Simple Steps to Register for Walk Kansas

1. Register at www.walkkansasonline.org (deadline April 16, 2021)

2. Click Register

   NOTE: If you are a captain registering your team, make sure to have all emails from your team members before completing registration. If you are an individual needing to be added to a team, you must know that team name.

3. Click “W” to register under the Wild West District.

4. Choose the challenge length you or your team would like to participate in

5. Select either Team Captain to enter your team members, or Individual to either be a “floater” or participate in the solo trail.
5. Captains—Choose a team name
   Individual—if you have a team in mind that you would like to join, tell us their name

6. Now, you will put in some personal information about yourself.

7. Click on each box to add additional team members’ names and emails. If they don’t have an email, click the box below their name.

   If two teammates share the same email, one needs to use the format of name@noemail.com.

   Confirm that all information looks correct.

8. Sign the consent form

9. Participants can either pay by PayPal, credit card or debit card. You will be paying for your entire team at once. If you prefer, you can pay with a check to your local Extension Office. Please make checks payable to Wild West Extension District.
10. **Very Important** Your team members will receive a welcome email. They MUST click “Join Walk Kansas Team” They will then create an account and password, complete their profile with address, etc., and sign the consent form. You team WILL NOT be able to log until all members have done this!

You and or your team should now be ready to start walking!

**What counts toward Walk Kansas minutes?**

The Walk Kansas program is based on the Physical Activity Guidelines, which promote moderate and vigorous intensity activities. Here are the types of activity you can report as Walk Kansas minutes.

- **Moderate exercise/activity** — at a level where you can carry on a conversation, but not sing. Report actual minutes of activity. Activities could include: walking briskly, water exercise, bicycling slower than 10 miles/hour, tennis (doubles), ballroom dancing, general gardening.

- **Vigorous exercise/activity** — at a level where you can talk but not have a conversation. You can double the actual minutes you perform vigorous activity and report that number. Vigorous activities could include: racewalking, jogging or running, swimming laps, tennis (singles), aerobic dancing, bicycling 10 miles/hour or faster, jumping rope, heavy gardening, hiking uphill or with a heavy backpack.

- **Combination of moderate and vigorous** — where you add short bursts of vigorous activity or intervals. Example: Add several 30-second bursts of running or fast walking to your moderate walking pace. Report actual minutes of activity.

- **Strengthening exercises** — report actual minutes.

If you wear an activity tracker (wrist tracker or pedometer), you can start counting steps after you reach 6,000 steps in a day. Report 15 minutes of activity for every 2,000 steps you take above 6,000.*