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Annual Fitness Campaign Set To Kick Off

(KAIR)--Walk Kansas, the annual statewide fitness initiative presented by K-State Research and extension, is preparing to start it's annual campaign.

Atchison County Extension Agent Diane Nielson says the idea behind the eight week challenge is that “we want individuals to get enough physical activity to be healthy, but it's more fun when we do it with a team of friends, and you can have some fun along the way.”

Nielson says there are three different goals teams can choose from. The first is to walk across the state once. The second is to walk across the state and back again, and the third and most difficult challenges a team to walk around the entire perimeter of the state.

Walk Kansas officially starts March 15th, and registrations will be accepted through this week. Anyone can put together a team and participate. More information and registration forms can be found at walkkansas.org.

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