



**WALK
ACROSS TEXAS!**

TEXAS A&M AGRILIFE EXTENSION

WALK ACROSS

TEXAS A&M AGRILIFE EXTENSION

TEXAS! ADULT

+ Location

Mayfield Baseball Park across from Creative Care near the Santa Fe Walking Trail

Join Us

Join us for a fun physical activity program

To Learn More

Lori Garcia, CEA-FCH
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Program Dates

KICKOFF EVENT: APRIL 22 @ 9:00A
MIDWAY EVENT: MAY 27 @ 9:00A
CELEBRATION EVENT: JULY 1 @ 9:00A

LEAGUE CODE

watL-230217-32734



LEAGUE CODE

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Walk Across Texas! Adult is an online, 8-week program designed to help Texans be more active using a team-based approach.

Up to 8 Team Members are encouraged to work together towards the goal of virtually traveling across Texas.

Your favorite physical activities are logged as "miles walked" and contribute toward your team's mileage goal



HOW TO JOIN

- 1 - Create or log into your [Howdy Health](#) account
- 2 - Click the WAT! Dashboard button under the WAT! Adult section.
- 3 - Click the "Create a Team" button.
- 4 - Complete the Create a Team form with league code.
- 5 - Recruit your team members and start logging miles

LEARN MORE AT:
WalkAcrossTexas.tamu.edu



Matagorda/WhartonCounty
COMMUNITY COALITION

FUNDED BY HHSC SUPPLEMENTAL GRANT

REGISTER AT
HowdyHealth.tamu.edu

