

# Walk Kansas

Commit to the well-being of your employees and your business by making Walk Kansas, an eight-week physical activity program, part of your employee wellness program!



## MARCH 30 - MAY 24

Visit [walkkansas.org](http://walkkansas.org)  
or scan below



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**Contact Lisa for more info!**



**K-STATE**  
Research and Extension

Central Kansas  
District

## Registration opens March 3rd!

### HOW CAN YOUR BUSINESS PARTICIPATE?

- Sponsor your employees in Walk Kansas
- Encourage your employees to enroll
- Enhance participation through in-house activities or competitions

### INVESTMENT RETURN - CHARACTERISTICS OF AN EMPLOYEE WELLNESS PROGRAM:

- Improved productivity
- Lower employee turnover
- Reduces absenteeism
- Reduces workers' compensation costs
- Decreases work related stress
- Decreases employee presenteeism
- Enhances morale and teamwork
- Creates a culture of health

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