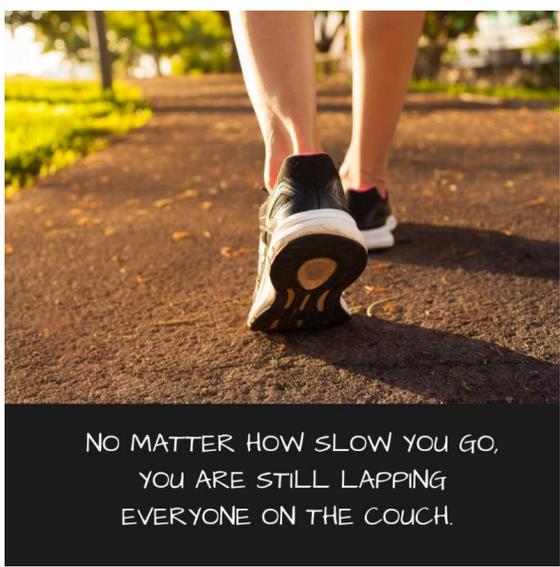




Walktober officially kicked off on Monday, October 1st and runs through Wednesday, October 31st. This FREE month-long, community-wide physical activity incentive program encourages you to engage in the recommended 30 minutes of activity five or more days of the week. Please recommend this program to your friends and family. All registered participants will receive a link on Tuesday, October 30th to report physical activity in minutes, miles or steps. When reported, participants will be eligible to win health-related incentive prizes.



\$50 Gift Certificate from First Gear

Thanks to a generous donation to the Health & Wellness Coalition Physical Activity Committee, two, \$50 gift certificates and four \$25 gift certificates from First Gear will be raffled off to participants that report their physical activity at the end of the month. [First Gear](#), Wichita's Running Resource has been the running headquarters since 1988. Located at 111 N. Mosely, they offer a great selection of running products for runners at any level.



You also have a chance to win Shoe Lights, FitBit, Safe Kids Reflective Drawstring Bag, K-State Research and Extension Bag, Health and Wellness Coalition Running Belt with Compartment and a 25\$ gift card to Fleet Feet Sports!

International Walk to School Day- October 10th



International Walk to School Day is a global event that involves communities from more than 40 countries walking and biking to school on the same day. It began in 1997 as a one-day event. Over time, this event has become part of a movement for year-round safe routes to school and a celebration - with record breaking participation each October!

[Find out more](#)

Walk around the Ulrich Museum of Art

An after-hours exploration of the Martin H. Bush Outdoor Sculpture Collection as the glow of the evening light shifts from sunset to darkness. Flashlights and glow sticks fill the path of selected artwork-by some of the world's most celebrated artists-for an adventurous evening engaging with the most beloved sculptures on campus. Hot apple cider and donuts cap off the evening.

[Find out more](#)

Walk to End Alzheimer's 2018

End Alzheimer's, participants carry flowers representing their connection to Alzheimer's - a disease that can't be prevented, cured, or even slowed. But what if one day it could? By walking together, we can help make that beautiful day happen. Join us at Walk to End Alzheimer's, the world's largest event to raise awareness and funds for Alzheimer's cure, support, and research. Each year, nearly 500,000 people come together in over 600 communities to advance the fight against the disease.



Wichita will hold their Walk to End Alzheimer's on Saturday, October 13, 2018 at Intrust Bank Arena. Registration will start at 8:00 AM. Ceremony will start at 10:00 AM and the Walk will start immediately after the conclusion of the ceremony."

[Find out more](#)

Active Families - submitted by Child Care Aware® of Kansas

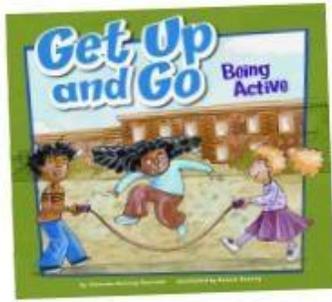
Engaging in physical activity as a family can be a fun way to get everyone moving. Studies show that kids who believe they are competent and have the skills to be physically active are more likely to be active. And those who feel supported by friends and families to become active, or surrounded by others interested in physical activity, are more likely to participate.

Children need 60 minutes of play with moderate to vigorous activity every day, but it doesn't have to occur at once. It all adds up! And remember, sleep is just as important and is an essential part of living an active life. A recent study found that with each extra hour of sleep, the risk of a child being overweight or obese dropped by nine percent.

Enjoy the month of WALKTOBER and get up, get outside and get



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



CHILDREN'S NON-FICTION

- Exercise!* by Katie Marsico (K-Grade 3)
- Get Moving!* by Mari Schuh (K-Grade 3)
- Get Up and Go! Being Active*
by Amanda Doering Tourville (PreK-Grade 1)
- Stay Fit* by Sarah Tieck (Grade 1-3)
- Start Sweating! A Kids' Guide to Being Active*
by Rachelle Kreisman (Grades 2-4)



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

- [Let's Move, Kansas!](#) Benefiting the Kansas Academy of Family Physicians Foundation - October 20th
- Walktoberfest: [Walk a Block in My Shoes](#) - October 22nd
- [The Purple Mile](#) Domestic Violence Awareness- Walk October 13th
- [Walk to End Alzheimer's](#) October 13th- Take the first steps towards a world without Alzheimer's
- Campus Recreation [Pumpkin Run](#) WSU - October 20th
- [Prairie Fire Wear Blue; Run to Remember](#) Marathon/Half/5k/ Fun Run/Walk-October 14th
- [Making Strides](#) against Breast Cancer- October 20th
- [Lexi's 5K](#) to benefit Lexi's LAMB Foundation - October 28th
- [Walk-A-Longwell](#)- October 27th

Visit our [Walktober Event](#) on Facebook for more updates and to talk to your fellow walking Wichitan's!
#walklikeawichitan

