**Comanche County Spring Walk Across Texas Program**

We are starting to see some really nice days, and it is starting to feel a lot like spring. With the pleasant weather everyone will want to enjoy 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 office in Comanche County will host a Walk Across Texas program from March 18-May 12th. The Walk Across Texas program encourages people to develop a habit of regular physical activity. Teams and individuals can walk, 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, each team’s or person’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 the park, at a grocery store, or at a gym- whatever fits your schedule and lifestyle. 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 and use league code: watL-240226-59688. Once the team captain has their team set-up, individuals can go in and register under their respective teams.

One of the fun benefits of participating in the Walk Across Texas program is that it offers an opportunity for a little friendly competition between teams and individuals. We will be sure to recognize and give bragging rights to the “Comanche County Champion Team” whomever that might be. If you would like more information, come by or call the office at 325-356-2539.

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!