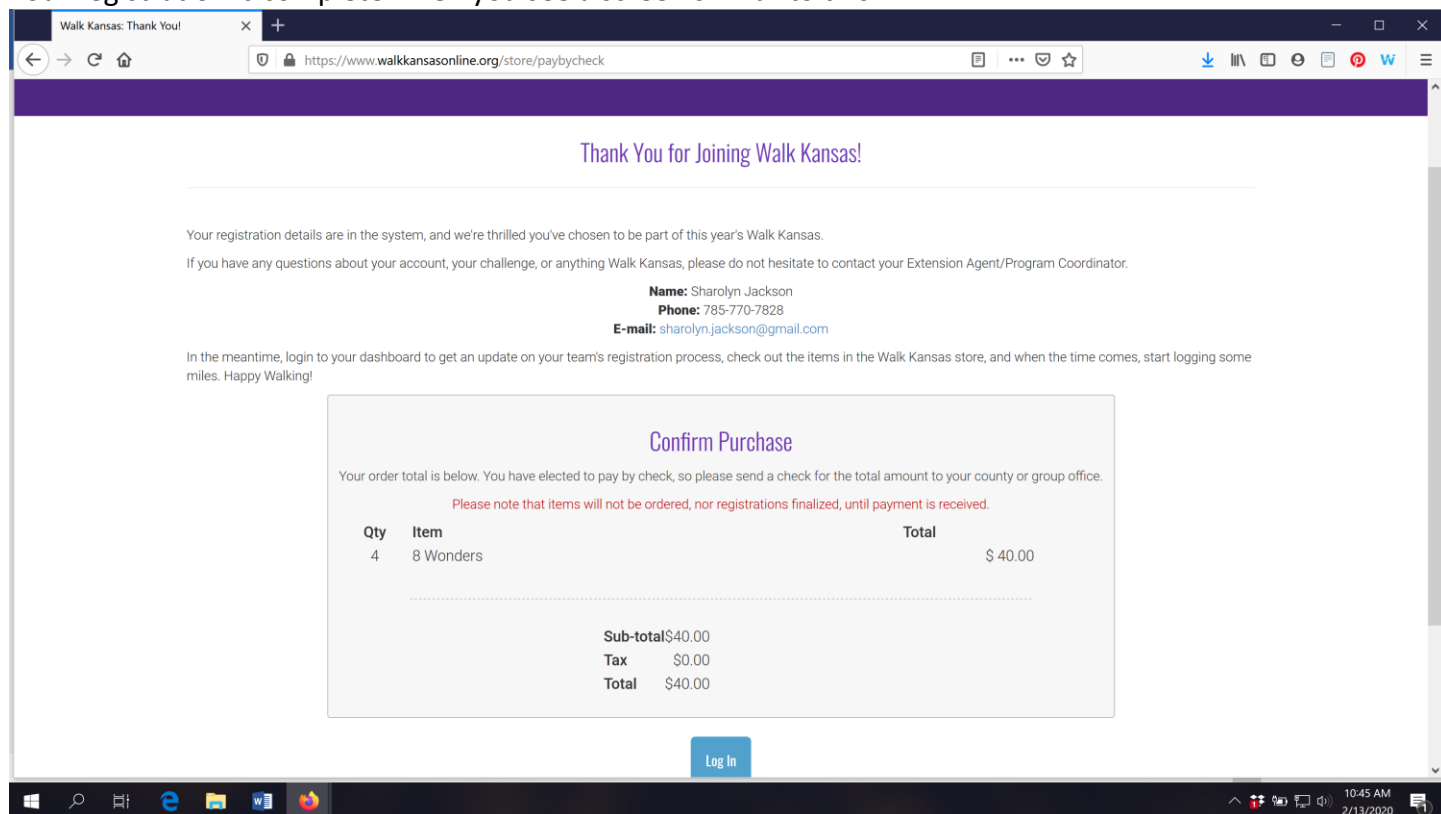
Sub-total \$40.00
Tax (0%) \$0.00
Total \$40.00

Discount Code:

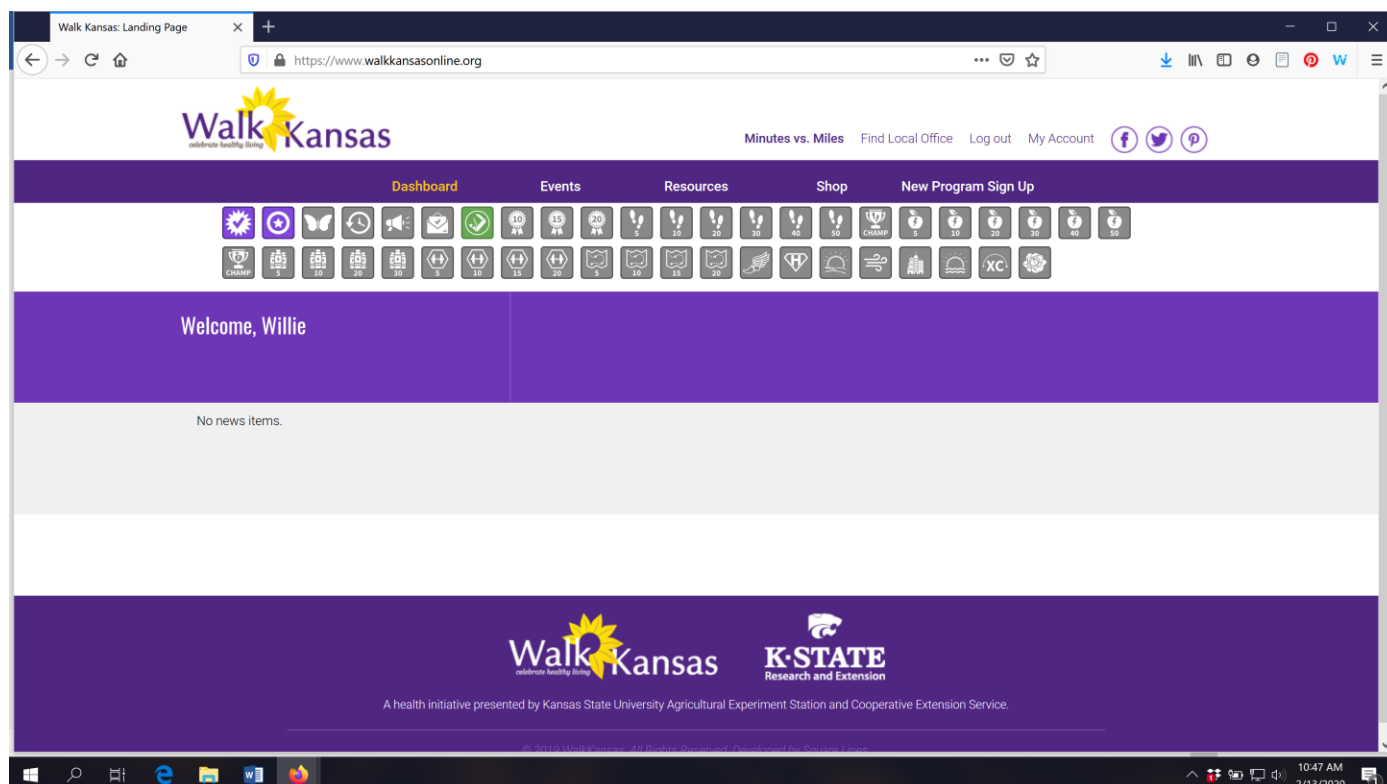
Choose a Payment Method

This group only accepts payments by check. Please click the link below to confirm that you will be sending a check to pay for your order.
Your order will not be placed (and your registration not complete) until payment is received.
[Confirm Payment By Check](#)

