

FOR IMMEDIATE RELEASE

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Time to get active: Walk Kansas 2021

Can you believe we were experiencing record breaking freezing temperatures just a few short weeks ago? The days are getting longer and signs of spring are starting to appear. As the weather warms up, it's a great time to commit to being active.

The Walk Kansas program was established by K-State Research and Extension in 2001, 20 ago. Whether you've participated in the past or are thinking about joining for the first time, this year will be a fun, exciting program for you to do with a team or even on your own. For the first time, solo participants can register to walk the Purple Power solo trail where you can set your own individual goal.

Research shows that physical activity can help you feel better, look better and live better. I don't know about you, but sign me up for all of the above!

Physical activity is a natural mood lifter – it can relieve stress, anxiety, depression and anger. It also keeps you fit and able. The less you move, the harder it is to keep your strength and stamina. By being more active, you may also be able to improve your health. From lower blood pressure to weight loss, physical activity is key to healthy living.

Walk Kansas 2021 will run from March 28-May 22. Registration is now open at www.walkkansasonline.org. Participants log activity minutes each day along with the number of fruits and vegetables consumed each day either online, in an app, or on paper. All participants also receive weekly newsletters and motivational messages that assist through the challenge. There is a \$10 program fee that is used to support the programming through K-State Research and Extension. In the Wildcat District (Crawford, Labette, Montgomery, Wilson), participants will receive a mini first-aid kit for registering and will also be entered to win a variety of incentives such as wireless earbuds, personal blenders and more.

If you have any questions or need help with registration, you can contact me or your local extension office - Girard, 620-724-8233; Altamont, 620-784-5337; Independence, 620-331-2690; Fredonia, 620-378-2167; Pittsburg Office, Expanded Food and Nutrition Education (EFNEP), 620-232-1930. Wildcat District Extension is on the Web at <http://www.wildcatdistrict.ksu.edu>. Or, like our Facebook page at www.facebook.com/wildcat.extension.district.

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