

# Register for Walk Kansas

Improving health and fitness and losing weight is a common New Year's resolution and, often, among one's best intentions.

Even so, chilly temperatures and fewer daylight hours can easily put the damper on health-promoting physical activity.

Until now, that is ... While the welcome mat is always out at Kansas State University Research and Extension offices across the state, February signals the time when many in the state are expected to visit their county office to sign up for Walk Kansas, which, this year is scheduled March 8-May 2.

The concept for the program, forming teams of six to cover the distance across the state of Kansas — 423 miles from east to west — in eight weeks, attracted about 22,000 participants in 2008.

For many in the state, the program has become a turning point — a time to get up and get moving to re-energize for the coming spring and summer months.

Knowing that team members are counting on one another to do their part can be a motivating factor to stick with it.

The low-cost program, now in its eighth year, initially focused on walking. Walking is still encouraged, but participants also can log



## Home Time

By Tranda Watts  
Multi-county Extension Agent

15 minutes of a variety of aerobic, heart-healthy exercise that is considered comparable to walking a mile. And, since the time available for physical activity can vary with daily schedules, the weather and other demands, the weekly goal for most adults is 150 minutes (two-and-a-half-hours). This year all reports will be in minutes rather than miles.

The recommendation comes from the U.S. Department of Health and Human Services and is based on research that shows that physical activity is helpful in reducing stress, lowering blood pressure, and facilitating weight loss or management.

Physical activity also helps reduce the risks of developing cardiovascular disease, diabetes and some cancers. Walk Kansas participants also report renewed energy, a happier outlook, and a good night's rest.

K-State's Walk Kansas program

is low-cost. A registration fee of \$7 per person covers the cost of program materials, events and a weekly newsletter with fitness and health tips and recipes.

Participants will be encouraged to record their consumption of health-promoting fruits and vegetables. An optional program T-shirt will be available for purchase at \$6 which also includes sales tax which now must be collected. Shirt colors are chocolate brown and kiwi green for 2009.

Those who do not have enough interested friends or co-workers to make up a team can call the Extension office and ask to be paired with others who share an interest in improving health and fitness.

More information is available at your local K-State Research and Extension Office and on the Extension and Walk Kansas Web sites: [www.oznet.ksu.edu](http://www.oznet.ksu.edu) and [www.walkkansas.org](http://www.walkkansas.org).

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## Lyle News

By Veda Wood

On Wednesday, Jan. 28, June Jolly attended a cattleman's meeting at Cambridge. She spoke of how modern technology has changed the care of livestock so much since we were young.

On Thursday, some ladies and the Rev. Danforth served cookies, cake and drinks to the family of Dora Lee Michel at the Norcatour Educational building, and had a chance to visit with the family.

Margaret Magers' grandson, J.T. Guy, Abilene, came to hunt and visit her from Friday to Sunday. He also ate dinner with us at Lyle on Sunday, and told us about his helping on the "Extreme Makeover" house that was on television. Judy Easton, J.T.'s mother, visited on Saturday. Earnest and Donna Huff visited also.

Some friends of Alta May Van Gundy of Hastings, Neb., visited her on Saturday, Jan. 31. Delbert Johnson, Lois Johnson, residents of Goldbrick Towers (no relation), and Sylvia Fluhart, manager of the Towers, the Good Samaritan complex where Alta had an apartment before she broke her hip. It was so good of them to come, and together with some members of Alta May's family and the people at the Andbe home, we celebrated her birthday. Family members were Dwight and Teresa Wood, Sandy McNames, Carol Moye, Kylie Gruwell, Margie Applegate and Veda Wood. I also got to visit with so many friends: Katherine Severns, Kenneth Price, Bob Shick, Frances Mosier, Helen Miller, Evelyn Lyon, Dean Railsback and many others. And we all

got a piece of Alta's big beautiful cake!

On Saturday, the Red Hat Ladies met at the First State Bank in Norton, and were given an interesting and informative presentation of

"They also ran;" the candidates who ran for president and were defeated. The only bad thing about it was that I didn't have time to read all their "thumbnail sketches." I'll have to go again.

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1991 KW T800, 267K, 9 spd, 11.1 Detroit  
1991 Ford L9000, 450K, 9 spd, N14 Cummins  
(2) '08 Wilson Pacesetters, 96x66, tarp, 1spg/1air  
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