

K-STATE Research and Extension *Finney County*
Extension Connection

March 2015

Finney County Extension Noon Programs

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March 11, 2015
Noon Program
@ Fi.Co. Ext. Office
Spring Cleaning
Presented by:
Sheryl Carson
FCS Agent,
Kearny County

March 12, 2015
Knowledge @ Noon
G.C. Railroad
Finney County
Historical Museum
Presented by:
Johnetta Hebrlee

The public is invited to attend the "Knowledge at Noon" sessions, held the first Thursday of each month from 12:05 p.m. to 12:55 p.m. at the Finney County Public Library, 605 E. Walnut St., and sponsored by the Finney County Extension Office. Only 2 more sessions remain in 2015. Bring a lunch if you wish, coffee and tea will be provided.

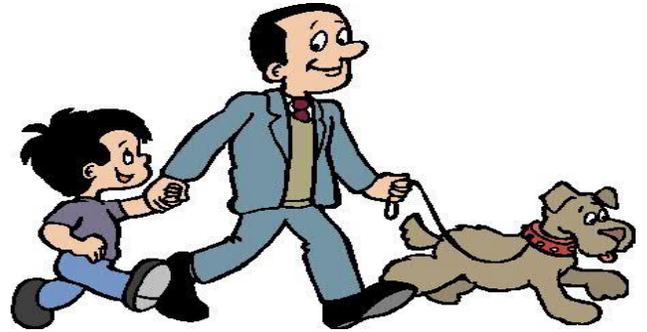
For more information on outreach programs, please contact the Finney County Extension Office, at (620) 272-3670.

Join Walk Kansas Walk Kansas is based on the 2008 Physical Activity Guidelines for Americans. The name of the program implies walking but many forms of physical activity count toward Walk Kansas miles. Nutrition information provided through this program is based on MyPlate guidelines and Fruits & Veggies - More Matters®.

For more information about Walk Kansas, contact Finney County Extension Office for program registration materials.

What is Walk Kansas?

Starting on March 15 to May 09, 2015



Walk Kansas is an 8-week team-based walking program that leads a healthier life by being more physically active, making better nutrition choices, and dealing with stress more effectively. Gather 6 people, form a team (including yourself), it can be constituted by neighbors, co-workers, family members, and friends and set up a goal to be reached during the 8-week challenge.

The physical activity can be done at any time of the day and you do not have to go to a specific location. Anyone can do it, just need to track minutes of physical activity and food choices. It is a fun, motivational, inspirational and friendly competition. Set goals for health and fitness.

Join this program:

- * be more active with friends and family,
- * make better nutrition choices,
- * and walk away your stress.

How Does Walk Kansas work? Three challenges are offered. Challenge 1 is the distance across the state and would require each member to reach the minimum guidelines for physical activity, 150 minutes per week. To reach Challenge 2, the team must go across and back, or 5 hours per week for each participant. Challenge 3 takes the team 1,200 miles around the perimeter of the state, a 6-hour-per-week goal for each person.

A exciting option this year is a Walk Kansas Photo Challenge. Show each "move of the week" on www.walkkansas.org. Photos can be submitted anytime between now and May 1. Information posted on Walk Kansas website.

Information about this program is available from the K-State Research & Extension – Finney County Office, 501 South 9th St., Garden City, KS.

Register your team by **March 15** at the Finney County Extension Office. Registration packets include program guidelines, forms to sign and return, a daily log, and more. T-shirts can also be purchased. Submit your registration materials before the deadline. Please join us for Walk Kansas 2015!

Fitness Nugget

You don't need to go to the gym five times a week to be healthy. For instance, did you know that a forty-five minute walk at a brisk pace (3 to 4 miles an hour) can burn up to 300 calories? Or that by making small changes in your daily routine -- like parking further away, taking the stairs, and playing active games with your kids -- you can start living an active, healthy life?



Community Garden

Grow Your Own Food!!



For a small fee, you can rent a plot of land to grow food at the community garden! The Finney County Extension Master Gardeners Community Garden will be available for the second year, to anyone interested in having a garden plot. The Community Garden has expanded from 20 plots in 2014 to 52 plots in 2015. At the end of the garden season, \$10 will be refunded when the plot (s) plant compost is cleaned. The primary focus of the Community Garden is to increase and expand access to healthy, fresh foods.

This Community Garden has some unique features to help people desiring a place to garden. Master Gardeners and the Finney County Extension Office will be glad to provide assistance in answering questions about gardening. A limited number of tools, hoses and watering equipment are available for gardeners to use in their plots. The Community Garden is located next to the Finney County Extension office, 501 S. 9th St. in Garden City.

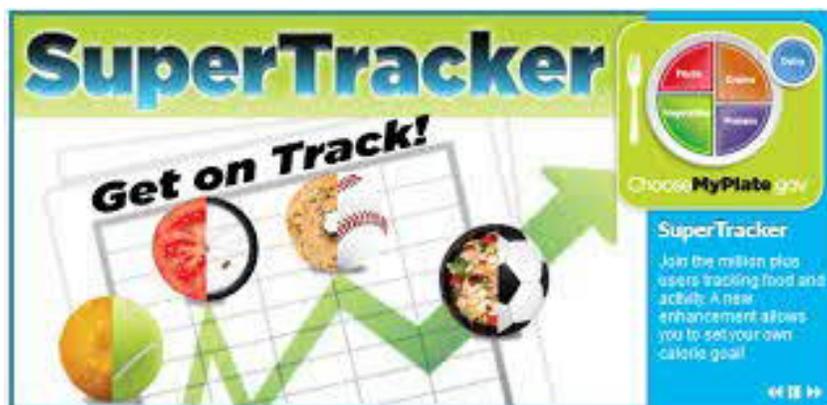
If you are interested in a plot, Registration Forms and Rules and Regulations are available at the Finney County Extension office. Register NOW and reserve a garden plot or two. Gardening season is here, so don't delay and sign up for a plot before they are all gone.

If you have any questions about the Master Gardeners Community Garden, contact the Finney County Extension Office by phone 620-272-3670 or email fi@listserv.ksu.edu.

SuperTracker is now Mobile

SuperTracker is a food and fitness program to help you track the foods you eat and your physical activity.

Now, there's an App for that! SuperTracker is now available on your Apple and Android devices. Create your own personal profile or use the general plan.



The program has over 8,000 foods. It can also help you set personal goals and get support from a virtual coach.



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*“Knowledge
for Life”*