

# Captain's Packet

## Registration Deadlines:

- March 9th

T-shirts ordered at registration will be delivered A.S.A.P.

- Registration will be accepted through 5 p.m. on March 17<sup>th</sup>.

## You're a team captain!

Welcome to *Walk Kansas* and congratulations on being captain of your team! Through a modest increase in activity, most of us can improve our health. *Walk Kansas* is a program that motivates people of all ages to make the most important change . . . to get started. The program is simple, inexpensive and safe, and all you need is a team of six people and a desire to get moving.

Teams do not really need to walk or ride together, although they may if they want to. They simply pool their mileage each week to work towards the chosen destination — 423 miles across the state of Kansas. That means each team member should strive to walk 1.75 miles a day for five days per week or exercise 30 minutes per day, five days a week. While this program is called *Walk Kansas*, other physical activities count as well. This packet includes a list of approved activities and guidelines for converting minutes to miles. Also included is a team registration form, activity log sheets and program information for each participant, and information you will need as a team captain.

So, gather your team-mates, dust off your exercise shoes and prepare to join us in the 8-week journey across Kansas!

## *Walk Kansas*

Since *Walk Kansas* became a state-wide program in 2002, our County continues to grow in the number of participants. On the state level, *Walk Kansas* has grown from approximately 5,000 participants in 2002 to over 20,762 in 2007! We need you to participate in our *Walk Kansas* this year so that more people will benefit from a lifestyle that includes regular physical activity.

*Walk Kansas* is a K-State Research and Extension program that is planned and implemented by a local task force of community partners. If you have questions about the program, contact

- County Extension Agent: Amy Collins
  - by calling: 620-549-3502
  - or e-mail: [acollins@ksu.edu](mailto:acollins@ksu.edu)

Information is also available from task force members.

Walk Kansas T-shirt colors for 2008 are lavender or heather (charcoal) gray. The Walk Kansas logo will be displayed on the front. Stop by the Extension Office to see a sample.

Team captains are responsible for reporting team progress to the Extension Office on Monday of each week. Use your Captain's Log to record information from teammates.

### Steps to get started

- 1) Recruit a team of six members — one captain and five teammates. Each team member will need to complete and sign a registration form. The captain will complete a team registration form and return it to the Extension Office.
- 2) The team captain will distribute program information to each participant: Walk Kansas Participant Information, Walk Kansas Approved Activities, Individual Registration Form, and Individual Mileage and Fruit/Vegetable Log.
- 3) The registration includes a weekly newsletter (9 issues). Each participant will need to indicate if they wish to receive the newsletter via E-mail or postage paid mail. E-mail is encouraged if possible and does require the individual to have internet access.
- 4) Team Registration is preferred by March 9th but will be accepted through 5:00 p.m. on March 17th.
- 5) Participants will begin to log miles/minutes of activity and fruits/vegetables consumed on Sunday, March 9th. Team members will need to report to their team captain at the end of each week. The team captain will report totals to the Extension Office on Monday, of each week. You may call (620-549-3502) or e-mail (acollins@ksu.edu) to report. Captains will receive a reporting reminder message by E-mail each week. It may be helpful to designate a “back-up” captain to assume your reporting duties if you plan to be out of town or cannot report weekly for some reason.
- 6) Team miles will be noted on the Walk Kansas web site. Go to <http://www.walkkansas.org/Welcome.aspx> and you will be able to check team miles. Team miles will be posted by Wednesday of each week.

# Welcome to Walk Kansas—Stafford County

## Participant Information

### Thanks for joining Walk Kansas!

Welcome to *Walk Kansas* and congratulations on your commitment to work toward a more healthful lifestyle! Through a modest increase in activity, most of us can improve our health. *Walk Kansas* is a program that motivates people of all ages to make the most important change . . . to get started.

