



TEXANS WALK THE WALK.

Be a part of the Walk Across Texas! Program. Walking is one of the least expensive and easiest ways to get fit. Start now and reduce your risk of cancer, diabetes, heart disease and stroke. Join other Texans and McCulloch County friends to Walk Across Texas! towards a healthier lifestyle! Gather a team of 8 family, friends, coworkers, etc. and get walking (or doing any type of physical activity). Then see if your team can walk the virtual 830 miles across Texas in 8 weeks.

Walk Across Texas is an eight week program to help people of all ages support one another to establish the habit of regular physical activity. Form a team of up to eight and start walking, jogging, biking, or doing any type of physical activity. McCulloch County Walk Across Texas will take place from **May 1 - June 26, 2017**.

For additional help, sign up for WALK n TALK, a weekly walking meeting with discussions of ways to add fruits and vegetables to your diet.

You can learn more and get registered at <http://walkacrosstexas.tamu.edu/> or register in person at the Extension Office, 114 West Main, Brady, TX 76825
(Please call our office to let us know you want to enter a team for either Walk Across Texas or Walk N Talk)

McCulloch County Walk Across Texas will host a Kickoff Event
on Friday May 1, 2017 at the Tractor Supply at 5:30pm.

A Midway Event will be held May30, 2017
at Tractor Supply Company at 5:30pm
(will be giving updates on the lead team and individuals as well as team challenges)

Finally, mark your calendars for the Celebration & Recognition Event:
June 29, 2017 at Tractor Supply Company at 5:30pm.

This event is open to all:
public, worksites, schools, organizations, agencies, businesses, and individuals.
For more information, contact:

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