



# WALK ACROSS TEXAS!

TEXAS A&M AGRILIFE EXTENSION

## HOW TO JOIN THE CHALLENGE

### HEALTHY TAYLOR COUNTY - WALK ACROSS TEXAS

#### FOLLOW THE STEPS BELOW



1. Go to <https://howdyhealth.org/programs/> and click on register for Walk Across Texas! Adult.
2. Click the WAT! Dashboard button under the adult section.
3. Click the 'Join a League' button.
4. Copy this code and paste into the Team Code Field: watL-210413-44261.
5. Complete the join a league form and submit to finalize.
6. Select a team captain and now you can invite up to eight people to join your team!
7. All teams need to be registered by May 8 to compete, but we will start logging miles on May 1.

Team members will receive weekly newsletter with updates, healthy tips, recipes and more. Individual and team prizes will be awarded upon completion of the 8-week program. Like and follow us on Face book.

#### [Family & Community Health - Taylor County | Facebook](#)



For more information, contact **Kim Miles**, County Extension Agent - Family & Community Health, at **325-672-6048** or [kamiles@ag.tamu.edu](mailto:kamiles@ag.tamu.edu).