While you have joined a team, it is not really necessary to walk or ride together, although you may if you want to. Each week, teams will pool their mileage to work towards the chosen destination—423 miles across the state of Kansas. That means each team member should strive to walk 1.75 miles a day for five days per week or exercise 30 minutes per day, five days a week. While this program is called *Walk Kansas*, other physical activities count as well.

Your team captain has provided you with a list of approved activities, program information, log sheets and a registration form. You will need to return your completed registration form and the \$5.00 program fee to your team captain. Remember, registrations are accepted through March 17<sup>th</sup>.

So, dust off your exercise shoes—it's time to get moving!

### Team Registration Deadlines:

- **March 9<sup>th</sup>**
- **T-shirts ordered at registration will be delivered A.S.A.P.**
- **Registration will be accepted through 5:00 p.m. on March 17<sup>th</sup>.**

### *Walk Kansas*

Since *Walk Kansas* became a state-wide program in 2002, *Walk Kansas* has grown from approximately 5,000 participants in 2002 to over 20,762 in 2007! We need you to participate in our *Walk Kansas* this year to keep the tradition alive, but more importantly—we need you to participate so that more people will benefit from a lifestyle that includes regular physical activity.

*Walk Kansas* is a K-State Research and Extension program. If you have questions about the program contact your

County Extension Agent: Amy Collins

- by calling: 620-549-3502
- or email: [acollins@ksu.edu](mailto:acollins@ksu.edu)

**STAFFORD  
COUNTY  
WALK KANSAS  
2008**

K-State Research &  
Extension—  
Stafford County  
209 N. Broadway  
St. John, KS 67576

Phone: 620-549-3502  
Email: [acollins@ksu.edu](mailto:acollins@ksu.edu)

**Walk Kansas Steps**

- 1) Read through materials provided by your team captain. If you have questions, talk to your captain or contact your County Extension Office.
- 2) Begin recording miles/minutes of activity and the number of cups of fruits/vegetables you consume each day beginning March 9<sup>th</sup>. You will need to report this information to your team captain each week, preferably on Sunday. Your team captain will report to the Extension Office on Monday of each week.
- 3) Each participant will receive a weekly newsletter (9 issues) and may choose the electronic format (this does require Internet access) or postage paid mail.
- 4) At the conclusion of the program, you will be asked to complete a wrap-up survey to help us prepare for next year. We are also interested in success stories, so please include those as well.
- 5) The web site: <http://www.walkkansas.org> will be updated regularly with program information and *Healthy Eating for Life* videos. You will also find the progress of Walk Kansas teams across the state.



### Walk Kansas Approved Activities:

**\*\*Fifteen (15) minutes of activity equals 1 Walk Kansas mile.\*\***

Walking	Running
Bicycling	Swimming
Roller Blading	Racquetball
Aerobic Exercise	Aerobic Exercises—dance/step
Machines	Pilates
Yoga	Team sports—basketball, soccer, rugby, volleyball
Weight Training	

Other activities can also count. Use the “Perceived Exertion Scale” below and count activities that would fall in the “somewhat hard” and “hard” categories.

#### PERCEIVED EXERTION SCALE

EASY	MODERATE	SOMEWHAT HARD	HARD	VERY HARD
Breathing a little faster	Breathing faster and deeper	<b>Breathing heavier but able to talk</b>	<b>Breathing heavy, barely able to talk</b>	Panting and unable to talk
No unusual muscle activity	Muscles warming up	<b>Muscles feel like they are working</b>	<b>Muscles feel tired, barely able to go</b>	Muscles feel weak

**Activities performed for 10 consecutive minutes, or longer, may be counted.  
Please do not count activities sustained for less than 10 minutes.**

#### Excerpt from 2008 Walk Kansas Registration Form

**I wish to participate voluntarily in the Walk Kansas physical activity for the purpose of physical fitness. I understand that I should have medical approval from my health care provider if I:**