Your registration is complete when you see a screen similar to this:

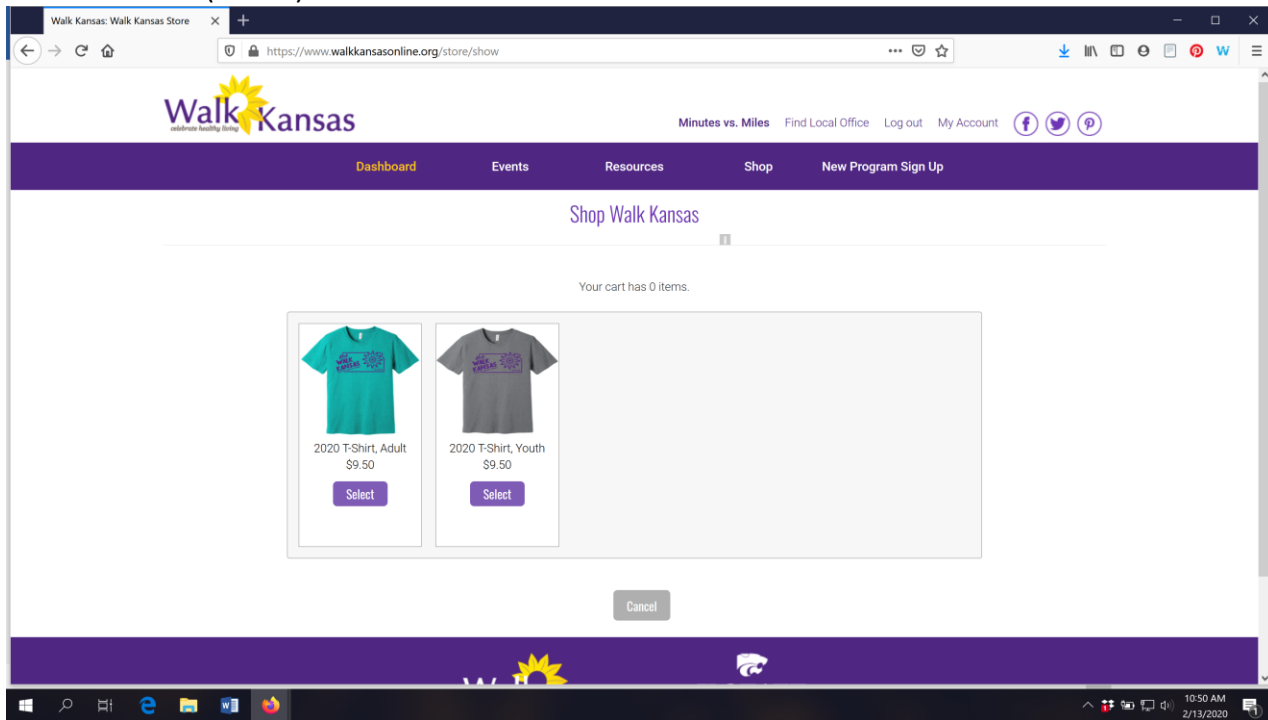


Now you can log in to your account and view your Dashboard. Once you have logged in you can purchase t-shirts and other items from the SHOP.



Click the "SHOP" button on the purple bar to enter the online store.

You will see a screen similar to this. T-shirt colors for 2020 are Heather Sea Green and Heather Storm. Youth and adult sizes (sm-4X) are available.



Make your selections (some local programs offer sweatshirts and long-sleeved t-shirts in addition to the program tee.) You will see a similar payment screen as before and then complete your order.

The online Walk Kansas store is open through the first two weeks of the program. Contact your local Extension office with specific questions.

We have an app!

The Walk Kansas app is free and you can download it from the App Store. This is a pilot year so it 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.



2020 T-Shirt, Adult
\$9.50



2020 T-Shirt, Youth
\$9.50



Ladies, Polo
\$26.00



Ladies, Polo 3-4X
\$29.00



Ladies, Quarter Zip Tri-Blend
\$28.00



Ladies, Quarter Zip Tri-Blend, 3-4X
\$31.00



Lifestyle Brim Hat
\$20.00



Long Sleeved T-shirt, Adult
\$15.50



Long Sleeved T-shirt, Adult 3X
\$17.00



Polo, Tri-Blend
\$26.00



Polo, Tri-Blend 3-4X
\$29.00



Quarter Zip Tr-Blend
\$28.00



Quarter Zip Tr-Blend 3-4X
\$31.00



Shopper Bag
\$4.00



Sweatshirt - Crew Neck
\$17.00



Sweatshirt - Crew Neck, 3X
\$20.00



Sweatshirt - Hooded, Adult
\$25.00



Sweatshirt - Hooded, Adult 3X
\$28.00

2020 Walk Kansas Items to Order



March 15 – May 9

Guide for Captains 2020

Walk Kansas is back!

Once again it's time for Walk Kansas! K-State Research and Extension (KSRE) has been offering this health initiative since 2001. Online registration is available February 19 through March 15, and information about Walk Kansas and healthful living is available at www.walkkansas.org.

Here is a step-by-step guide that covers options for registering your team followed by general program information.

Register online:

- Before you go to register, recruit team members (at least 4 – you can add more later). You will need their email address, or mailing address if they do not have email. Program apparel (t-shirts, sweatshirts, etc) can be ordered when you register your team or later through the online shop. You will be asked to pay the program fee (\$10/person) for your team (plus any shirts you order at this time) at the end of registration, so be prepared to pay with credit card (PayPal) or follow up by sending a check. Talk to your team and select a goal for how many minutes of exercise each person will commit to per week – 2 ½ hours, 4 hours or 6 hours.
- When you are ready, go to www.walkkansasonline.org and follow these steps. If you reach a point during the process where you don't have the needed information, click CANCEL and start again later. (Please do not exit out of the system without selecting CANCEL.)
 - 1) Click the yellow "Register" button
 - 2) Ready to Go! (Notice the link that will help you locate all KSRE offices in Kansas.)
 - 3) Select the county or district where you will participate
 - 4) Pick your Challenge. You have 3 options based on the goals your team goals: "8 Wonders Walk" = 2 ½ hrs/wk; "Cross Country" = 4 hrs/wk; "Little Balkans to Nicodemus" – 6 hr/wk
 - 5) Choose "Captain" if you are registering a team. Choose "Individual" if you do not have a team and would like to be placed on one.
 - 6) Enter the name of your team. (You can change the name later.)
 - 7) Create your personal user account. Select a username and password; then complete the required personal information.
 - 8) Now you are ready to build your team. Complete the required information for at least 4 people. Then confirm your team.

