

News Release for Immediate Use or Next Issue
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Walk Kansas Enters Its 23rd Year!

Walk Kansas begins March 31st, registration opens March 4th and closes April 5th

Walk Kansas promotes personal health and well-being by helping participants adopt healthy lifestyle habits. Walk Kansas registration is \$10 per person and includes a weekly newsletter, access to the online system to track physical activity, and access to exclusive wellness webinars. People who qualify for assistance such as SNAP, TANF, WIC, TEFAP, etc., can participate in Walk Kansas for free. T-shirts are available for an extra fee.

Join as part of a team or solo. Teams can be family, coworkers, friends, community organization members, neighbors, or part of a faith-based community. Groups of six form a team, one serving as the captain. Team members do not have to live in the same town, county, state, or country. No team no problem, you can join solo!

Walk along US 56, travel across the state from Troy to Elkhart, check out the SE part of the state from Little Balkans to Nicodemus, there are several routes to choose from!

Report minutes of moderate to vigorous physical activity or strengthening exercises. Or report steps. Optional: report the amount of fruits and veggies eaten. Weekly newsletters include articles on exercise, chronic disease prevention, healthy eating, stress management, and a healthy recipe.

NEW for 2024: Walk Kansas participants will have access to webinars developed by K-State Extension Specialists. These webinars will cover several different wellness topics.

Attention Employers! Walk Kansas presents an opportunity to commit to the well-being of your employees, and ultimately your business, consider making Walk Kansas part of your employee wellness program! Employers are encouraged to sponsor employee teams and/or provide walking breaks and encourage employees to participate in Walk Kansas.

- Employee wellness programs can:
- Improve productivity
- Reduce absenteeism
- Decrease work-related stress
- Enhance morale and teamwork
- Create a culture of health

Registration opens March 4th, you can register online at walkkansasonline.org or contact your local Extension Office.

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