- **Have chronic health problems such as heart disease or diabetes.**
- **Have been told by a doctor that I have high blood pressure.**
- **Have pains in my heart or chest area.**
- **Have any physical conditions or problems that might require special attention in an exercise program.**
- **Feel dizzy or have spells of severe dizziness.**
- **Have a bone or joint condition, like arthritis, that might be made worse by an exercise program.**
- **Am a male over 45 or a female over 50 AND not accustomed to vigorous exercise.**

**I agree to accept full responsibility for any injuries I may sustain while participating in this program.**

## **Walk Kansas Approved Physical Activities**

---

*Walk Kansas* is a health initiative involving Kansas communities across the state. Team members will be able to count activities other than walking as long as the activities are of moderate intensity. Count one mile for every 15 minutes of activity. Those who run or walk faster than 4 MPH will want to count actual miles. Those who use wheelchairs, bicycles, exercise equipment, or participate in team sports will want to use the 15-minute rule: One mile for every fifteen minutes of moderate intensity physical activity.

We have discouraged people from counting activity that they do on the job. A letter carrier, aerobic dance instructors, or construction worker should count activity outside of their work day.

We encourage everyone to do at least moderate intensity physical activities such as brisk walking, bicycling, gardening, or anything else that causes some INCREASE IN BREATHING OR HEART RATE. Some of the walking while golfing could be counted but most of the time it should not be counted. The golfer would have to determine if he or she was able to get their heart rate up. If not sure about your type of exercise, call your county extension agent.

Vigorous activities are usually classified as running, aerobic dance, heavy yard work, or anything else that causes LARGE INCREASES IN BREATHING OR HEART RATE. Check with your physician to see what activity is best for your age and health condition

## **Walk Kansas Fruits and Vegetables Guidelines**

Good nutrition is an important part of a healthy lifestyle. Most Americans could improve their diets simply by eating more fruits and vegetables each day. While most adults think they eat enough fruits and vegetables, they actually come up short when their diet is observed, according to the USDA's Agricultural Research Service. To encourage Walk Kansas participants to also include a diet rich in fruits and vegetables in their daily life, amounts (cups) of fruits and vegetables can be documented along with their physical activity. The goal is to consume a sufficient amount of fruits and vegetables while staying within energy needs. Two cups of fruit (14 cups per week) and 2 ½ cups of vegetables per day (17 ½ cups per week) are recommended for a reference 2,000-calorie intake, with higher or lower amounts depending on the calorie level. Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week. **(See Fruit and Vegetable Chart.)**

1. Name: \_\_\_\_\_ Captain's Name: \_\_\_\_\_
2. Team Name: \_\_\_\_\_
3. Captain's Phone Number \_\_\_\_\_ Captain's e-mail address \_\_\_\_\_

**Directions:**

- Record your **daily mileage and fruit/vegetable amounts\*** on this Individual Mileage Log.
- Call in (phone, fax, mail, or e-mail) your weekly total miles and fruit/vegetable amounts to your Team Captain every **Sunday**. Also report any successes you have had (like feeling better, spending more time with your family, sleeping better, losing weight, lower blood pressure, clothes fitting better, watching less TV, etc.).
- When *Walk Kansas* is over, total all your miles and fruit/vegetable amounts. If you have a success story to share, please write down your comments and pass those along to your Team Captain or send to the Extension Office.
- Turn in this form to your Team Captain after the 8th week.

	3/9 - 3/15		3/16 - 3/22		3/23 - 3/29		3/30 - 4/5		4/6 - 4/12		4/13 - 4/19		4/20 - 4/26		4/27 - 5/3	
	Miles	F/V	Miles	F/V	Miles	F/V	Miles	F/V	Miles	F/V	Miles	F/V	Miles	F/V	Miles	F/V
Sunday																
Monday																
Tuesday																
Wednesday																
Thursday																
Friday																
Saturday																
<b>Total miles each week (add numbers in Miles column)</b>																
<b>Total cups of fruit/veg (add numbers in F/V column*)</b>																

\* Daily recommendation amount of Fruits is 2 cups; daily recommendation amount of Vegetables is 2 ½ cups.

