



Websites listed below are not endorsed by Get Active Kansas! or the Kansas Governor's Council on Fitness.

These daily, monthly, and weekly events and holidays have been collected to help you continue promoting healthy and active lifestyles in your communities!

Month	Awareness/ Holidays	Links
	First Day Hikes – January 1	<a href="http://kdwpt.state.ks.us/State-Parks/First-Day-Hikes">http://kdwpt.state.ks.us/State-Parks/First-Day-Hikes</a> ; <a href="http://www.americasstateparks.org/hike_event.php?state_id=16&amp;hike_id=574">http://www.americasstateparks.org/hike_event.php?state_id=16&amp;hike_id=574</a>
January	National Healthy Weight Week (3 <sup>rd</sup> week)	<a href="http://win.niddk.nih.gov/">http://win.niddk.nih.gov/</a>
	Kansas Day Jan 29	<a href="http://www.kshs.org/kansapedia/kansas-day/16773">http://www.kshs.org/kansapedia/kansas-day/16773</a> ; KS DAY GAMES <a href="http://www.nps.gov/fosc/forteachers/childrengame.htm">http://www.nps.gov/fosc/forteachers/childrengame.htm</a>
	New Years	
February	National Wear Red Day	Feb 6, 2015 – Heart Disease Awareness Day: <a href="https://www.goredforwomen.org/home/get-involved/national-wear-red-day/">https://www.goredforwomen.org/home/get-involved/national-wear-red-day/</a>
	Valentine's Day	<a href="http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Heart-Healthy-Valentines-Day-Tips_UCM_322023_Article.jsp">http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Heart-Healthy-Valentines-Day-Tips_UCM_322023_Article.jsp</a>
	National Girls and Women in Sports Day	<a href="http://www.womenssportsfoundation.org/en/home/advocate/ngwsd">http://www.womenssportsfoundation.org/en/home/advocate/ngwsd</a>
	National Heart Month	<a href="https://www.goredforwomen.org/wearredday/">https://www.goredforwomen.org/wearredday/</a>
	National Children's Dental Health Month	<a href="http://www.ada.org/en/public-programs/national-childrens-dental-health-month/">http://www.ada.org/en/public-programs/national-childrens-dental-health-month/</a>
March	National Nutrition Month	<a href="http://www.eatright.org/nnm/#.VHOiTYvF98E">http://www.eatright.org/nnm/#.VHOiTYvF98E</a> ; <a href="http://www.nationalnutritionmonth.org/nnm/promotionalresources/#">http://www.nationalnutritionmonth.org/nnm/promotionalresources/#</a> <a href="https://www.foh.hhs.gov/calendar/nutrition/march_flyer.pdf">https://www.foh.hhs.gov/calendar/nutrition/march_flyer.pdf</a> <a href="https://www.foh.hhs.gov/calendar/march.html">https://www.foh.hhs.gov/calendar/march.html</a>
April	National Walking Day	<a href="http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Walking/National-Walking-Day_UCM_448665_Article.jsp">http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Walking/National-Walking-Day_UCM_448665_Article.jsp</a> ; <a href="http://www.startwalkingnow.org/about_start_walking_day.jsp">http://www.startwalkingnow.org/about_start_walking_day.jsp</a>
	National Walk to Work Day	<a href="http://walking.about.com/od/pedestrians/p/walktoworkday.htm">http://walking.about.com/od/pedestrians/p/walktoworkday.htm</a>
	Walk at Lunch Day	<a href="https://www.bcbsal.org/employers/pdfs/walkLunchDay2014.pdf">https://www.bcbsal.org/employers/pdfs/walkLunchDay2014.pdf</a>
	Every Kid Healthy Week	<a href="http://www.actionforhealthykids.org/what-we-do/every-kid-healthy-week">http://www.actionforhealthykids.org/what-we-do/every-kid-healthy-week</a>
	World Immunize Week	End of April - WHO
	Earth Day	<a href="http://www.mnn.com/family/family-activities/blogs/22-earth-day-activities-for-kids">http://www.mnn.com/family/family-activities/blogs/22-earth-day-activities-for-kids</a>

