



October is Walktober.

www.hwcwichita.org

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.

All registered participants will receive a link on Monday, October 29th to report the total physical activity for the month in minutes, miles, or steps. After reporting, participants will be eligible to win health-related incentive prizes.



Walk for Health: The Best Medicine

This weeks selfie challenge winner is **Precious Smith!** Congrats!
#walklikeawichitan

Use the hashtag #walklikeawichitan and tag us @hwcwichita in your selfie's of you out walking for your chance to win a t-shirt!

Prizes for Reporting Physical Activity!

As Walktober is getting close to winding down, make sure that you remember to report your minutes, miles or steps with the

link given to you on Monday, October 29th for a chance to win a prize!

- Four 25\$ First Gear Gift Cards
- Two 50\$ First Gear Gift Cards
- Safe Kids Reflective Drawstring Bag
- K-State Research and Extension Bag
- Four \$25 Fleet Feet Gift Card
- Shoe lights
- FitBit Flex
- Wichita Thunder 4 VIP Level Tickets
- [Inspire Health and Performance](#) DARI Scan \$149 value.



Fleet Feet Running Club

Interested in joining a running club? Fleet Feet offers a 8-week program for people training to run a race or looking to become a better runner! They meet Saturday mornings at 7:30 a.m and Thursday



evenings at 6:00 or 7:00 p.m. The price of the program is \$75 dollars but we are doing a contest to give away two \$50 vouchers to interested individuals!

If interested in participating in the contest:

- 1.) Like us on Facebook
- 2.) Send your name and your reason why you choose to exercise to @hwcwichita through Facebook messenger.
- 3.) Two lucky winners will be chosen

[Find out more](#)

Time to Reboot

Wichita Thunder is back in action and The Health & Wellness Coalition is giving away two gift certificates for 4 VIP level tickets valued at \$116 for games played at Intrust Bank Arena. YOU could win these by reporting your minutes, miles or steps by November 6th!



#walklikeawichitan

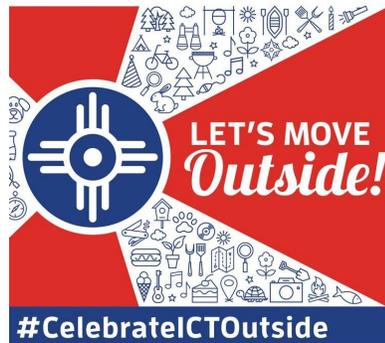
Let's Move! Outside

The problem

1. Children spend half as much time outside as they did 20 years ago.
2. The percentage of children with obesity in the US has tripled since the 1970's.

Nature can...

- boost academic performance
- help children focus their attention and reduce ADHD symptoms
- improve relationship skills
- support healthy and active lives



Get involved!

There are outdoor events happening in Wichita EVERY DAY! Get ideas on how to get outside on the [Facebook](#) page or find the [community calendar](#).

Walkability Audits can improve our community!

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 by clicking the button below!



[Find out more](#)

Worksite Walking Club

Searching for a way for you and your coworkers to become more active at work? Creating a worksite walking club can be a good way to get in physical activity at work and socialize with your coworkers. For information on how to start a walking club [click here](#) and for tips and tricks on how to establish it within your worksite [click here](#).



Safe Streets Starts With You

On any given day, you'll find Wichita streets filled with people walking, biking and driving. Crashes happen, and while the City of Wichita continues to improve our roads and paths to better accommodate everyone who uses them, preventing these crashes is a job for all of us. Learn the rules of the road to keep yourself and others safe while enjoy physical activity outdoors!



LEARN THE RULES OF THE ROAD
visit safestreetstict.org

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[Find out more](#)

How to stick to a walking routine

With Walktober wrapping up, that doesn't mean that it is time to stop walking. Here are a few tips for sustaining a walking routine:

- Vary your walking route to keep it interesting
- Have a walking buddy
- Use walking to de-stress and improve your mood
- Track your walks, compete against yourself
- Make a playlist of your favorite upbeat music



Walk-a-Longwell

Have an idea on how to make our community more walkable? Apply for a "Walk-a-Longwell" special projects funding request for up to \$1,500! Prior to applying for funding, applicants must walk with the Mayor at one of the monthly Walk-A-Longwell events, held on the last Saturday of each month at a rotating park location at 11:00 am.



[Learn more >](#)

Wichita Monster Dash!!

With Halloween right around the corner start your festivities early and participate in the Wichita Monster Dash 5k and Lil'

Monsters Kids Run! Scary fun activity for the whole family and a great way to get in some more miles, minutes or steps as Walktober is winding down and it is almost time to enter your activity!

[Find out more](#)



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

- [Wichita Monster Dash 5k and Lil' Monsters Kids Run](#) October 26th
- [Walk-A-Longwell](#)- October 27th
- [Lexi's 5K](#) to benefit Lexi's LAMB Foundation - October 28th
- [Who Let the Dogs Out 5K](#) and Tail Waggers 1 mile fun run/walk - November 4th
- [Red Kettle Run](#) Salvation Army- November 10th
- [Wichita Turkey Trot](#)- Novemeber 17th
- [8th Annual Say Grace Thanksgiving Day 5K Race](#)- November 22nd

**DON'T LIMIT YOUR
CHALLENGES.
CHALLENGE YOUR
LIMITS.**

SLICKWORDS.COM

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Instagram
[@hwcwichita](#)**

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INSTAGRAM** 

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Health & Wellness Coalition of Wichita | 316-776-8177 | shelley.rich@ymcawichita.org | <http://www.hwicw.org> |
Facebook, Instagram & Twitter: @HWC Wichita