

# ***BETter Living ...***

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## **Walk Kansas March 15 – May 9**

Do you want to become healthier in 2015? Well if you are saying yes, here is a great opportunity for you. Walk Kansas is an eight week exercise program. The minimum goal for each week is that you exercise at least 30 minutes a day for five days. This year your team can choose which challenge they would like to complete. Challenge #1 is walking the distance across Kansas, while Challenge #2 is walking across and back, and Challenge #3 is walking the perimeter of the state.

A team consists of six people, with one member being named the captain. The captain is in charge of reporting the total number of minutes exercised each week. The minutes are put on the Walk Kansas website, so everybody can see how their team compares to other teams in Wabaunsee County. Again this year, we are encouraging the participants to track their fruit and vegetable intake.

This program fits well into busy schedules as participants can count exercise in 10 minute intervals. The exercise for Walk Kansas is supposed to raise your heart rate and that can be done in just 10 minutes. Each week there will be a newsletter sent out to the participants. The program costs \$5 and apparel options are available for an additional fee.

Grab 5 other people, and register for Walk Kansas 2015. You can pick up a registration packet at the Wabaunsee County Extension Office or visit our website at: [www.wabaunsee.ksu.edu](http://www.wabaunsee.ksu.edu).

**Registration forms are due March 10<sup>th</sup>.** For more information please call: (785) 765-3821 or email: [btrieb@ksu.edu](mailto:btrieb@ksu.edu).