

## Get Going!

“Influencers” is a word to describe those on social media that are establishing trends and motivating behavior change. I strive to be an “influencer” to promote community health and well being. Unfortunately, I’m failing at this role in my household.

Last week, my Japanese exchange student started high school track. The structured environment of organized sports is a great way to get active (but is not for everyone). I casually mentioned to my teen daughter that maybe she could spend some time outdoors since daylight and temperatures were increasing.

Her response: “Mother. I don’t have an hour to ride my bike.”

Let’s break down this response. First, I appreciate the formal address of “Mother,” as she recognizes my wisdom and authority (even though sarcasm is included).

Next, she knows the physical activity guideline for youth to get 60 minutes or more of moderate to vigorous physical activity each day. Youth who are active have higher levels of fitness, lower body fat, and stronger bones and muscles. Regular activity in childhood can also be important for promoting lifelong health and well being and preventing risk factors for various health conditions.

She did identify riding her bike as an option. There are a variety of ways to be active and it is easier to do things we enjoy. Some activities are easier to do with a partner or a group, while others are great for a solitary approach.

My response should have been rolling my eyes. Instead, I said: “You should just get started with something, even if it is for a few minutes.” Maybe if I made this statement into a video or created a fun picture with a quote, then I could be a successful “influencer” in my household.

If you or someone in your household needs motivation to get active, you’re invited to participate in Walk Kansas. This 8 week challenge can be completed with a team of 6 or individually. Participants can select an activity goal and track minutes of physical activity with the option to record consumption of fruits, vegetables and water. Participants get invitations to special events and can earn incentive prizes. Learn more at [walkkansas.org](http://walkkansas.org). Registration is now open for the March 27-May 21 program.

If you have more questions, contact K-State Research and Extension Cowley County at 620-221-5450.

Source: [cdc.gov](http://cdc.gov) *Physical Activity Guidelines for School-Aged Children and Adolescents*

### ***Upcoming K-State Research and Extension Events***

*K-State Research and Extension is an equal opportunity employer and provider. Call 620-221-5450 for disability accommodations and scholarship requests.*

**Free webinars** - March 23 - **Consumers Beware! Avoiding Identify Theft and Scams.** Call 620-221-5450 for connection details.

**Stay Strong, Stay Healthy** - Winfield, Tisdale United Methodist Church gym, starts March 21 (Mondays and Wednesdays, 1-2 p.m. or 2:15-3:15 p.m.) call 620-221-5450, pre-registration required. \$20.

K-State Research and Extension is a short name for the Kansas State University Agricultural Experiment Station and Cooperative Extension Service, a program designed to generate and distribute useful knowledge for the well-being of Kansans. Supported by county, state, federal and private funds, the program has county Extension offices, experiment fields, area Extension offices and regional research centers statewide. Its headquarters is on the K-State campus in Manhattan.