<b>May</b>	National Bike Month	<a href="http://bikeleague.org/bikemonth">http://bikeleague.org/bikemonth</a>
	Bike to Work Week	<a href="http://bikeleague.org/bikemonth">http://bikeleague.org/bikemonth</a>
	National Women's Health Week	<a href="http://www.foh.hhs.gov/calendar/nwhw.html">http://www.foh.hhs.gov/calendar/nwhw.html</a>
	National Bike Challenge (May – Sept)	<a href="https://nationalbikechallenge.org/">https://nationalbikechallenge.org/</a>
	National Physical Fitness and Sports Month	<a href="http://healthfinder.gov/nho/MayToolkit.aspx">http://healthfinder.gov/nho/MayToolkit.aspx</a>
	National Public Gardens Day	<a href="http://www.nationalpublicgardensday.org/">http://www.nationalpublicgardensday.org/</a>
	Kanas Kids Fitness Day	<a href="http://www.kdheks.gov/kkfd/">http://www.kdheks.gov/kkfd/</a>
	Kids to Parks Day	<a href="http://parktrust.org/kidstoparks/national-kids-to-parks-day">http://parktrust.org/kidstoparks/national-kids-to-parks-day</a>
	National Senior Health and Fitness Day	<a href="https://go4life.nia.nih.gov/">https://go4life.nia.nih.gov/</a>
<b>June</b>	Great Outdoors Month	<a href="http://americasgreatoutdoors.org/">http://americasgreatoutdoors.org/</a> ; <a href="http://www.nwf.org/Great-American-Campout.aspx">http://www.nwf.org/Great-American-Campout.aspx</a> ;
	Get Outdoors Day	<a href="http://www.nationalgetoutdoorsday.org/">http://www.nationalgetoutdoorsday.org/</a>
	National Trails Day	<a href="http://www.americanhiking.org/national-trails-day/">http://www.americanhiking.org/national-trails-day/</a>
	Free Fishing Weekend	<a href="http://kdwpt.state.ks.us/news/State-Parks/Locations/Clinton/Clinton-Calendar/FREE-FISHING-WEEKEND/%28nodeid%29/8927">http://kdwpt.state.ks.us/news/State-Parks/Locations/Clinton/Clinton-Calendar/FREE-FISHING-WEEKEND/%28nodeid%29/8927</a>
	Wildlifer Challenge	<a href="http://www.kansaswildlifer.com/">http://www.kansaswildlifer.com/</a>
	Great American Backyard Campout	<a href="http://www.nwf.org/Great-American-Backyard-Campout.aspx">http://www.nwf.org/Great-American-Backyard-Campout.aspx</a>
	Summer Solstice	
	Men's Health Week	<a href="http://makinghealtheasier.org/profiles/blogs/national-men-s-health-week-tips-for-men-to-stay-healthy">http://makinghealtheasier.org/profiles/blogs/national-men-s-health-week-tips-for-men-to-stay-healthy</a> ; <a href="http://www.menshealthmonth.org/">http://www.menshealthmonth.org/</a> ; <a href="http://www.foh.hhs.gov/dbdmarketing/mhm.html">http://www.foh.hhs.gov/dbdmarketing/mhm.html</a>
<b>July</b>	Parks and Recreation Month	<a href="http://www.nrpa.org/july/">http://www.nrpa.org/july/</a>
	Independence Day (4 <sup>th</sup> of July)	<a href="http://greatist.com/fitness/12-ways-stay-fit-july-4th">http://greatist.com/fitness/12-ways-stay-fit-july-4th</a>
<b>August</b>	Kids Eat Right Month	<a href="http://www.eatright.org/kidseatrightmonth/">http://www.eatright.org/kidseatrightmonth/</a>
	Farmers Market Week	<a href="http://www.cuesa.org/article/national-farmers-market-week">http://www.cuesa.org/article/national-farmers-market-week</a>
	Family Meals Month	<a href="http://healthymeals.nal.usda.gov/features-month/august/family-meals-month">http://healthymeals.nal.usda.gov/features-month/august/family-meals-month</a>
<b>September</b>	National Whole Grains Month	<a href="http://wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-in-september">http://wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-in-september</a>
	Labor Day	<a href="http://www.active.com/fitness/articles/labor-day-activities-that-burn-calories">http://www.active.com/fitness/articles/labor-day-activities-that-burn-calories</a>
	Fruits & Veggies – More Matters Month	<a href="http://healthfinder.gov/nho/SeptemberToolkit2.aspx">http://healthfinder.gov/nho/SeptemberToolkit2.aspx</a> ; <a href="https://www.foh.hhs.gov/calendar/morematters.html">https://www.foh.hhs.gov/calendar/morematters.html</a>
	National Childhood Obesity Awareness Month	<a href="http://healthfinder.gov/nho/SeptemberToolkit.aspx">http://healthfinder.gov/nho/SeptemberToolkit.aspx</a>
	National Farm Safety & Health Week	<a href="http://www.farmsafetyforjustkids.org/farm-safety-and-health-week-2015/">http://www.farmsafetyforjustkids.org/farm-safety-and-health-week-2015/</a>
	National Women's Health & Fitness Day	<a href="http://www.fitnessday.com/women/index.htm">http://www.fitnessday.com/women/index.htm</a>