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

It is the policy of Kansas State University Agricultural Experiment Station and Cooperative Extension Service that all persons shall have equal opportunity and access to its educational programs, services, activities, and materials without regard of race, color, religion, national origin, sex, age or disability. Kansas State University is an equal opportunity organization. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United State Department of Agriculture Cooperating, Fred A. Cholick, Director.

**Fruit and Vegetable Chart**



<b>What Counts as a Cup of Vegetables?</b>	
In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group. The chart lists specific amounts count as 1 cup of vegetables.	
	<b>Amount that counts as 1 cup of vegetables</b>
<b>Dark-Green Vegetables</b>	
Broccoli	1 cup chopped or florets 3 spears 5" long raw or cooked
Greens: collards/mustard greens/turnip greens	1 cup cooked
Spinach. Raw leafy greens: leafy lettuce/endive/watercress/romaine	1 cup cooked 2 cups raw equals 1 cup of vegetables
<b>Orange Vegetables</b>	
Carrots	1 cup, strips, slices, or chopped, raw or cooked 2 medium 1 cup baby carrots (about 12)
Pumpkin	1 cup mashed, cooked
Sweet potato	1 large baked (2 1/4" or more diameter) 1 cup sliced or mashed, cooked
Winter squash	1 cup cubed, cooked
<b>Dry beans and peas</b>	
Dry beans & peas (i.e., black, garbanzo, kidney, pinto, or soy beans, or black eyed peas or split peas)	1 cup whole or mashed, cooked
Tofu	1 cup 1/2" cubes (about 8 ounces)
<b>Starchy Vegetables</b>	
Corn	1 cup 1 large ear (8" to 9" long)
Green peas	1 cup
White potatoes	1 cup diced, mashed 1 medium boiled or baked potato (2 1/2 to 3" diameter)
<b>Other Vegetables</b>	
Bean sprouts	1 cup cooked
Cabbage, green	1 cup, chopped or shredded raw or cooked
Cauliflower	1 cup pieces or florets raw or cooked
Celery	1 cup, diced or sliced, raw or cooked 2 large stalks (11" to 12" long)
Cucumbers	1 cup raw, sliced or chopped
Green or wax beans	1 cup cooked
Green or red peppers	1 cup chopped, raw or cooked 1 large pepper (3" diameter, 3-3/4" long)
Lettuce, iceberg or head	2 cups raw, shredded or chopped = equivalent to 1 cup of vegetables

Tomatoes	1 large raw whole (3") 1 cup chopped or sliced, raw, canned, or cooked
Tomato/mixed vegetable juice	1 cup
Summer squash/zucchini	1 cup cooked, sliced, or diced

<b>What Counts as a Cup of Fruit?</b>	
In general, 1 cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit can be considered as 1 cup from the fruit group. The following specific amounts count as 1 cup of fruit.	
	<b>Amount that counts as 1 cup of fruit</b>
Apple	1/2 large (3.25" diameter) 1 small (2.5" diameter) 1 cup sliced or chopped, raw or cooked
Applesauce	1 cup
Banana	1 cup sliced 1 large (8" to 9" long)
Cantaloupe	1 cup diced or melon balls
Grapes	1 cup whole or cut-up 32 seedless grapes
Grapefruit	1 medium (4" diameter) 1 cup sections
Mixed fruit (fruit cocktail)	1 cup diced or sliced, raw or canned, drained
Orange	1 large 3-1/16" diameter 1 cup sections
Orange, mandarin	1 cup canned, drained
Peach	1 large (2 3/4" diameter) 1 cup sliced or diced, raw, cooked, or canned
Pear	1 medium pear (2.5 per lb) 1 cup sliced or diced, raw, cooked, or canned, drained
Pineapple	1 cup chunks, sliced or crushed, raw, cooked or canned, drained
Plum	1 cup sliced raw or cooked 3 medium or 2 large plums
Strawberries	About 8 large berries 1 cup whole, halved, or sliced, fresh or frozen
Watermelon	1 small wedge (1" thick) 1 cup diced or balls
Dried fruit (raisins, prunes, apricots, etc.)	1/2 cup dried fruit is equivalent to 1 cup fruit
100% fruit juice (orange, apple, grape, grapefruit, etc.)	1 cup

