



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 – Registration closes

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

March 30 – 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 sections. The top section is a purple bar with a welcome message for 'Willie' and links to 'See Your Map', 'Team Chat', 'My Team', and 'Log History'. Below this is a section for 'Your Challenge(s):' with a dropdown menu set to '8 Wonders'. The bottom section is a grid of five colored boxes, each representing a different challenge: '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 indicates '12:10 PM 2/13/2020'.

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

Walk Kansas
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]

See Your Map Team Chat My Team Log History

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

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!

Challenge	Count	Action
Miles Walked	8	LOG
Team Miles Walked	17	CHAT
Cups Logged	15	LOG
Day Logged	1	LOG
Glasses Logged	11	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 progress metrics: 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. Below these is a 'Leaderboard' box with a table showing team progress. The table has columns for PROGRAM, TEAM, MILES, GLASSES WATER, CUPS FRUITS & VEGGIES, and a MAP button. The first row shows '8 Wonders' and 'Cats on the Move' with 17 miles, 23 glasses, and 28 cups. To the right of the leaderboard is a 'Fitness Guidelines' box with three numbered points and a 'Learn More >' link. The background of the page is a scenic view of a field with wind turbines.

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

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 page features the 'Walk Kansas' logo at the top left and 'Log in' and 'Register' links at the top right. In the center, there is a login form with fields for 'Username' and 'Password', a 'Log In' button, and a 'Forgot Your Username/ Password?' link. Below the login form is a 'Remember me' checkbox and a 'Don't Have an Account? Sign Up Now!' link with a 'Register' button. At the bottom of the page, 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 from the right. The background of the page is a scenic view of a field with wind turbines.

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.