Important dates:

February 17 – Watch for online registration to open

March 15 – Walk Kansas starts/registration

March 15 – Go! Log exercise minutes and cups of fruits/vegetables

April 1 – Last day to order Walk Kansas apparel

May 2 – *Walk Kansas 5K for the Fight!* In Manhattan on the K-State campus

May 10 – Photo Challenge entries due

May 9 – Walk Kansas ends. Plan to attend the Walk Kansas Celebration event!

10) Complete the next page by giving your consent to participate. You must consent and choose from the authorization statements to continue. Note: Each team mate that you entered will receive a message asking them to create a user profile and consent, just like you completed. Each person must do this before your team is ready to go.

11) Order summary -- pay online or select "Pay with Check."

12) Congratulations – you are registered for Walk Kansas! Please note the name(s) of your local Extension Agent(s) and/or program coordinators if you have further questions.

Register with paper forms:

- Distribute participant information to each team member.
- Select a team challenge and complete the Team Registration Form at Atchison County Extension Office.
- Collect registration forms, program fees, and payment for t-shirts (optional). Return forms and payment to the Extension Office before March 13. Or as soon as possible after this date. **Registration is not complete until all forms are collected and fees are paid.**

Ready to go!

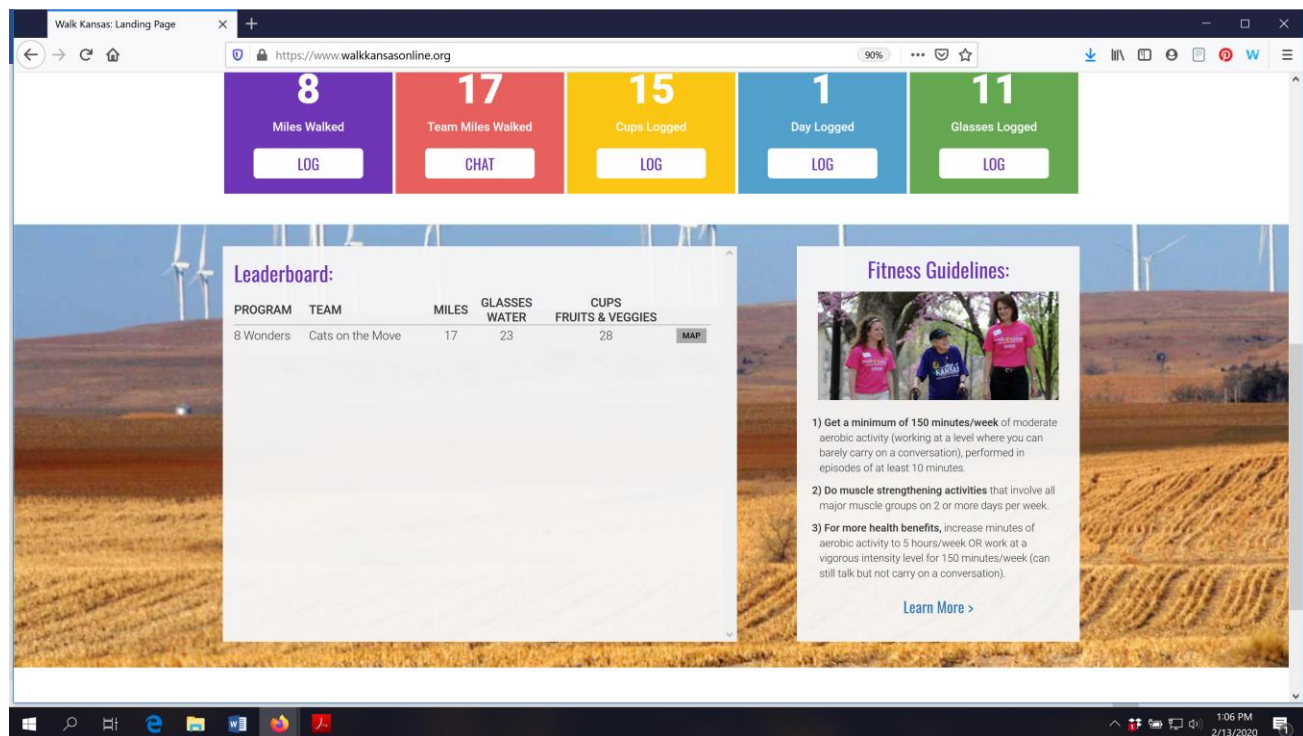
Reporting/logging online:

Once your team is "ready" (everyone has added user information, consented and all fees are paid) you will see a screen like this when you log in. Encourage your team to use "team chat" to communicate and to load photos. You will record your personal exercise minutes, fruits/veg here and you can also view how others on your team are doing by clicking on "My Team." Check for "Events" in your area and "Resources" located on the top bar. ***NOTE: The colorful boxes where you log minutes, etc. will not appear in your dashboard until your team is "ready" – all fees have been paid and all participants have completed the consent form. You will not be able to start logging until March 15, the first day of Walk Kansas.***

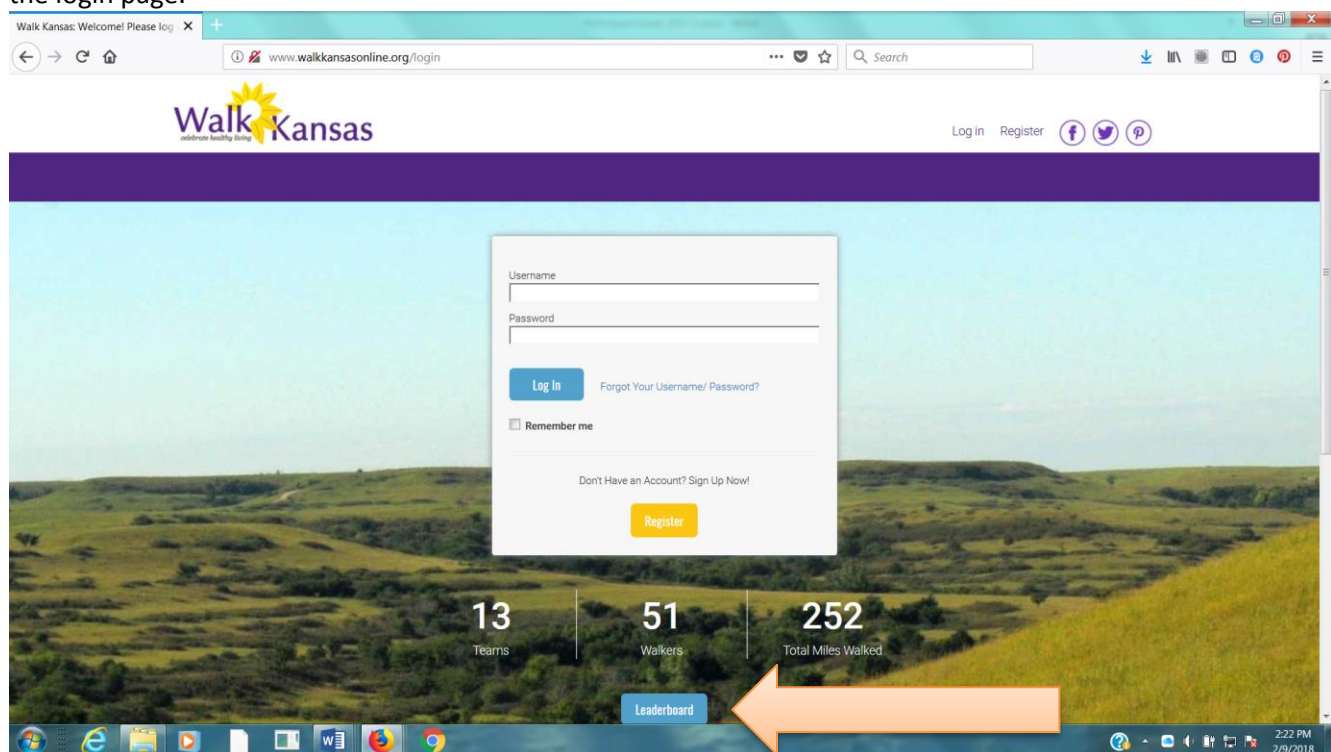
Make sure you and your team-mates check your progress on the map – click "See Your Map" on the large purple bar. As your team moves along the trail you will unlock points of interest. Some will have photos and all have a description of the town/community, area of interest, or Wonders of Kansas. You can go back and click on any dot you have passed through to read the information. Enjoy!! This year, captains will also have the option to switch your team to a different trail/challenge if you reach the end of your trail before Walk Kansas is over. Captains will receive a prompt and are the

