



## 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

2000 Steps on a Pedometer

Texas Rankings:

14<sup>th</sup> state with highest adult obesity

15<sup>th</sup> state with highest child obesity

5<sup>th</sup> state most physically inactive

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## Walk Across Texas Celebration Event:

May 20<sup>th</sup> | 5-6:30PM | Hood County YMCA

Cooking Demonstrations | Tasting Samples | Awards Ceremony

### Awards:

First 5 Individuals to Reach 100 Miles

First Team to Reach 832 Miles

Team to Walk the Most Miles in 8 Weeks

High Mileage Individual

Runner Up Individual

Couch Potato

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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/got30>
2. Go to <https://howdyhealth.org/programs/howdy-health-registration>
3. Complete registration. Things to remember:
  - a. Select Hood 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: Hood County WAT
  - b. ADULT League Code: watL-190221-3LTtqX
  - c. YOUTH League Name: Hood County WAT YOUTH
  - d. YOUTH League Code: watLY-190221-3h1qpV

\*In detail instructions on <https://hood.agrilife.org/walk-across-texas/>

## To Login:

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

## To Add Team Members:

1. Once logged in, go to "Team Profile."
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 entire team's mileage.
6. Track team progress by going to "Team Progress" from the Dashboard.

## For More Information on Hood County Walk Across Texas:

1. <https://hood.agrilife.org/walk-across-texas/>



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