



Walktober officially kicked off today and runs through Wednesday, October 31st. This FREE, month-long, community-wide physical activity incentive program encourages you to engage in the recommended 30 minutes activity five or more days of the week. Please recommend this program to your friends and family. Registration continues throughout the month [HERE](#). All registered participants will receive a link on Monday, October 29th to report physical activity in minutes, miles, or steps. When reported, participants will be eligible to win health-related incentive prizes.

Don't just #walklikeawichitan, take a selfie of you doing it too!

This Walktober if you take a selfie of you outside, inside, or where ever you may be, getting your walk in and post it either on Instagram or Facebook with the hashtag #walklikeawichitan, you will enter yourself in a drawing for a Walktober T-Shirt.

**BUT FIRST,
LET ME TAKE A
#SELFIE**

Track and record your miles, minutes or steps for a chance to win prizes!

This year we have some awesome prizes to give out such as a FitBit Flex 2! As well as:

- Four 25\$ First Gear Gift Cards
- Two 50\$ First Gear Gift Cards
- Safe Kids Reflective Drawstring Bag
- K-State Research and Extension Bag
- Health and Wellness Coalition Running Belt with Compartment



More incentives will be added each week!!

Want sidewalks and improvements in areas where you walk?

Bike Walk Wichita's Pedestrian Workgroup, comprised of residents and community partners, are collaborating with city and county staff to collect neighborhood data to help prioritize and increase sidewalk and street improvements in Wichita. Help identify issues by filling out a [Walkability Audit](#) while you are out on your Walktober stroll! Check out where there are already Walkability Audits [here](#).

[Find out more](#)





Tip for staying active at work

There are many ways you can stay active at work! Being Walktober, a good way to get some activity in is to walk around the office when you have a quick break. If you have a meeting scheduled with a small group ask them if they would be interested in a walking meeting. If you do not have time for a walk, stand up and get a quick stretch in at your desk! Even a little bit helps!



Move Outside

"In every walk with Nature...one receives more than he seeks."
- John Muir.

A famous naturalist and founder of the Sierra Club, John lived over a hundred years ago. He recognized and wrote about the benefits of walking outside in natural surroundings. We've probably all felt better after doing some activity outside such as walking, biking, or just playing games with our kids.

You may have noticed that the theme of Walktober 2018 is "Move Outside." The reason for that is a growing understanding that being out in natural surroundings appears to affect our brains in ways that are different than being inside. These changes can actually be seen on brain scans. Specifically, being outside affects areas of our brains that are related to depression. So while being active and moving is always beneficial to our bodies and minds, being active and moving while outside around the trees and grass is even better. So keep this in mind while we celebrate Walktober and let's all "Move Outside!"

Submitted by: Barbara Coats, MD

Honor their service and sacrifice!

[Wear blue](#) is a running community that honors the service and sacrifice of the American military. This year at the Prairie Fire Marathon you have the chance to volunteer to hold flags for the last leg of the marathon! If you would like to participate in the Prairie Fire Marathon and/or volunteer for wear blue [register here!](#)



Thank you, Child Care Aware® of Kansas, for your generous support of the Health & Wellness Coalition Physical Activity Committee



Child Care Aware® of Kansas administers the statewide child care resource and referral network in Kansas, serving all 105 counties. The vision is that all communities across Kansas value and support early childhood development and that high-quality early education is available to all Kansas families and children. [Learn more.](#)



Thank you, Bike Walk Wichita, for your generous support of the Health & Wellness Coalition Physical Activity Committee

Bike Walk Wichita is a non-profit, volunteer-led organization working to improve and increase walking and biking through advocacy, education, collaboration, and outreach. Looking for fun events this fall? Visit them [online](#) for a calendar of events & resources. Like them on [Facebook](#). Located at 131 S. Laura.

Thank you, [Wichita Public Library](#) for the Recommended Reading List

Getting Fit: Walk-Tober for Kids

recommended reading

CHILDREN'S PICTURE BOOKS

Spunky Little Monkey by Bill Martin Jr. & Michael Sampson (PreK-K)

Yoga Bunny by Brian Russo (PreK-Grade 2)

Hop, Hop, Jump by Lauren Thompson (PreK-K)

Miss Fox's Class Shapes Up by Eileen Spinelli (K-Grade 2)

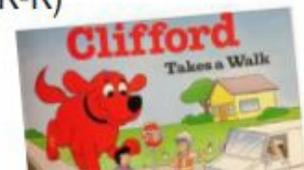
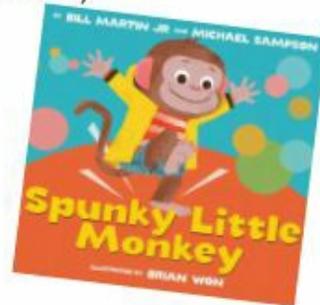
Sheep Take a Hike by Nancy Shaw (PreK-Grade 2)

Everybunny Dance by Ellie Sandall (PreK)

Who Will Dance With Little Mouse? by Anita Bijsterbosch (PreK-K)

Clifford Takes a Walk by Norman Bridwell (PreK-K)

Maisy's Field Day by Lucy Cousins (Toddler – PreK)



Get active at the Pumpkin Patch

What better way to get your steps, miles or minutes in than by walking through a corn maze at a pumpkin patch?? [360 Wichita](#) shared all the pumpkin patches and corn mazes to check out this year! Many of them have tons of fun activities for the whole family to enjoy and be active!

[Find out more](#)

Upcoming Events - a sample of the many fun events going on in Wichita this month

- [Walk to School Day](#), a global event that involves communities from more than 40 countries walking to school on Wednesday, October 10th
- [Walk to End Alzheimer's](#) October 13th - Take the first steps to a world without Alzheimer's
- [Woofstock](#), Saturday, October 6th join the Coalition at booth #106, 9:30am - 3:00 pm, Sedgwick County Park
- Down Syndrome Society of Wichita's 14th annual [Buddy Walk](#) - October 13th, Wichita State University
- [Prairie Fire Wear Blue; Run to Remember](#) Marathon, 1/2 Marathon, 5K, Fun-Run Walk, Youth Marathon - October 14th
- [Let's Move, Kansas!](#) Benefiting the Kansas Academy of Family Physicians Foundation - October 20th
- Campus Recreation [Pumpkin Run](#) WSU - October 20th
- [Wichita Monster Dash 5k and Lil' Monsters Kids Run](#)- October 26th
- [Lexi's 5K](#) to benefit Lexi's LAMB Foundation - October 28th
- [Walk-A-Longwell](#) - Saturday October 20th, 5:30 pm

