

The 2021

Montgomery County



Community Challenge

Helping Texans Lead Healthier Lives

in Montgomery County

52

NUMBER OF PARTICIPANTS

Females: 318, Avg. age: 46
Males: 46, Avg. age: 44

NUMBER OF TEAMS PARTICIPATING

364

TOTAL NUMBER OF MILES WALKED

58,572

ESTIMATED ECONOMIC IMPACT

Savings in health care costs and reduced work absences, assuming participating adults continue being physically active

\$1,690,871

<https://WalkAcrossTexas.tamu.edu>



TEXAS A&M
AGRI LIFE
EXTENSION



Benefits of Participation

What Participants Say:

- "This program gave me an opportunity to share the experience of daily activity with family and co-workers. My husband and I used this as an extra incentive to walk EVERYDAY!"
- "It was motivating to push each other to make sure we got something in even if it was half a mile"
- "My husband and I both participated on different teams. It was fun to compete against each other on our personal mileage. Plus, we ended up encouraging each other to get out and walk."
- "I was walking everyday and it helped me to sleep better, feel better etc."
- "Walking with a purpose"
- "It made me more mindful of my walking and made me intentional about walking outside of my typical 3 runs per week routine."

What the Research Says:

A recent study published in *BMC Public Health* confirmed the effectiveness of the Walk Across Texas! program. Overall, the study results found that self-reported physical activity significantly improved from week 1 to week 8, increasing an average of nearly 5 miles per week, which translates to an additional 11,000 steps/week. Surprisingly, similar results were found for all activities levels, and improvements did not vary between genders, ages or race/ethnicities. The results support the implementation of the program to increase physical activity, in a supportive team environment, across Texas.

What else?

Teamwork. Motivation. Education. & So Much More



Pictured: some members of 2021 top ranking team "Texas Tamales"