only ones that can move the team to another trail. The miles your team was gone will continue with you to the new trail OR you can select another option for your team to keep going.

Scroll down a bit further and you will see a “Leaderboard” at the bottom. Here you can view how other teams in your county/district are doing. We are also on Facebook, so like *Kansas State University Walk Kansas* to stay in touch with other participants.



You can also view how teams in any county/district across the state are doing through the blue “Leaderboard” button on the login page.



Reporting if logging by paper:

If team mates log on paper and report to you weekly, add totals once a week for that person by clicking on their name just below the purple bar on the left side. If you want to report only one number (total minutes of activity) for your entire team, report it as minutes for you – the captain – only.

Reminders for captains:

- Communicate with your team mates each week (email, chat in Walk KS system, phone call or in person.) All Walk Kansas participants will receive a message on Wednesday of each week that includes a short report of how their team is doing. Everyone will also receive a weekly newsletter.
- Make sure team-mates are receiving a weekly Walk Kansas newsletter. If not, report this to our office. (Newsletters will also be posted in the “Resources” section. Top dark purple bar)
- Stay informed of events and activities offered in your community and participate when you can!
- Plan a fun activity(s) your team can do together during the 8 weeks of Walk Kansas.
- Encourage team mates to enter the photo contest – that includes you!

How to order t-shirts and more:

It is easy to order t-shirts and other apparel. Sign in to your account and click the “Shop” button on the purple bar at the top of the screen. Just shop from here and it will be added to your account. (Tax is charged on anything that ordered through the store.) Other team members can do the same once they have created a username/password. The online “shop” will close after the first 2 weeks of Walk Kansas, so place your orders early.

Captains also participate:

Not only are you the captain of your team, you are a Walk Kansas participant! Make sure you read through the participant materials, including the **Activity Guide**. [There is information here about pre/post fitness tests that your team may want to do and this is an activity you could do together.](#) These are optional and can be very helpful and motivating. Make sure you also review what counts as Walk Kansas minutes in the Activity Guide.

While Walk Kansas is sometimes viewed as a (friendly) competition, reaching the goal your team has selected is the most important. Be realistic, keep it fun and don’t worry about what others are doing or reporting. Be honest, be supportive to others and have a great Walk Kansas!!

New in 2020!

Several things are new this year:

- Focus on the Blue Zones, specifically the nine lifestyle characteristics of people who live the longest.
- Earn badges – for logging progress, checking online resources, and using the online system in many ways! These will pop up on your leaderboard as you earn them.
- Walk Kansas app!! This is a pilot year for the app so it is available only in iOS format, for iPhone and iPad. You can log (but not register) through the app and use this to navigate other features of the online system. The app is free and it is available through the App Store. If you have a fitness tracker, data from your tracker should sync with the app. The only exception is if you have a Fitbit. You will need to download Fitbit to Apple Health Sync (\$5.99) from the App Store 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.





Celebrate *healthy living*

Captain's Log

K-STATE
Research and Extension
Walk Kansas

Team Captain's Name _____

Team Name _____

Directions:

Contact information for local K-State Research and Extension Office:

Please report total minutes of activity for your team each week. The website will convert minutes into miles for your team. Fifteen minutes of moderate or vigorous physical activity counts as one Walk Kansas mile.

	Week 1		Week 2		Week 3		Week 4		Week 5		Week 6		Week 7		Week 8	
Teammates	Min	F/V	Min	F/V	Min	F/V	Min	F/V	Min	F/V	Min	F/V	Min	F/V	Min	F/V
1.																
2.																
3.																
4.																
5.																
6.																
Total Minutes																
Total Fruits and Vegetables																

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer.

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact the Director of Institutional Equity, Kansas State University, 103 Edwards Hall, Manhattan, KS 66506-0124, (Phone) 785-532-6220; (TTY) 785-532-4807.

Team Registration for Walk Kansas - 2020

Please complete the form below, providing information for each team member as well as yourself (captain), and register your team before March 15. The individual participant fee is \$10 and Walk Kansas T-shirts are available for an additional \$9.50 (plus tax). **Please provide E-mail OR mailing address to indicate newsletter delivery method preferred.**

Team Name: _____ Team Captain's Name: _____

Captain's Mailing Address: _____ City: _____ Zip Code: _____

Captain's Daytime Phone: (____) _____ Company/Organization (if a workplace team): _____

Captain's E-mail: _____ Choose a challenge for your team: ☐ Challenge #1 ☐ Challenge #2 ☐ Challenge #3
(Challenge #1 requires 150 minutes/week per participant; Challenge #2 = 4 hours/week per participant, Challenge #3 = 6 hours/week per participant.)

First and Last Name and Phone Number	E-mail Address for Newsletters	Mailing Address (Apt. # and Lot #)	City	Zip Code	Circle Size			T-Shirt Color	Pd Cpt.
					s xl	m xxl	lg 3x 4x		
Captain					s xl	m xxl	lg 3x 4x	H. Sea Green H. Storm	
2					s xl	m xxl	lg 3xl 4x	H. Sea Green H. Storm	
3					s xl	m xxl	lg 3xl 4x	H. Sea Green H. Storm	
4					s xl	m xxl	lg 3xl 4x	H. Sea Green H. Storm	
5					s xl	m xxl	lg 3xl 4x	H. Sea Green H. Storm	
6					s xl	m xxl	lg 3xb 4x	H. Sea Green H. Storm	

To complete team registration, return this form with payment of registration fees and t-shirt fees (optional) to: PO Box 109, 405 Main St, Effingham, KS 66023

Please make checks payable to: Atchison County Extension

For Office Use Only	Person Paying:	Check # or Cash:	Amt Pd.:	Date Pd.:
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March 15 – May 9

Welcome to Walk Kansas!

We are so glad you are participating in this K-State Research and Extension health initiative. Walk Kansas 2020 will introduce you to nine shared lifestyle traits of the *Blue Zones*, places across the world where people live measurably longer and healthier lives.