	National Family Health & Fitness Day USA	<a href="http://www.fitnessday.com/family/">http://www.fitnessday.com/family/</a>
<b>October</b>	National Walk to School Day	<a href="http://www.walkbiketoschool.org/">http://www.walkbiketoschool.org/</a> ; <a href="http://www.walkbiketoschool.org/ready/about-the-events/walk-to-school-day">http://www.walkbiketoschool.org/ready/about-the-events/walk-to-school-day</a>
	National Walk Your Dog	<a href="http://www.walkyourdogweek.com/">http://www.walkyourdogweek.com/</a>
	Walktober	
	Child Health Day	First Monday in October <a href="http://www.timeanddate.com/holidays/us/child-health-day">http://www.timeanddate.com/holidays/us/child-health-day</a>
	Farm to School Month	<a href="http://www.farmtoschool.org/our-work/farm-to-school-month">http://www.farmtoschool.org/our-work/farm-to-school-month</a>
<b>November</b>	National Eating Healthy Day	<a href="http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/National-Eating-Healthy-Day-2013_UCM_454414_Article.jsp">http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/National-Eating-Healthy-Day-2013_UCM_454414_Article.jsp</a>
	National Diabetes Awareness Month	<a href="http://www.diabetes.org/in-my-community/american-diabetes-month.html">http://www.diabetes.org/in-my-community/american-diabetes-month.html</a>
	Veterans Day	
	Thanksgiving	<a href="http://greatist.com/health/fit-healthy-thanksgiving-tips">http://greatist.com/health/fit-healthy-thanksgiving-tips</a>
	Take a Hike Day	November 17
<b>December</b>	Eat a Red Apple Day	<a href="http://www.punchbowl.com/holidays/eat-a-red-apple-day">http://www.punchbowl.com/holidays/eat-a-red-apple-day</a>
	National Hand Washing Week	<a href="http://www.healthbytesnyc.com/cold-and-flu/national-handwashing-awareness-week-2014-dec-1-7/">http://www.healthbytesnyc.com/cold-and-flu/national-handwashing-awareness-week-2014-dec-1-7/</a>
	Christmas	

Healthy Food Options for different holidays: <http://www.ksre.ksu.edu/HumanNutrition/doc14679.ashx>

Other Good Resources:

<http://makinghealthasier.org/>

<https://www.foh.hhs.gov/calendar/calendar.html>

Physical Activity Facts - <http://www.fitness.gov/resource-center/facts-and-statistics/>

**CAMPAIGN BY MONTH - <http://foh.hhs.gov/dbdmarketing/campaigns.html>**