



K-State Extension Connection

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More Powerful Than Pills...Move Your Way!

Barbara L. Ames

Wildcat District Extension Family and Consumer Sciences Agent

What is one of the best things you can do for your body, mind and spirit? If you guessed “physical activity, every day,” you are correct!

Regular exercise can help you live longer, maintain a healthy weight, reduce your risk of developing some cancers, reduce your risk of heart disease and stroke, reduce diabetes risk, boost your brain power, improve your mood and relieve stress. Wow – there isn’t a pill that can offer all of those benefits!!

Being physically active is one of the most important things Americans can do to improve their health. It gets the blood pumping, from your heart to all your muscles, bones and brain. As a result, it prevents a whole host of chronic diseases like heart disease, type 2 diabetes and some forms of cancer. It is good for our mental health and helps with healthy aging as well.

The Physical Activity Guidelines for Americans released in 2018 encourage adults to get at least 150 minutes a week of moderate intensity physical activity for general health benefits. Moderate intensity physical activity is anything that gets your heart beating faster. The good news is that small bursts of activity add up all week long, and they have an activity planner to help you think through when you can find time for activity!

The activity planner at: <https://health.gov/MoveYourWay/Activity-Planner/>, helps you choose activity you want to do and see how it can all add up to 150 minutes. It can also help you set weekly goals, get personalized tips and stay motivated.

If you are ready for some encouragement and accountability to get moving, K-State Research and Extension (KSRE) is pleased to offer Walk Kansas again in 2019 from March 17 to May 11. Walk Kansas is a team-based program, meaning that you are part of a 6-member team and together you will select a goal (challenge) to work toward during the 8 weeks of the program. Each person logs minutes of moderate/vigorous activity and these are converted to Walk Kansas miles (15 minutes = 1 mile) on the website.

All Walk Kansas participants receive:

- *A weekly newsletter (information on health and wellness, exercise/activity, stress management, nutrition, and a tasty recipe.
- * Access to an interactive online system for activity reporting.
- * Local events, classes and celebrations that support Walk Kansas.

For specific information about Walk Kansas and how you can get involved, contact Lisa at lkuszak@ksu.edu. Or, call 620-331-2690.

The health benefits of regular exercise and physical activity are hard to ignore and they are available to everyone, regardless of age, gender, or physical ability. It really is “more powerful than pills”. Another fantastic thing about exercise—joining Walk Kansas can make it a lot more fun!

Find more information about these topics and others, by contacting the Wildcat Extension District offices at: Crawford County, 620-724-8233; Labette County, 620-784-5337; Montgomery County, 620-331-2690; Wilson County, 620-378-2167; Pittsburg Office, Expanded Food and Nutrition Education (EFNEP), 620-232-1930. Wildcat District Extension is on the Web at <http://www.wildcatdistrict.ksu.edu>. Or, like our Facebook page at www.facebook.com/wildcat.extension.district.

For more information, contact Barbara Ames, Family and Consumers Sciences Agent, bames@ksu.edu, (620)331-2690.

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