While physical activity – walking in particular – is still at the heart of this initiative, this year we will introduce you to the Mediterranean eating style, help you develop social connections that support healthy living, share ways you can lower personal stress, help you focus on your sense of purpose, and more!

Walk Kansas is a team-based program, meaning that you are part of a 6-member team and together you will select a goal (challenge) to work toward during the 8 weeks. Here are the options for your team.

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.

Each person logs minutes of moderate/vigorous activity and these are converted to Walk Kansas miles (15 minute = 1 mile) on the website. For a complete description of activities that count for Walk Kansas and how to report minutes, check your Activity Guide.

Take the first step – register for Walk Kansas!

To register online at 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 paying fees for the entire team, so make sure you reimburse your captain for your registration fee (\$10) and t-shirt, which is optional (\$9.50 + tax.) You can also order a t-shirt later.

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.

Register with paper forms:

Complete the registration form provided by your captain. Return it, along with payment for the program fee (\$10) and t-shirt (optional) to your captain. You can log online at walkkansasonline.org or use a paper log.

Participant Guide 2020

Important dates:

March 15 – Walk Kansas starts/registration

March 15 – Go! Log exercise minutes and cups of fruits/vegetables

April 1 – Last day to order Walk Kansas apparel

May 2 – *Walk Kansas 5K for the Fight!* In Manhattan on the K-State campus

May 10 – Photo Challenge entries due

May 9 – Walk Kansas ends. Plan to attend the Walk Kansas Celebration event!

Healthy Eating is Important

Here is a sobering statistic – 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. 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!

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** such as t-shirts, sweatshirts, and more. (*The Shop will only be open the first 2 weeks of Walk Kansas.*)

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 and 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. **New in 2020** – are badges that you will earn along the way! (Find these between the purple bars!)

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 in a web browser. The page has a purple header with the 'Walk Kansas' logo and navigation links: 'Minutes vs. Miles', 'Find Local Office', 'Log out', and 'My Account'. Below the header is a row of icons for various activities. The main content area is divided into two columns. The left column has a purple box with a welcome message for 'Willie' and a list of users who have logged activity. The right column has a red box with a list of users who have logged activity. Below these is a section titled 'Your Challenge(s):' with a dropdown menu showing '8 Wonders'. At the bottom, there are five colored boxes representing different challenges: 'Miles Walked' (purple, 8), 'Team Miles Walked' (red, 17), 'Cups Logged' (yellow, 15), 'Day Logged' (blue, 1), and 'Glasses Logged' (green, 11). Each box has a 'LOG' button. The browser's address bar shows 'https://www.walkkansasonline.org' and the system clock at the bottom right shows '12:10 PM 2/13/2020'.

Walk Kansas: Landing Page
https://www.walkkansasonline.org

Walk Kansas
minutes walking daily

Minutes vs. Miles Find Local Office Log out My Account

Dashboard Events Resources Shop New Program Sign Up

Welcome, Willie
COUNTY/GROUP: Kansas County
TEAM: Cats on the Move [E-mail Team]

Willie last logged on Feb. 13 (for Feb. 12). Log for user
Willie2 last logged on Feb. 13 (for Feb. 13). Log for user
Willie3 has not yet logged. Log for user
Willie4 has not yet logged. Log for user

Willie W. logged activity for multiple dates. (Today, 12:08pm)
Willie W. logged activity for Feb. 12. (Today, 12:08pm)
Willie W. logged activity for Feb. 11. (Today, 12:07pm)
Willie W. logged activity for Feb. 10. (Today, 12:07pm)

Your Challenge(s): 8 Wonders

You have unlocked 1 of 29 points of interest!

8 Miles Walked LOG

17 Team Miles Walked CHAT

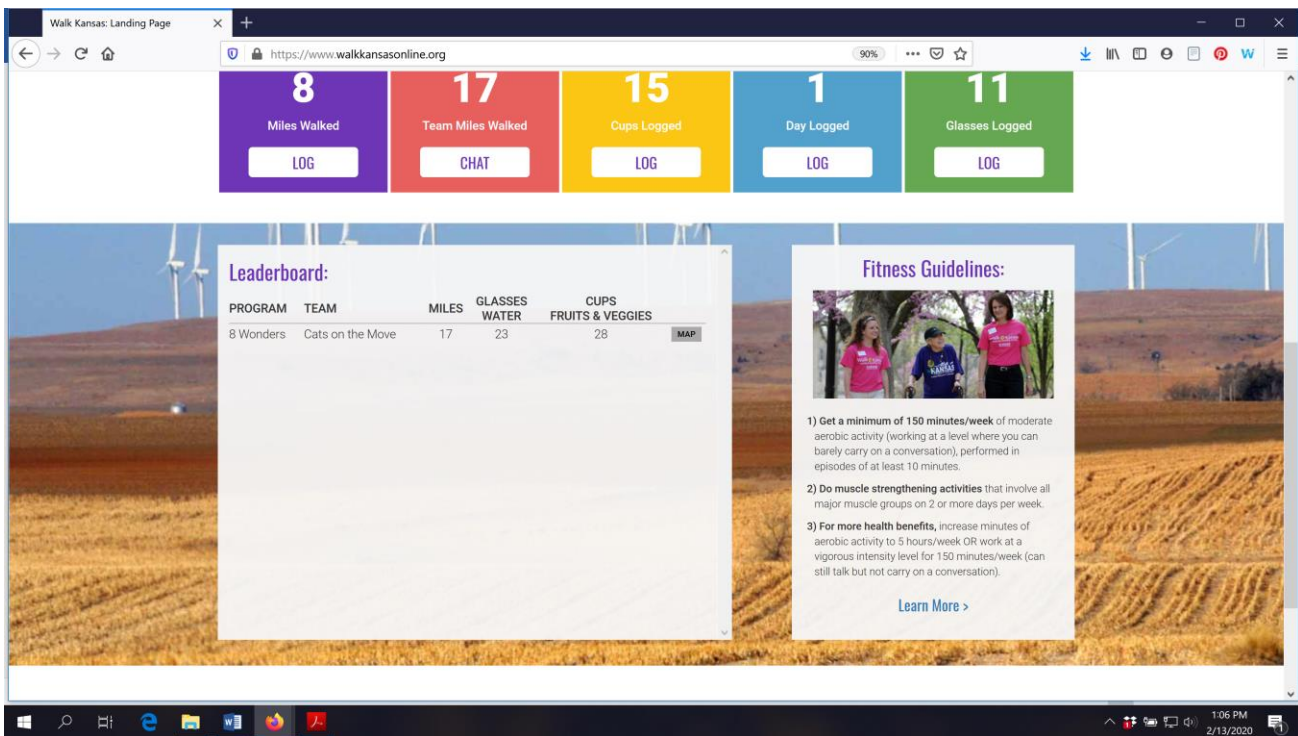
15 Cups Logged LOG

1 Day Logged LOG

11 Glasses Logged LOG

12:10 PM 2/13/2020

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.



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' and 'CHAT'. The main content area features a 'Leaderboard' box on the left and 'Fitness Guidelines' on the right. The background is a scenic image of a field with wind turbines.

