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## Wise Notes for Consumers

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### 20<sup>th</sup> Annual Wise County Walk Across Texas

Through a modest increase in daily activity, most Americans can improve their health. **WALK ACROSS TEXAS** is a program that persuades and motivates people of all ages to make the most important change...to get started. It is a fun and flexible way to exercise. The program is simple, free and safe. All you need is a team of eight people to get moving, with one person being designated as the “team captain.” The team who walks farthest “across Texas” will win, but everyone who participates will take home a healthy habit - walking for fitness.

So dust off your walking shoes and prepare to join us in this 8 week journey beginning on March 5, and continuing through April 30. Team members report their daily mileage to the team captain, and the team captain reports the individual and team total miles on the following web address: <http://walkacrosstexas.tamu.edu> or to the Extension office at the end of each week by: telephone (940.627.3341), fax (940.627.8070) or e-mail [khbrown@ag.tamu.edu](mailto:khbrown@ag.tamu.edu).

Teams are not required to walk or ride together, although they may if they desire. Teams simply pool their mileage each week to work toward “walking across Texas”. Members may walk, jog, ride a bike, skateboard, roller blade, tread mill, swim, spin and/or run.

**Walk Across Texas** is sponsored by Texas A&M AgriLife Extension. We are looking for captains and team members. Please encourage organizations in which you are involved to participate in this endeavor.

Remember prevention works! Individuals can save a lot of pain, worry and money by avoiding health problems. I encourage you to join the **Walk Across Texas** Program today.

Call or come by Texas A&M AgriLife Extension Service, Wise County office, located at 206 South State, in Decatur or call 940-627-3341 to pick up your **Walk Across Texas** Team Captain Packet.

*Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national orientation. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.*