

POWER 9[®]

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



DOWN SHIFT

Improve your overall wellness by finding a stress relieving strategy that works for you.



PURPOSE

Wake up with purpose each day to add up to 7 years to your life.



PLANT SLANT

Put less meat and more plants on your plate.



WINE @ 5

Responsibly enjoy a glass of wine with good friends each day.



FAMILY FIRST

Invest in spending time with family and add up to 6 years to your life.



80% RULE

Eat mindfully and stop when 80% full.



MOVE NATURALLY

Find ways to move more! You'll burn calories without thinking about it.



RIGHT TRIBE

Surround yourself with people who support positive behaviors.



BELONG

Belong to a faith-based community and attend services 4 times a month to add 4 – 14 years to your lifespan.



Adapted from The Blue Zones Project by Healthways

K-STATE
Research and Extension

Walk Kansas

www.WalkKansas.org

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March 15 – May 9, 2020

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. Walk Kansas is a team-based, 8-week healthy lifestyle challenge facilitated by K-State Research and Extension. Although physical activity is at the heart of this health initiative, the 2020 program will introduce you to healthful eating styles, help you form social connections that support healthy living, offer strategies to help lower your level of stress, help you focus on your sense of purpose, and more.

How can you join Walk Kansas in 2020?

- Recruit or join a team (6 people, with one person as captain). More information will be available through your local K-State Research and Extension office, at walkkansas.org, and on Facebook “Kansas State University Walk Kansas.” Registration will begin in February.
- Cost to participate is \$10 per person and includes access to the online tracker, a weekly newsletter, program resources, and local activities. A program T-shirt is extra.
- To participate, each person logs minutes of activity and reports daily/weekly. Cups of fruits/vegetables and water consumption can also be tracked.

Who can participate?

Anyone can! Walk Kansas is open to all. Technology allows participants to stay connected even if they don't live close by. Teams can include coworkers, family members, neighbors, school classmates, members of civic or community organizations, faith-based groups and 4-H clubs ... all that matters is that team members agree to support and encourage one another.

Your health is so much more than a number on the scale.

*Join K-State Research and Extension's Walk Kansas and
learn how to live longer and better!*

Celebrate *healthy living*

Learn more about Walk Kansas at walkkansas.org, contact your local K-State Research and Extension Office, or Sharolyn Flaming Jackson, sharolyn@ksu.edu, K-State Research and Extension Family and Consumer Sciences Specialist.

Walk Kansas is based on Physical Activity Guidelines, established by the U.S. Department of Health and Humans Services. Learn more at health.gov/paguidelines/

www.WalkKansas.org

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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