Leaderboard:

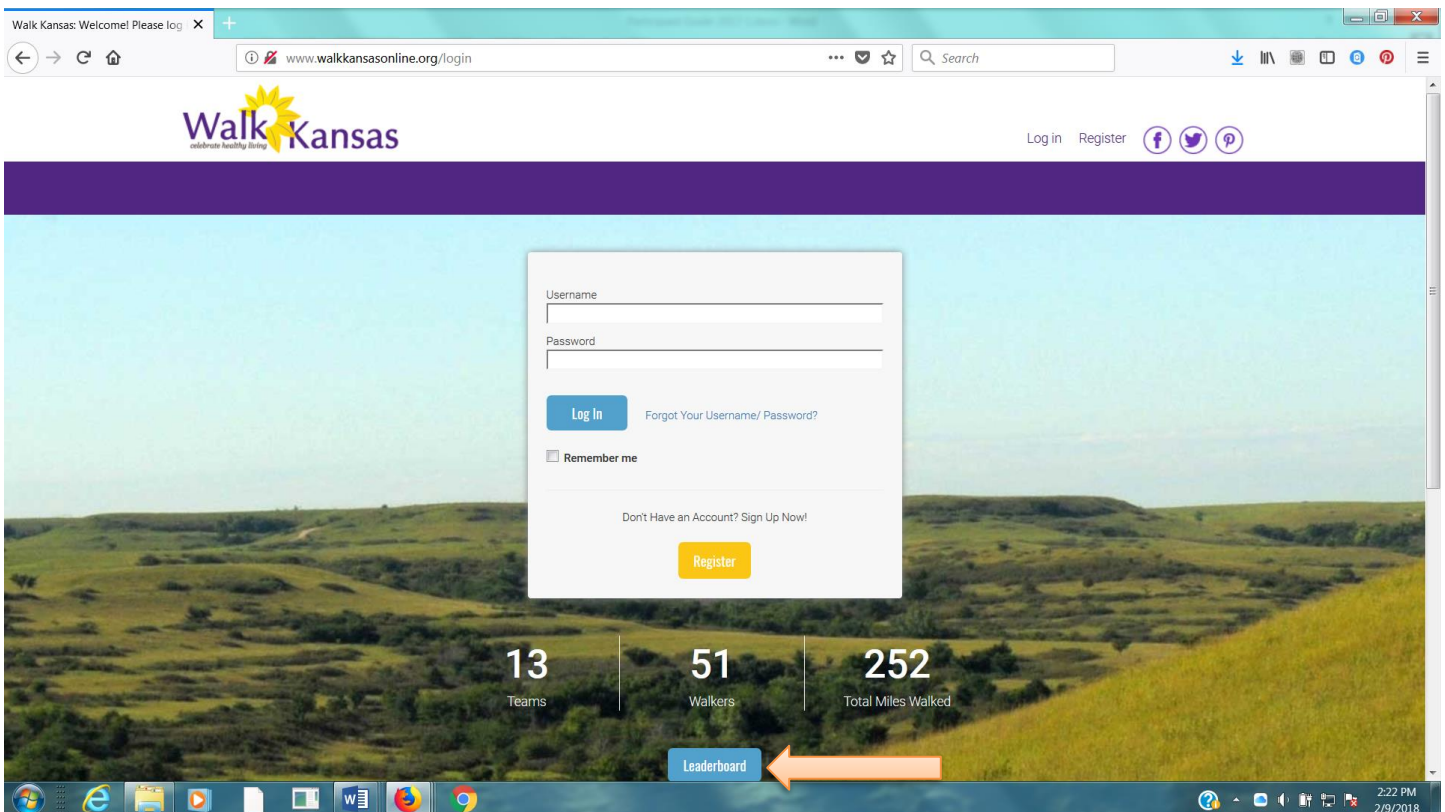
PROGRAM	TEAM	MILES	GLASSES WATER	CUPS FRUITS & VEGGIES
8 Wonders	Cats on the Move	17	23	28

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: Welcome! Please log in' page. The header includes the 'Walk Kansas' logo and links for 'Log in', 'Register', and social media. The main content area features a login form with fields for 'Username' and 'Password', a 'Log In' button, and a 'Forgot Your Username/ Password?' link. Below the form is a 'Remember me' checkbox and a 'Don't Have an Account? Sign Up Now!' link with a 'Register' button. At the bottom, there are three large numbers: 13 Teams, 51 Walkers, and 252 Total Miles Walked. A blue 'Leaderboard' button is located at the bottom center, with an orange arrow pointing to it.

Walk Kansas
walkkansasonline.org

Log in Register   

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. This is a pilot year so it 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.





Celebrate *healthy living*

Registration 2020

K-STATE
Research and Extension

Walk Kansas

Please complete and return to your local K-State Research and Extension office.

Name _____

Mailing Address _____

City _____ Zip Code _____ County/District _____

Email _____ Phone _____ Gender ☐ Male ☐ Female

Team Captain _____ Team Name _____

If this is a work-site team, please specify company/organization _____

Which age range are you in? (Check one)

- ☐ Under 5 ☐ 5 - 12 ☐ 13 - 17 ☐ 18 - 24 ☐ 25 - 34
☐ 35 - 44 ☐ 45 - 54 ☐ 55 - 64 ☐ 65 - 74 ☐ 75 and over

Which of the following best describes you? (Check one)

- ☐ American Indian/Native American ☐ Asian ☐ Black/African American
☐ Bi-racial ☐ Hispanic or Latino ☐ Native Hawaiian/Pacific Islander
☐ White ☐ Other

I wish to participate in the Walk Kansas physical activity program for the purpose of physical fitness. I understand that I should have medical approval from my health care professional if I:

- » have chronic health problems such as heart disease or diabetes.
- » have been told by my doctor that I have high blood pressure.
- » have pains in my heart and/or chest area.
- » have any physical conditions or problems that might require special attention in an exercise program.
- » feel dizzy or have spells of severe dizziness.
- » have a bone or joint condition, such as arthritis, that might be made worse by an exercise I am not accustomed to, or a vigorous exercise program.
- » am a male over age 45 or a female over age 55 AND not accustomed to vigorous exercise.

I agree to accept full responsibility for any injuries I may sustain while participating in this program.

Participant Signature _____ **Date** _____

Parent/Guardian Signature (If under 18) _____ **Date** _____

FOLLOW-UP SURVEY

- ☐ **I am willing** to participate in a brief follow-up survey 6 months after Walk Kansas.

PUBLICITY RELEASE

- ☐ **I authorize** K-State Research and Extension to record and photograph my image and/or voice for use in research, educational and promotional programs. I also recognize that these audio, video and image recordings are the property of K-State Research and Extension.
- ☐ **No, I do not authorize** use of my individual image or voice.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer.

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact the Director of Institutional Equity, Kansas State University, 103 Edwards Hall, Manhattan, KS 66506-0124, (Phone) 785-532-6220; (TTY) 785-532-4807.



Celebrate *healthy living*

K-STATE
Research and Extension

Walk Kansas

Daily Log

Captain's Name/Phone/Email _____

Directions: Each day, record your minutes of moderate/vigorous activity (and include minutes of strengthening exercises). Give yourself a (check) if you did strengthening exercises that day. Record cups of fruit/vegetables you eat and glasses or ounces of water you drink (this is optional). Every Sunday, report your weekly total of exercise minutes, cups of fruits/vegetables, and number of days you did strengthening exercises to your team captain.