## Team Registration for Walk Kansas - 2008

Please **print or type** the complete information on this form to sign up your team. Please choose to receive the newsletter through E-mail or postage mail. Walk Kansas T-shirts are available for \$5.00 per member – Size 2XL and larger cost extra. Please choose a size and color. **Please provide E-mail or mailing address to indicate newsletter delivery method preferred. Newsletters will be sent as PDF file and you will need Internet access.**

Team Name:

Team Captain's Name:

Captain's Mailing Address:

City:

Zip Code:

Captain's Home Telephone: (    )

Captain's Business Address:

Captain's Business Telephone: (    )

Captain's E-mail:

First and Last Name	E-mail Address for Newsletters	Mailing Address (Apt. # and Lot #)	City	Zip Code	Circle Size			T-Shirt Color	Pd Cpt.
					s	m	lg		
Captain					xl	xxl	3xl	Lavender H. Gray	
2					xl	xxl	3xl	Lavender H. Gray	
3					xl	xxl	3xl	Lavender H. Gray	
4					xl	xxl	3xl	Lavender H. Gray	
5					xl	xxl	3xl	Lavender H. Gray	
6					xl	xxl	3xl	Lavender H. Gray	

Please submit this completed form and only one check or cash from the team captain payable to Stafford County Extension Office.

Please mail or deliver all of this information to: Stafford County Extension Office  
209 N. Broadway P.O. Box 398  
St. John, KS 67576

Questions? Call the Extension Office at: 620-549-3502

For Office Use Only	Person Paying:	Check # or Cash:	Amt Pd.:	Date Pd.:
---------------------	----------------	------------------	----------	-----------

## Team Captain's Log and Fruit/Vegetable Amounts

Team Captain's Name: \_\_\_\_\_ Team Name: \_\_\_\_\_

Team Captain's Phone Number: \_\_\_\_\_ County/District: \_\_\_\_\_

**Directions:**

- Collect an **Individual Registration** form from every member and yourself before walking begins. Send these to your Extension office.
- Record your team members' total weekly mileage and fruit/vegetable amounts \*.
- Record members' **Success Stories** using the Success Stories form.
- Turn in (call, fax, e-mail, or drop off) your team totals to your County Extension office by Monday each week of *Walk Kansas*.
- In Week 7, remind your team members to complete their Individual Mileage Log. Have them return them to you at the end of Week 8. Also, inform them of the time and location for the Celebration Activity.
- When *Walk Kansas* is over, total the miles for Weeks 1 through 8 and write the totals for your team in the bottom row and last column.
- Collect an Individual Mileage Log from each member and you. Attach your Team Captain's Log along with any Success Stories, and turn in everything to the County Extension Office.

Name:	3/9 - 3/15		3/16 - 3/22		3/23 - 3/29		3/30 - 4/5		3/6 - 4/12		4/13 - 4/19		4/20 - 26		4/27 - 5/3	
	Miles	F/V	Miles	F/V	Miles	F/V	Miles	F/V	Miles	F/V	Miles	F/V	Miles	F/V	Miles	F/V
-1																
-2																
-3																
-4																
-5																
-6																
<b>Total miles each week (add numbers in Miles column)</b>																
<b>Total amounts of fruit/veg (add numbers in F/V column*)</b>																

\* Daily recommendation amount of Fruits is 2 cups; daily recommendation amount of Vegetables is 2 ½ cups.

# Success Stories

Team Name: \_\_\_\_\_ County/District: \_\_\_\_\_


