

WALK ACROSS TEXAS! HOOD COUNTY

Begins September 13, 2021

Join us at our Kickoff Event and walk your first mile with us, participate in a scavenger hunt, and earn your chance to win some prizes!

5-6:30pm | Master Gardener's Demo Garden | 1410 W Pearl St.

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. Since 1996, thousands of Texans have participated in Walk Across Texas!



WHY IS IT IMPORTANT?

In Texas:

- 17 % of Adults report being in fair or poor health
- 33% of Adults are obese
- 25% of Adults are physically inactive



WHO CAN JOIN?

Any team of up to 8 (youth or adult!) that wants to commit to walk across Texas, which is 832 miles!! Don't worry, this is only about 2 miles/day/individual.

1 mile=
20 minutes of activity
1 Measured Mile
2000 Steps on a Pedometer (did you know your smartphone will count your steps?)



HOW DO I JOIN?

Sign up following the directions on our website. Scan the QR code or visit hood.agrilife.org/walk-across-texas

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AGRILIFE
EXTENSION

Healthy
County

Together.
Better.
Stronger.

TEXAS ASSOCIATION of COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL

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