Reminder: If you wear a activity tracker to count steps, you may start counting after you reach 6,000 that day. Report 15 minutes for each 2,000 steps (above the 6,000.)

		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	WEEKLY TOTAL
Week #1	Minutes								Min F/V
	Strengthening								
	Fruits & Vegetables								
	Water								
Week #2	Minutes								
	Strengthening								
	Fruits & Vegetables								
	Water								
Week #3	Minutes								
	Strengthening								
	Fruits & Vegetables								
	Water								
Week #4	Minutes								
	Strengthening								
	Fruits & Vegetables								
	Water								
Week #5	Minutes								
	Strengthening								
	Fruits & Vegetables								
	Water								
Week #6	Minutes								
	Strengthening								
	Fruits & Vegetables								
	Water								
Week #7	Minutes								
	Strengthening								
	Fruits & Vegetables								
	Water								
Week #8	Minutes								
	Strengthening								
	Fruits & Vegetables								
	Water								

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Celebrate *healthy living*

Activity Guide

K-STATE
Research and Extension

Walk Kansas

Want to feel better and have more energy?

Maybe you need to blow off some steam from a stressful day or need to get better sleep. Regular exercise can help you achieve this and more. The health benefits from regular exercise and physical activity are hard to ignore, and they are available to everyone, regardless of age, sex, or physical ability. Another fantastic thing about exercise — it's fun!

Walk Kansas is based on *Physical Activity Guidelines for Americans*, which recommend a minimum of 150 minutes of moderate exercise per week OR 75 minutes of vigorous exercise/week, and strengthening exercises at least 2 days per week. Walk Kansas also promotes a warm-up and cool-down time and stretching to improve flexibility.

Make sure it is safe for you to exercise

Before you begin Walk Kansas, or any exercise program, it is important to make sure it is safe for you to exercise. This PAR-Q (Physical Activity Readiness Questionnaire) can help you decide if you are ready or if you might need to check with your physician first. Answer yes or no to the following questions:

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
6. Is your doctor currently prescribing medications for your blood pressure or heart condition?
7. Do you know of any other reason why you should not do physical activity?

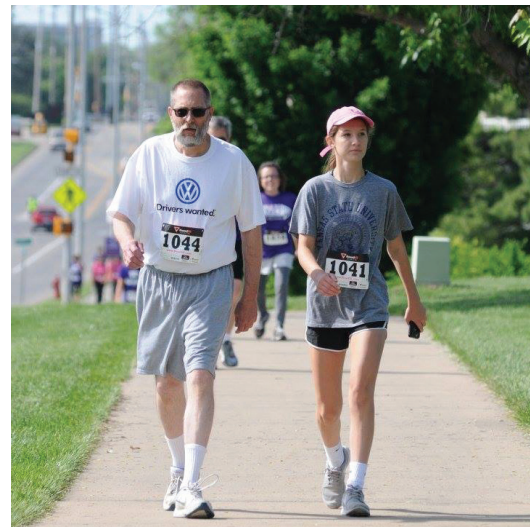
If you answered yes to one or more of these questions, are older than age 40, and have been inactive or are concerned about your health, check with your physician before taking a fitness test or participating in Walk Kansas.

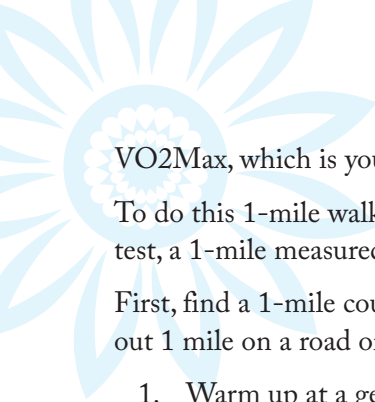
Measure your fitness

Almost everyone that increases their physical activity will benefit by improved fitness. You may notice that you don't get out of breath as easily when you climb the stairs or that picking something up from the floor is easier. While a pre/post fitness test is not required, you may want to know just how much you improve over the 8 weeks of Walk Kansas. These tests are relatively easy to do. You can do the walking test by yourself and the flexibility tests will require another person to do some measuring.

Rockport Fitness Walking Test

This is one of the best ways to determine your cardiorespiratory fitness, which is the ability of the heart and lungs to supply fuel and oxygen during sustained physical activity. The test determines your fitness level by estimating your





VO2Max, which is your maximum possible oxygen consumption.

To do this 1-mile walking test, you will need: a scale to determine your weight, a stopwatch or cell phone to time the test, a 1-mile measured course, and a way to measure your heart rate (take your pulse).

First, find a 1-mile course. For most high-school tracks, this is 4 laps around the innermost lane. You can also measure out 1 mile on a road or street. Have your phone or stopwatch ready and follow these instructions.

1. Warm up at a gentle pace for at least 5 minutes.
2. Walk 1 mile as fast as you can and time how long it takes.
3. Record your time to walk 1 mile.
4. Take your heart rate immediately at the end of your 1-mile walk. You can use a heart rate monitor or app, or take your pulse for 15 seconds and multiply this number by 4. (See directions for taking pulse on page 4.)
5. Enter this data into the calculator linked below. This will determine your VO2Max and compare it to standards for your gender and age group. <http://knightsofknee.com/calculators/FitnessTestCalc.htm>

If you do not have access to the Internet, contact your local K-State Research and Extension office for calculation instructions.

Please know that this is not a test you can cram for because fitness doesn't improve overnight. Don't be discouraged if your score is low. The most important thing is that you improve your score over time. We would expect your score to improve after the 8 weeks of Walk Kansas, provided you walk or exercise regularly and that you increase the length and intensity of your walking over time.

Flexibility Tests

Flexibility is somewhat hard to measure. These two tests are some of the best ways to determine if your flexibility improves over time. You will need a partner to complete these and have a ruler handy.

My Fitness Test Numbers

Before Walk Kansas:

Walking test

Time for 1-mile walk _____

Heart rate immediately after walk _____

Rockport results:

My Fitness Level _____

My Fitness Rating _____

Flexibility Tests

Back Scratch: Right _____ Left _____

Hamstring: Right _____ Left _____

After Walk Kansas:

Walking test

Time for 1-mile walk _____

Heart rate immediately after walk _____

Rockport results:

