



WALK ACROSS TEXAS!

TEXAS A&M AGRILIFE EXTENSION

Parker County Walking Dates March 17-May 11, 2019

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.

Visit the website and register today:
walkacrosstexas.tamu.edu

Walk Across Texas! — ADULT

Walk Across Texas! Adult is an eight-week program designed to help Texans establish the habit of regular physical activity. Each adult team may include up to 8 team members, all working together to reach the 832-mile goal.

Walk Across Texas! — YOUTH

Walk Across Texas! Youth is an eight-week program designed to help our youngest Texans establish the habit of regular physical activity using a fun and motivating team approach. Each youth team may include an unlimited number of youth participants, all working together to reach the 832-mile goal.