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Wise Notes for Consumers

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21st 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 April 1, and continuing through May 26. All teams that meet their goal of 832 miles will be recognized.

Is walking not your thing? No problem! Any activity can count towards your journey across Texas! Simply, we encourage you to move more and any activity is better than none! Information about activity equivalents will be provided to participants.

The website has been updated this year and will allow organizations or groups with multiple teams to create their own league. This will make it easier to track your teams and their miles reported. If you would like to know more about creating a league, check out the video tutorials at <https://howdyhealth.org/programs/> There is a video for both Walk Across Texas! Adult and Walk Across Texas! Youth.

The new website will also allow team members to enter their own miles on a daily basis. It also has each team member complete their own profile information. Each adult team may include up to 8 team members, all working together to reach the 832-mile goal.

For additional information, call 940-627-3341 or come by Texas A&M AgriLife Extension Service, Wise County office, located at 206 South State, in Decatur. You may also e-mail khbrown@ag.tamu.edu.

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.

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.

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