

This message is being sent bcc to all participants in the 2021 Montgomery County Walk Across Texas Community Challenge with valid emails in the WAT database. This is not an automated mailing list. Email addresses will not be shared.

Howdy!

Welcome to the **2021 Montgomery County Walk Across Texas Community Challenge!** We are so glad you are here and are looking forward to a 2021-derful year! **Each week we will send a weekly W A L K email** to share helpful information focusing on motivation to help you with your physical activity goals. What's a weekly WAT WALK, you ask? Well... **W** for a "wow" to tell you something we are excited about. **A** for action which will include a weekly participation mini challenge that will make you eligible to be in drawings for prizes. **L** for learn where we'll share a link to an interesting article related to health and wellness. And **K** is for "keep up" which will highlight other bits of information that could be helpful for you during this challenge.

So, let's get started!

W - Wow! We have 46 teams and 258 participants signed up so far! This is twice as many as we had at the same time in the "year that shall not be named!" In Montgomery County we like to keep things flexible and inclusive, so we will continue to add participants in the challenge as they sign up. If you have friends and neighbors who haven't signed up yet, **please let them know they still can!** Teams can sign up and start whenever they are ready. Our mini challenges will be based on participation from week to week and random drawings, so everyone has a chance to win something. We have a few donated prizes but are still taking donations if you know of anyone who might want to reward our hard working WAT participants. Most prizes will be gift cards for area stores we've purchased with past funding support we received from United Way of Greater Houston. Of course, as cheesy as it sounds, **the very best prize is the benefits you'll get from being more physically active.** The research is clear, physical activity is good for people!

A - Action! Our **first prize will be given to "early adopters"**. We drew from the names of everyone who has signed up early. We have a \$10 gift card to HEB or Kroger for **Tonnie Whitney** on Team **Running for Queso**; **Craig Favorat** on Team **The Young and the Breathless**; and **Kim Roe** on Team **Walker Taxes Ranger**. Email me or Rose to let us know which card you want and the best way to get it to you!

For upcoming week we'll do a drawing from the names of **people who have begun to enter miles** in their online WAT profile before we draw next Wednesday, April 14. So basically, if you are off to a good start by putting in miles in HowdyHealth, you'll be in the drawing! By the way, did you know that it is super easy to put a **HowdyHealth shortcut icon on your smart phone** to make it quick and painless to enter your miles? Check out the FAQ section of the HowdyHealth website for directions <https://howdyhealth.org/programs/wat/wat-faqs>

L- Learn! Check out this online article about **9 Strategies for a Healthy Spring!** Being physically active & eating healthy are just 2 ways for you & your family to be healthier this spring. Celebrate the return of spring with these quick and easy healthy living tips from the CDC. <https://bit.ly/2QT91sZ>

K - Keep up! Life is starting to seem to return to some semblance of normal. We are cautiously optimistic about all the activities that can be done now. Of course, Walk Across Texas has always been **basically a "virtual" event.** Teams are not expected to gather simultaneously at any point during the challenge. But, of course, the camaraderie of doing activities together is very motivating. Many teams,

and groups of teams, enjoy having special events with their members, whether it's a picnic or group work out. We want to highlight to progress teams are making. Please send us pics of your teams in action, and/or schedule a time for us to come to you to take pictures or video of your team doing your thing!

Finally, the **attached graphics** are for you to use on your social media accounts if you'd like to let people know you are actively working toward a goal of healthy living and to let your friends know it is still happening.

We are so excited you have joined us on this journey this year! We're going to have a great time!

We'll check in again next week!

Sincerely,

Amy

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