

Walk Kansas 2022 Promotes Physical Activity & Brain Health

For the past 20 years, thousands of people enrolled in the program have walked, biked, swam and moved their bodies in many other ways to improve their physical fitness. Exercise is beneficial for not only our physical health, but also our mental health and our brain.

Walk Kansas will run March 27 through May 21, encouraging teams of six to sign up together and get moving. Each 15 minutes of activity counts for 1 mile of distance, and teams track their mileage virtually as they move across pre-determined routes in or across Kansas.

[Registration for Walk Kansas is available online](#) and if you live in Decatur, Norton, Graham or Sheridan counties, you will choose “Twin Creeks” when registering online. The cost is \$10 per person; a program t-shirt can be purchased separately. (To save on shipping charges, you may want to order your shirts as a team or through the Extension Offices.) Team registrations require a captain and up to five additional members, which can live anywhere in or out of the state or country. If you would rather participate solo, individuals can sign up to complete their own challenge.

Paper registration is also available at any Twin Creeks office and are now open.

This year’s program provides three team challenges:

- Challenge 1 – “8 Wonders of Kansas” trail, requires each person get at least 2 ½ hours of moderate activity/week and challenges the team to travel 480 miles.
- Challenge 2 – “Cross Country Trail” requiring 4 hours of activity/week from each person, with the team traveling 768 miles.
- Challenge 3 – “Little Balkans to Nicodemus Trail” that will require 6 hours of activity from each team member/week, challenging the team to go 1152 miles.

The solo challenge trail begins in Manhattan at Kansas State University and explores points of interest on a trail to Wichita State University.

All participants will receive a weekly online newsletter with helpful information on physical activity, improving lifestyle habits, nutrition, and healthful recipes. This year, the nutrition focus is on the MIND diet, which is a combination of what are widely known as the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets.

Physical activity on its own is something that helps us retain our brain function as we age, and helps delay the onset of dementia and Alzheimer’s disease. It can help manage stress, which is hard on our mind, as well. Join us for the joy of movement and share the experience with friends and family!