

Walk Kansas for Kids is a nine-week program that promotes fun, physical activity and great food choices for 1st- through 6th-graders.



What do you do?

School groups, clubs, faith-based groups and friends can team up to set and reach activity goals. Reaching the team goal can equal “walking” the 423 miles across Kansas. Teams decide how far they want to go – maybe to a theme park, the capital, the mountains, a beach – anywhere that sounds fun and challenging! Then, each team member tries to be active a recommended 60

minutes each day, five days a week. Every 15 minutes of activity counts as a mile, so reaching an hour of activity counts as 4 miles! Walking is great, but you can also run, skateboard, swim or ride your bike as activities. How far can your team go in nine weeks? Teams can also work toward new challenges – drinking more water and less soda or maybe replacing some TV or video time with active games and sports.

How do you get started?

Get started by contacting your local K-State Research and Extension office or by visiting www.walkkansas.org.

In the meantime:

- Think about forming your team.
- Be sure you have sturdy shoes that fit well for your activities.
- Think about possible team names and members.
- Get registration materials from the K-State Research and Extension office.
- Start any time of the year.
- *Get ready to have fun!*



Could you walk across the whole state?
You could with Walk Kansas for Kids!



Walk Kansas for Kids is a fun and flexible way to get children and families moving toward health and fitness in your community. Record-keeping is simple, so make it part of your Coordinated School Health Plan. Other groups that work with youth – such as Boy Scouts, Girl Scouts, home school, 4-H Clubs or faith-based groups – are encouraged to join to help Kansas kids grow to achieve a positive attitude toward personal and community health.

www.walkkansas.org



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