



WALK ACROSS TEXAS!

TEXAS A&M AGRILIFE EXTENSION

What is Walk Across Texas? | Why is it important? | Why participate?

Teams of 8 that Walk Across Texas in 8 weeks
(832 miles = ~2 miles/day/individual)

1 Mile =

20 Minute of Activity

1 Measured Mile

2,250 Steps on a Pedometer

Or view Activity Equivalents: <https://tinyurl.com/activityequivalents>

Texas Rankings:

14th state with highest adult obesity

15th state with highest child obesity

5th state most physically inactive

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To Register:

1. Follow our Facebook Page to stay in touch: <https://www.facebook.com/PCagriLife>
2. Go to <https://howdyhealth.org/programs/howdy-health-registration>
3. Complete registration. Things to remember:
 - a. Select Panola County
 - b. Give the validation email a moment to get to your inbox. Email is from Howdy Health.
4. Once verified, login with login credentials
5. Do *not* create a league! You want to **JOIN a league!**
6. You will create a team or join a team. (If you are joining a team, you'll need the team code set up by your captain.)
 - a. Regular/Community League Name: Panola County Adult
 - i. League **Code**: watL-220901-93487
 - b. YOUTH League Name: Panola County Youth 2022
 - i. League **Code**: watLY-220830-97319

To Login:

1. Go to <https://howdyhealth.org/programs/>
2. Use login and password

To Add Team Members: **Only team coaches need to login to add youth teammates.*

1. Once logged in, go to "Team Profile." Click on Team Name.
2. Add members by email or provide "Team Code" to teammates.

To Record Miles: **Each team member must log his/her own miles on Howdy Health each week.*

1. Login to Howdy Health portal.
2. On your WAT! ADULT: DASHBOARD select "Enter Mileage Walked"
3. Follow instructions on screen.
4. Track team progress by going to "View Team" from the Dashboard.



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