

Register
Today

Walk Kansas

celebrate healthy living



March 17 - May 11

Walk Kansas is a team-based program that will help you and others lead a healthier life. Join this program to:

- Be more active with friends and family
- Make better nutrition choices
- Walk away your stress

How Walk Kansas Works

- Gather six people
- Choose a captain and pick a team name
- Select a challenge
- Get moving and track progress on the website
- Celebrate success!

Did you know?

1. Less than 1/2 of Kansas adults meet minimum recommendations for physical activity.
2. Just 19% of Kansans eat enough fruits and vegetables.
3. Chronic disease, including obesity, is responsible for more than 70% of health care costs.

Cost: \$8 per person

Register online or call:

913-715-7000

www.johnson.k-state.edu

Registration deadline is March 15.

K-STATE
Research and Extension
Johnson County

JOHNSON COUNTY
KANSAS

In partnership together

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Johnson County K-State Research and Extension, 913-715-7000.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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