

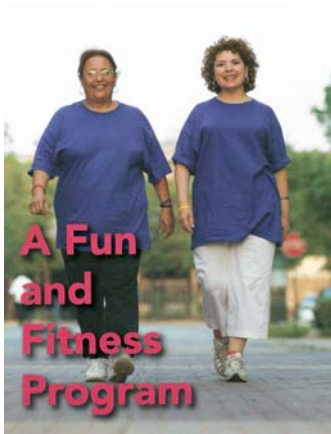
# Walk Across Texas



## WALK ACROSS TEXAS!

TEXAS A&M AGRILIFE EXTENSION

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### Parts of the Program:

- Online Registration
- Online Walking Log
- Track your miles online
- Weekly Email Newsletters
- Walk and Talks—8:30 a.m. @ Walking Track by Lake weather permitting on Thursdays starting on Oct 3rd.

Register at: <http://walkacrosstexas.tamu.edu>

### **Walking Dates: October 3-November 28**

Walk Across Texas is an 8-week walking program for teams of eight people.

Teams have a friendly competition to see who can log the most miles walking, jogging, or biking. You can even dance, do aerobics, or ride a stationary bike!

Everyone's miles are recorded on the Texas map posted in a public place, so everyone can see your progress.

You can also enter your miles on the Web and track your progress online!

The team that walks the farthest "across Texas" will win, but everyone who participates will take home a healthy habit—walking for fitness!

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