



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 throughout the year!

| Month | Awareness/ Holidays | Links |
|----------|---|--|
| | First Day Hikes – January 1 | http://ksoutdoors.com/State-Parks/Special-Events/First-Day-Hikes http://www.americasstateparks.org/hike_event.php?state_id=16&hike_id=574 |
| January | National Healthy Weight Week (3 rd week) | http://www.nhlbi.nih.gov/health-pro/resources/heart/aim-facts-html |
| | Kansas Day Jan 29 | http://www.kshs.org/kansapedia/kansas-day/16773 KS Day Games: http://www.nps.gov/fosc/learn/education/childrengame.htm |
| | King Day of Service (Martin Luther King Jr. Day) | http://www.nationalservice.gov/mlkday |
| | New Years | |
| February | National Wear Red Day | https://www.goredforwomen.org/home/get-involved/national-wear-red-day |
| | Valentine's Day | http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Heart-Healthy-Valentines-Day-Tips_UCM_322023_Article.jsp#.V0Wy4PkrJQI |
| | National Girls and Women in Sports Day | http://www.womenssportsfoundation.org/en/home/advocate/ngwsd http://ngwsd.org/about/ |
| | American Heart Month | https://www.goredforwomen.org/wearredday/ http://millionhearts.hhs.gov/news-media/events/heart-month.html |
| | National Children's Dental Health Month | http://www.ada.org/en/public-programs/national-childrens-dental-health-month/ |
| | National Cancer Prevention Month | http://preventcancer.aicr.org/site/News2?id=14377 |
| | World Cancer Day | www.worldcancerday.org |
| | Wise Health Care Consumer Month | http://www.healthylife.com/wise/ |
| March | National Nutrition Month | http://www.eatright.org/resources/national-nutrition-month http://www.foh.hhs.gov/calendar/nutrition.html |
| | American Diabetes Alert Day | http://www.diabetes.org/are-you-at-risk/alert-day/ |
| | Kick Butts Day | Campaign for Tobacco-Free Kids www.kickbuttsday.org |
| | National Sleep Awareness Week (week before daylight savings time) | https://sleepfoundation.org/events-activities/sleep-awareness-week |

| | | |
|--------------|---|--|
| | American Red Cross Month | http://www.redcross.org/about-us/red-cross-month |
| April | National Walking Day | http://www.nationaldaycalendar.com/national-walking-day-first-wednesday-in-april/ http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/Walking/National-Walking-Day_UCM_448665_Article.jsp#.V0W6oPkrJQI |
| | National Walk to Work Day | http://walking.about.com/od/pedestrians/p/walktoworkday.htm |
| | Walk at Lunch Day | https://www.bcbsal.org/web/national-walk-at-lunch-day-2016.html |
| | Every Kid Healthy Week | http://www.actionforhealthykids.org/what-we-do/every-kid-healthy-week |
| | World Immunization Week | http://www.who.int/campaigns/immunization-week/2016/en/ |
| | Earth Day | http://www.mnn.com/family/family-activities/blogs/22-earth-day-activities-for-kids |
| | National Public Health Week | www.nphw.org |
| | World Health Day | http://www.who.int/campaigns/world-health-day/2016/event/en/ |
| May | National Bike Month | http://bikeleague.org/bikemonth |
| | Bike to Work Week Bike to Work Day | http://bikeleague.org/content/bike-month-dates-events-0 |
| | National Women's Health Week | http://www.foh.hhs.gov/calendar/nwhw.html www.womenshealth.gov/nwhw/about/ |
| | Employee Health and Fitness Month | www.healthandfitnessmonth.com |
| | National Bike Challenge (May – Sept) | https://nationalbikechallenge.org/ |
| | National Physical Fitness and Sports Month | http://healthfinder.gov/nho/MayToolkit.aspx |
| | National Physical Education and Sports Week | http://www.shapeamerica.org/events/pesportweek/ |
| | National Public Gardens Day | http://www.nationalpublicgardensday.org/ |
| | Kanas Kids Fitness Day | http://www.kdheks.gov/kkfd/ |
| | Kids to Parks Day | http://parktrust.org/kidstoparks/national-kids-to-parks-day |
| | National Senior Health and Fitness Day | www.fitnessday.com https://go4life.nia.nih.gov/ |
| June | Great Outdoors Month | http://americasgreatoutdoors.org/ |
| | Get Outdoors Day | http://www.nationalgetoutdoorsday.org/ |
| | National Trails Day | http://www.americanhiking.org/national-trails-day/ |
| | Free Fishing Weekend | http://takemefishing.org/nfbw/ |
| | Wildlifer Challenge | http://www.kansaswildlifer.com/ |
| | Great American Campout | http://www.nwf.org/Great-American-Campout.aspx |

