



Walk Across Texas / Walk and Talk

Free eight week program consisting of meeting weekly to reach the following goals:

Promoting Physical Activity

Walk together as a team and complete 833 miles across Texas.
Track your miles with the provided pedometers.

Providing Information about Benefits of Fruits and Vegetables

Nutrient contents of fruits and vegetables are provided.

Encouraging Healthy Eating Habits.

Healthy recipes are provided.

Great program for making new friendships and support systems.

Upon completion of miles, graduates will receive certificate of completion and incentives.



BETTER LIVING
FOR TEXANS
TEXAS A&M AGRILIFE EXTENSION