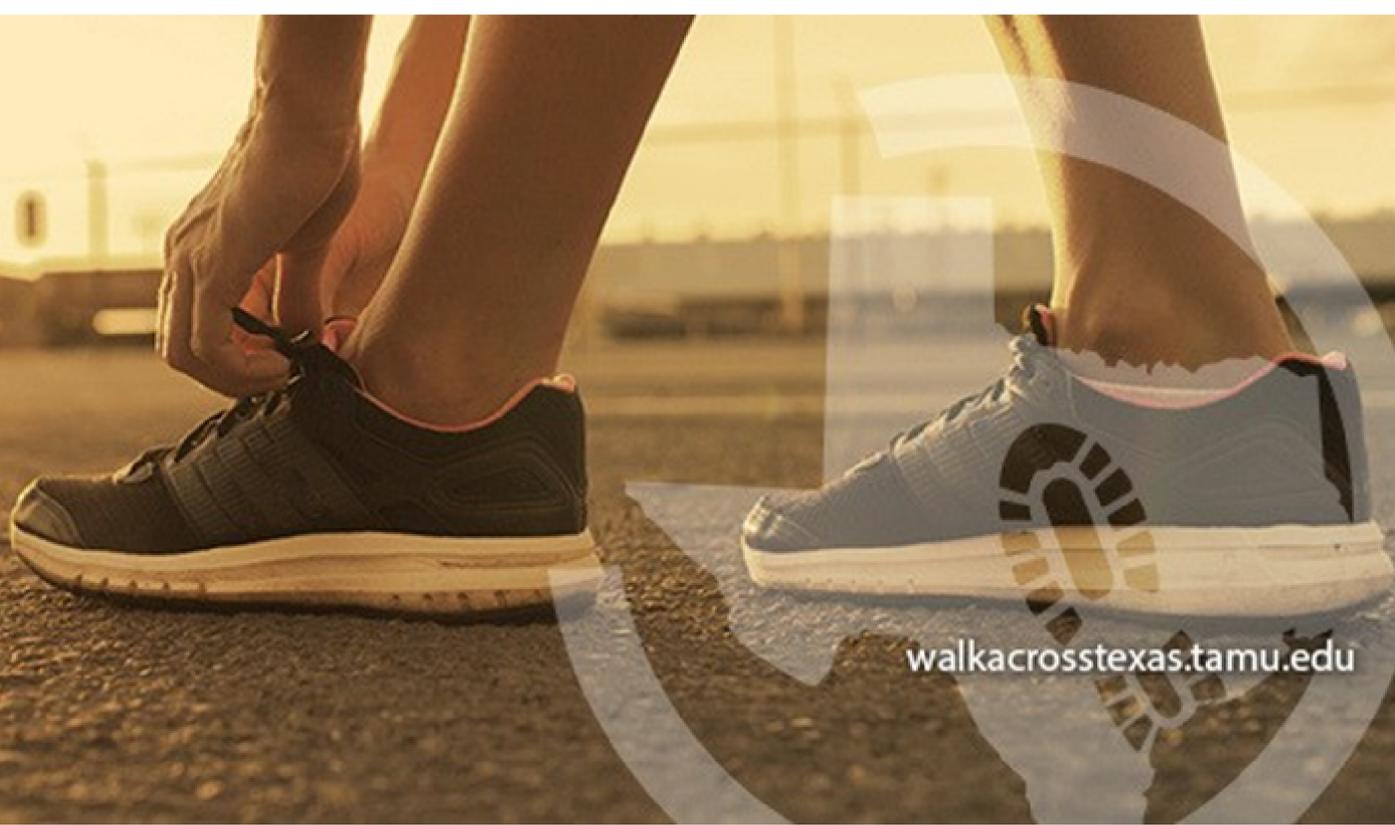




**WALK
ACROSS TEXAS!**

TEXAS A&M AGRILIFE EXTENSION



walkacrosstexas.tamu.edu

WALK THE WALK TO LIGHTEN UP EAST TEXAS



Be a Part of the Walk Across Texas Program

What is Walk Across Texas?

Walk Across Texas! is a free 8-week program designed to help Texans establish the habit of regular physical activity. Solo walkers or teams of 8 track physical activity with the goal of hitting 830 miles! So grab your walking shoes, and family, friends, or co-workers to see if you are up to the challenge of walking across Texas!

Why do it?

Over two-thirds of Texans do not meet the recommended daily physical activity levels of 30 minutes per day. Walking is one of the least expensive and easiest ways to exercise, and just 30 minutes a day will improve your overall health and help you to meet your Lighten Up East Texas goals!

Register Today!

walkacrosstexas.tamu.edu

Start Date: February 26, 2018

End Date: April 22, 2018

Celebrate: May 10, 2018

For questions, contact pibutler@ag.tamu.edu or your local county Extension office, <https://agrilifepeople.tamu.edu/extensionLists/counties>