

Keep Calm at the KAFP Fun Run

A popular event at the [KAFP Annual Meeting](#) is the 5K Fun Run/Walk!

This year we welcome Dr. Doug Iliff who will introduce a fitness test, *What's Your Mile*.

Learn how to calculate you and your patients' fitness, and therefore risk of premature death, by knowing how fast you can walk one mile-- plus your age, sex, weight, and your heart rate at the finish. We can approximate your risk by simply knowing how fast you can walk one mile. Simply by testing yourself every year, you can discover whether you are maintaining your vitality, or sliding down that slippery slope into a recliner in front of the hi-def TV.

Are you up for the challenge?

Mark your calendar and plan to attend the [2013 KAFP Annual Meeting "Coming Home"](#) -- June 13-15, 2013 at the Wichita Marriott Hotel.

Sign up for the 5K Fun Run/Walk as part of your meeting registration. You should already have a registration brochure by US Mail. Don't delay – return your registration today. Or you may register securely online: [Online Annual Meeting Registration](#)



The t-shirt design sports the “Keep Calm and go to the Fun Run” popular phrase – very hip!