



October is Walktober.

www.hwcwichita.org

How much physical activity did you track in October?

**Report your minutes, miles or
steps here**

by November 6th for your chance to win health-related incentive prizes.



**This weeks Selife Challenge winner is Ron
Allen Knackstedt!
Way to #walklikeawichitan Ron!!**

New Incentive: Botanica Membership

Botanica has donated two annual memberships to give away to a Walktober participant. The certificate entitles you to an

Individual Plus Guest OR Family Membership to Botanica, The Wichita Gardens.

Make sure you report your steps for a chance to win! Additional incentives include:

- 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
- Running belt with compartment
- 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](#)

Next Steps

Thank you for participating in Walktober. Be sure you [click this link to report your physical activity from the month of October](#). Continue to engage with the Health & Wellness Coalition for physical activity and healthy eating resources. Plan now to participate in Walktober 2019 with your friends and family. Don't forget about the following resources that have been highlighted throughout the month:

- **Walk-a-Longwell:** Mayor Jeff Longwell is promoting healthy lifestyle through a new initiative called "Walk-A-Longwell," a one-hour monthly walk. An initiative designed to encourage health and fitness across the community. The monthly

walk also serves as a way for residents to meet the Mayor and share ideas about Wichita. Meet in front of city hall on the last Wednesday of each month. [Click here](#) for the November 24th Facebook event. 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! (applicants must meet with the Mayor and pitch their idea before submitting formal application).

- **Stay safe while walking:** Learn the [rules of the road](#) to keep yourself and others safe while enjoy physical activity outdoors!
- **Start a worksite walking club:** Are you looking for a way to be more active at work? Creating a [walking club](#) can be a good way to get in physical activity at work and socialize with your coworkers.
- **Conduct a walk audit:** Walk audits can improve our community! Residents, community partners and city/county staff are collaborating to help prioritize and increase sidewalk and street improvements in Wichita. Help identify issues by filling out a [walk audit](#).
- **Let's Move! Outside:** The health benefits of being outside are endless and there are outdoor events happening in Wichita every day! [Find out more](#) and submit your event on the community calendar.

WALKTOBER

Keep on walking!!

Just because Walktober is winding down does not mean you should stop walking! As winter is coming for us, make sure you are properly prepared to exercise in the cold! Here is a helpful article of safety tips to keep you moving this winter!



[Learn more >](#)

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

- [Who Let the Dogs Out 5K](#) - November 4th, Sedgwick County Park
- DEADLINE to report your Walktober physical activity - November 6th, click [here](#) to report.
- [Red Kettle Run](#) Salvation Army- November 10th
- [Turkey Trot](#)- November 17th
- [8th Annual Say Grace Thanksgiving Day 5K Race](#)- November 22nd

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