My Fitness Level _____

My Fitness Rating _____

Flexibility Tests

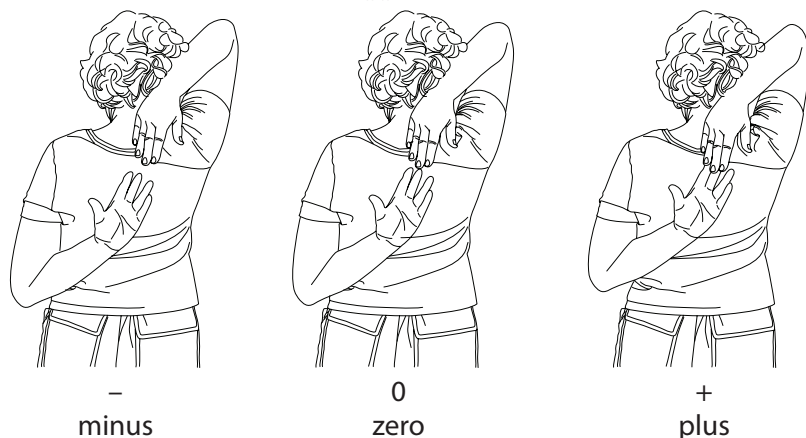
Back Scratch: Right _____ Left _____

Hamstring: Right _____ Left _____

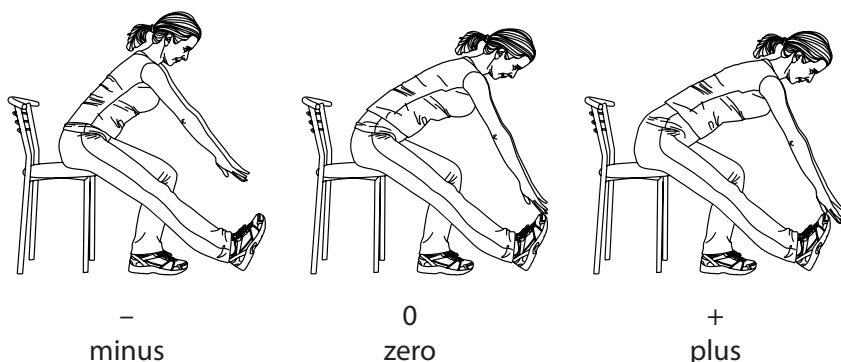
Helpful Information

Back Scratch Test to determine upper body flexibility. Stand and place your right hand over your right shoulder, palm down and fingers extended. Place your other arm around the back of your waist with palm up, reaching as far as possible and trying to touch or overlap extended middle fingers of both hands. Have your partner measure to the closest quarter inch. Use the diagram below as a guide and record your results. Repeat on the other side.

Chair Sit-and-Reach Test to determine lower body (hamstring) flexibility. Sit on the edge of a chair, one leg bent and slightly off to one side, foot flat on the floor. Extend your other leg as straight as possible, heel placed on the floor and foot flexed to 90 degrees. With arms outstretched, hands overlapping and middle fingers even, slowly



bend forward and reach as far as possible toward or past the toes. Use the diagram below as a guide and record your results. Repeat on the other side.



Walk Kansas:

www.walkkansas.org

Physical Activity

Guidelines for Americans: <https://health.gov/paguidelines/guidelines/>

Strength Training

http://workshop.agrability.org/2011/Downloads/Vincent_07.pdf

<http://www.walkkansas.org/activity/strength.html>

“Don’t just sit there!”

<http://www.washingtonpost.com/wp-srv/special/health/sitting/Sitting.pdf>

Flexibility and Stretching

<https://www.uaex.edu/publications/PDF/FSFCS34.pdf>

Source for flexibility tests: Stay Strong Stay Healthy Program and University of Missouri Extension

<http://www.k-state.edu/staystrong/>



We Have an App!

The Walk Kansas app is free and you can download it from the App Store. This is a pilot year so it 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.

Determine Heart Rate by Measuring Your Pulse

As soon as you stop moving your heart rate will slow, so it is important to check your pulse quickly after you complete the 1-mile walk. You can find your pulse at your neck (carotid artery) or wrist (radial artery). Here are the steps:

1. Have a timing device ready, one that shows seconds. You can use a clock or timer with a second hand or use the stopwatch mode on your smartphone.
2. Use two fingers (not your thumb). It is often easiest to find your pulse in the carotid arteries, located either side of your windpipe. Check just beneath your jaw, next to your windpipe.
3. Once you locate your pulse, press lightly and count your pulse for 15 seconds. Multiply this number by 4. Ex: 20 beats for 15 seconds = 80 beats per minute.

K-STATE
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Walk Kansas



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Ready for Walk Kansas!

Physicians say that if walking were a pill, it would be the most widely prescribed medication. The reason we promote walking is that almost anyone can do it and it is good for your heart. Other types of exercise are beneficial as well, so you can be assured that other types of activity also count toward Walk Kansas minutes!

Physical activity versus exercise — there is a difference. Physical activity is anything that gets a person moving, such as walking to the mailbox. Exercise is moving at a pace that increases your heart rate, such as walking around the block. Walk Kansas promotes both physical activity and exercise. It is also important to move throughout your day, and especially important that you move — at least stand — for several minutes every waking hour.

What counts toward Walk Kansas minutes?

The Walk Kansas program is based on the Physical Activity Guidelines, which promote moderate and vigorous intensity activities. Here are the types of activity you can report as Walk Kansas minutes.

- Moderate exercise/activity — at a level where you can carry on a conversation, but not sing. Report actual minutes of activity. Activities could include: walking briskly, water exercise, bicycling slower than 10 miles/hour, tennis (doubles), ballroom dancing, general gardening.
- Vigorous exercise/activity — at a level where you can talk but not have a conversation. **You can double the actual minutes you perform vigorous activity and report that number.** Vigorous activities could include: racewalking, jogging or running, swimming laps, tennis (singles), aerobic dancing, bicycling 10 miles/hour or faster, jumping rope, heavy gardening, hiking uphill or with a heavy backpack.
- Combination of moderate and vigorous — where you add short bursts of vigorous activity or intervals. Example: Add several 30-second bursts of running or fast walking to your moderate walking pace. Report actual minutes of activity.
- Strengthening exercises — report actual minutes.

If you wear an activity tracker (wrist tracker or pedometer), you can start counting steps after you reach 6,000 steps in a day. Report 15 minutes of activity for every 2,000 steps you take above 6,000.*

**Research tells us that most people will not get more than 6,000 steps in their average day. To be consistent with Walk Kansas goals, we ask you to count only the steps that are above this amount.*

For more explanation about moderate/vigorous activities and using the “talk” test watch [this video](#).

Photo Contest

Achieve your goals and capture your Walk Kansas journey this year in our photo challenge! Share your activity and healthy eating successes as well as motivational and inspirational messages that have helped you succeed to inspire others.

How to enter:

- Submit a high-resolution digital photo before May 12 to sharolyn@ksu.edu.
(Photos must be 3 mb or larger)
- Include your name, email, mailing address, and appropriate release forms.
- All photos submitted must include a signed Photo Reprint Permission Form:
<http://www.communications.k-state.edu/doc/forms/PhotoReprintPermission.pdf>
- Photos that show faces of individuals must also include a Publicity/Photo Release signed by each individual:
<http://www.communications.k-state.edu/doc/forms/PhotoConsentRlsForm.pdf>
 - Submit signed release forms via email to sharolyn@ksu.edu or
NE Area Extension Office, 1007 Throckmorton Hall, Manhattan, KS 66506

Challenge rules:

- Photos submitted become property of K-State Research and Extension to be used in marketing materials
- Selected photographers will receive a Walk Kansas SportTek shirt*
- Photographers must be a current Walk Kansas participant

Questions?

Contact Sharolyn Jackson via email: sharolyn@ksu.edu or phone: 785-532-2273

**Only one incentive item awarded per person.*

