

FOR IMMEDIATE RELEASE

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## Thrive in 2025 with the 25<sup>th</sup> Anniversary of Walk Kansas!

Kansas State University Research and Extension is proud to announce the 25th anniversary of Walk Kansas, an eight-week health initiative designed to promote active lifestyles and well-being among Kansans and participants worldwide. The 2025 program runs from **March 30 to May 24**, with **registration opening on March 4<sup>th</sup>**; a **\$10 registration fee** is due at the time of registration.

Walk Kansas is a team-based challenge encouraging individuals to engage in regular physical activity, whether it's walking, jogging, cycling, swimming, or any preferred exercise. Each participant commits to at least 150 minutes of moderate-intensity exercise per week, aligning with health guidelines from the U.S. Centers for Disease Control and Prevention. There is also an option to participate in Walk Kansas and an individual!

Participants will have access to an online system to track their exercise minutes and monitor fruit, vegetable, and water intake. The program also offers weekly newsletters and webinars covering topics such as chronic disease prevention, stress management, and safety tips.

The small daily steps add up to big changes over time! Many have used this challenge as a starting point to get in movement most if not all, days of the week. Walking is one of the most underrated forms of exercise for a person's overall health and well-being.

So, head out solo or find a friend and log some steps!

For more information and to register, visit [www.walkkansas.org](http://www.walkkansas.org) or contact either our Girard or Independence office.

- Girard Office: (620) 724-8233
- Independence Office: (620)331-2690
- year!

For more information, visit [www.mayoclinichealthsystem.org](http://www.mayoclinichealthsystem.org) OR contact Katherine Pinto, Nutrition, Food Safety and Health Agent, [kdpinto@ksu.edu](mailto:kdpinto@ksu.edu) or 620-232-1930.

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**Kansas State University Agricultural Experiment Station and Cooperative Extension Service**

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