Better Bodies Gym
FITNESS.HEALTH.WELLNESS

Haskell
MEMORIAL HOSPITAL

WALK ACROSS TEXAS!
TEXAS A&M AGRILIFE EXTENSION

What is Walk Across Texas? | Why is it important? | Why participate?

Teams of 8 that Walk Across Texas in 8 weeks
(832 miles = ~2 miles/day/individual)

1 Mile =
- 20 Minute of Activity
- 1 Measured Mile
- 2,250 Steps on a Pedometer
- Or view Activity Equivalents: **https://tinyurl.com/activityequivalents**

Texas Rankings:
- 14th state with highest adult obesity
- 15th state with highest child obesity
- 5th state most physically inactive

940.864.2658 | kelli.brown@ag.tamu.edu | https://facebook.com/groups/hasekllgot30

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. -The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

To Register:

1. Join our Facebook Group to stay in touch: https://www.facebook.com/groups/haskellgot30
2. Go to https://howdyhealth.org/programs/howdy-health-registration
3. Complete registration. Things to remember:
    a. Select Haskell County
    b. Give the validation email a moment to get to your inbox. Email is from Howdy Health.
4. Once verified, login with login credentials
5. Choose whether your profile is a YOUTH or an ADULT profile
    a. Youth cannot be on adult teams.
    b. Youth can create their own teams.
6. Do *not* create a league! You want to **JOIN a league**!
7. You will create a team or join a team. (If you are joining a team, you'll need the team code set up by your captain.)
    a. ADULT League Name: Haskell County WAT
    b. ADULT League Code: watL-220303-36918
    c. YOUTH League Name: Haskell County WAT YOUTH
    d. YOUTH League Code: watLY-220304-16416

***In detail instructions on https://haskell.agrilife.org/fch/wat22/**

To Login:

1. Go to https://howdyhealth.org/programs/
2. Use login and password

To Add Team Members: **Only team coaches need to login to add youth teammates.*

1. Once logged in, go to "Team Profile." Click on Team Name.
2. Add members by email or provide "Team Code" to teammates.

To Record Miles: **Each team member must submit their own miles.*

1. Login to Howdy Health portal.
2. On your WAT! ADULT: DASHBOARD select "Enter Mileage Walked"
3. On your WAT! YOUTH: DASHBOARD select "Enter Mileage Walked"
4. Follow instructions on screen.
5. YOUTH will have to enter team's mileage collectively.
6. Track team progress by going to "View Team" from the Dashboard.

For More Information on Haskell County Walk Across Texas: https://haskell.agrilife.org/fch/wat22/

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