**Walk Across Texas Program**

The last few days have felt like spring. With the pleasant weather, everyone will want to enjoy participating in outside activities. Many folks will be increasing their exercise programs for health reasons, all you really need is 30 minutes of exercise a day to realize the benefits of a healthier life. If you would like to participate in a program that helps you track your miles and the health benefits associated with your daily exercise, you should consider Walk Across Texas!

The Texas A&M AgriLife Extension Service office in Comanche County will host a Walk Across Texas program from March 20th through May 14th. The Walk Across Texas program encourages people to develop a habit of regular physical activity. Teams and individuals walk or run, dance, garden, swim or do any other form of exercise for an eight‐week period. Each 20 minutes of exercise counts as one mile. At the end of that time period, each team’s or individual’s total mileage is added up. The goal for each team is to virtually walk the 832 miles it would take to cross Texas during the eight-week period. You can do this by logging in several types of activities that can be converted into miles. To help keep you motivated, you can log in and track your individual and team progress throughout the program. While 832 miles is the goal, there is no limit as to how many miles participants can log!

You can walk together, individually, outside, at a mall, at a grocery store or at a gym, whatever fits your schedule and lifestyle. Keep track of your team’s miles to see if together you can go the equivalent of the 832 miles it would take to walk across Texas in eight weeks. Anyone can participate. Bring your family, friends, neighbors, pets, co-workers, and classmates. Teams consist of 8 people and will need a Team Captain to set up their team. To register for the eight‐week program, team captains can set-up their teams at: [www.howdyhealth.org](http://www.howdyhealth.org) and use League Code: watL-230227-00469. Once the team captain has their team set up, individuals can go in and register under their respective teams.

We will be having an informal Kickoff event at 6:00 PM on March 20th. The program also offers an opportunity for a little friendly competition between teams and individuals. If you would like more information call 325-356-2539 or come by the office.

Walk Across Texas is a FREE, eight‐week program designed to help Texans establish the habit of regular physical activity. Since 1996, thousands of Texans have participated in Walk Across Texas!