| | | |
|------------------|--|--|
| | Summer Solstice | |
| | Men's Health Week | http://www.menshealthmonth.org/ |
| July | Parks and Recreation Month | http://www.nrpa.org/july/ |
| | Independence Day (4 th of July) | http://greatist.com/fitness/12-ways-stay-fit-july-4th |
| | National Picnic Month | http://www.letsmove.gov/blog/2014/07/03/july-national-picnic-month |
| | World Hepatitis Day | http://worldhepatitisday.org/ |
| August | Kids Eat Right Month | http://www.eatright.org/kidseatrightmonth/ |
| | Farmers Market Week | https://farmersmarketcoalition.org/programs/national-farmers-market-week/ |
| | Family Meals Month | https://healthymeals.nal.usda.gov/features-month/august/family-meals-month |
| | National Immunization Awareness Month | http://www.cdc.gov/vaccines/events/niam.html http://www.vaccines.gov/more_info/features/national_immunization_awareness_month_2014.html |
| | National Health Center Week | www.healthcenterweek.com |
| September | National Whole Grains Month | http://wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-in-September |
| | Labor Day | http://www.active.com/fitness/articles/labor-day-activities-that-burn-calories |
| | Fruits & Veggies – More Matters Month | http://healthfinder.gov/nho/SeptemberToolkit2.aspx https://www.foh.hhs.gov/calendar/morematters.html |
| | National Childhood Obesity Awareness Month | http://healthfinder.gov/nho/SeptemberToolkit.aspx |
| | National Farm Safety & Health Week | http://www.farmsafetyforjustkids.org/farm-safety-and-health-week-2015/ |
| | National Women's Health & Fitness Day | http://www.fitnessday.com/women/index.htm |
| | National Family Health & Fitness Day USA | http://www.fitnessday.com/family/ |
| | Active Aging Week | http://www.activeagingweek.com/ |
| | Hunger Action Month | http://www.feedingamerica.org/take-action/campaigns/hunger-action-month.html?referrer=https://www.google.com/ |
| | National Yoga Month | www.yogamonth.org |
| | National Public Lands Day | www.publiclandsday.org |
| October | National Walk to School Day | |
| | National Walk Your Dog | http://www.walkyourdogweek.com/ |
| | Walktober | http://www.thewalkingclassroom.org/tag/walktober/ |
| | Child Health Day | http://www.timeanddate.com/holidays/us/child-health-day |
| | Farm to School Month | http://www.farmtoschool.org/our-work/farm-to-school-month |
| | National Health Education Week | https://www.sophe.org/nhew.cfm |

| | | |
|-----------------|-------------------------------------|--|
| | Harvest Week | http://gardencommunity.heart.org/photos/1057 |
| | National Healthy School Lunch Week | http://schoolnutrition.org/nslw2015/ |
| | Eat Better, Eat Together Month | http://nutrition.wsu.edu/ETEB/ |
| | American Heart Walk | www.heartwalk.org |
| November | National Eating Healthy Day | http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/National-Eating-Healthy-Day_UCM_454414_Article.jsp#.VOXWjvkrJQI |
| | National Diabetes Awareness Month | http://www.diabetes.org/in-my-community/american-diabetes-month.html |
| | Veterans Day | |
| | Thanksgiving | http://greatist.com/health/fit-healthy-thanksgiving-tips |
| | Take a Hike Day | http://www.americanhiking.org/national-take-hike-day/ |
| | The Great American Smokeout | http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/index# http://www.cdc.gov/features/greatamericansmokeout/ |
| | National Family Health History Day | www.hhs.gov/familyhistory/ |
| December | Eat a Red Apple Day | http://www.punchbowl.com/holidays/eat-a-red-apple-day |
| | National Hand Washing Week | http://www.healthbytesnyc.com/cold-and-flu/national-handwashing-awareness-week-2014-dec-1-7/ |
| | National Influenza Vaccination Week | www.cdc.gov/flu/nivw |
| | International Volunteer Day | www.worldvolunteerweb.org http://www.unv.org/what-we-do/intl-volunteer-day.html |
| | Christmas | http://greatist.com/fitness/stay-active-from-thanksgiving-to-new-years |

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>

<http://www.surgeongeneral.gov/>

RACE CALENDARS:

<http://www.runningintheusa.com/Race/List.aspx?Rank=All&State=KS>

<http://www.kcrunningcompany.com/calendar/>

<http://manhattanrunningco.com/racecalendar/>