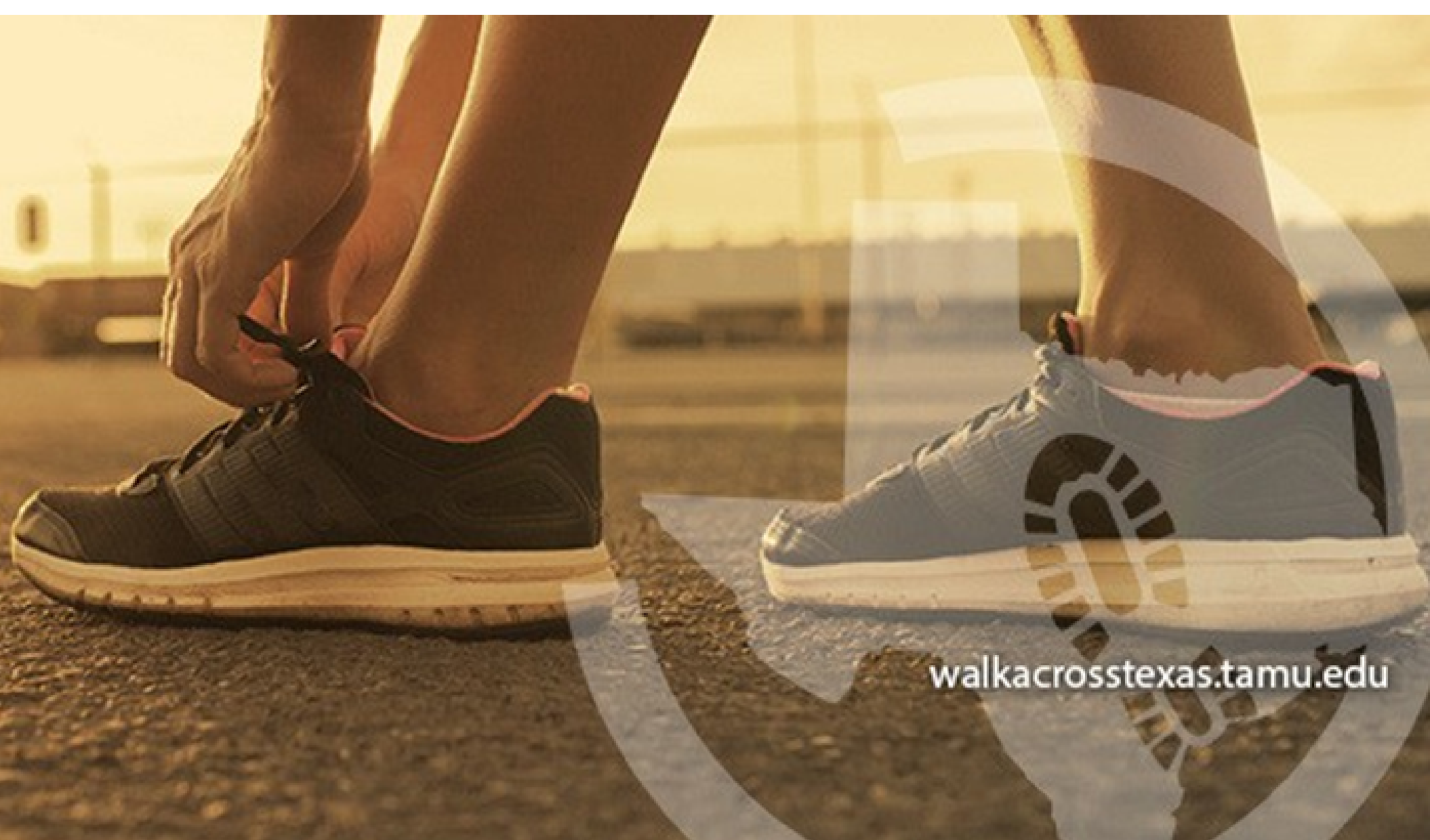




**WALK  
ACROSS TEXAS!**

TEXAS A&M AGRILIFE EXTENSION



walkacrosstexas.tamu.edu

## Walk Across Texas! Adult

For Texans walking the road to a healthier life, the journey begins with  
a single step...

Walk Across Texas! has supported these steps with a community  
dedicated to physical activity for over 20 years!

### *Walk Across Texas! (WAT!) Adult*

WAT! Adult is an eight-week program designed to help Texans establish the  
habit of regular physical activity using a fun and motivating team approach.

Each adult team may include up to 8 team members, all working together  
towards the goal of 832 miles!

*Ready to take on the challenge?*

WAT! has been shown to increase and maintain physical activity of participants!

Grab your friends, family, co-workers and let's get started by registering today!

**Learn More!**

**walkacrosstexas.tamu.edu**



**Register Today!**

**howdyhealth.org**

## Steps for Implementing Walk Across Texas! Adult

- ☐ 1. Learn more about the WAT! program on-line
  - a. Visit: [walkacrosstexas.tamu.edu](http://walkacrosstexas.tamu.edu)
- ☐ 2. Watch tutorial videos on Howdy Health website for account creation and WAT! set-up
- ☐ 3. Recruit up to 7 other people for your team
- ☐ 4. Establish a Howdy Health Account
  - a. Visit: [howdyhealth.org](http://howdyhealth.org)
  - b. Click Login / Register
- ☐ 5. Enter Data Online
  - a. Select *WAT! Adult Dashboard*
  - b. Create a League (if applicable)
  - c. Create a Team
  - d. Join Team
  - e. Enter your daily mileage walked
- ☐ 6. Attend WAT! Events (as offered)
- ☐ 7. Share your WAT! journey with our social media channels: @walkacrosstexas
- ☐ 8. Print Recognition Certificates

The table below will assist you in your role with the WAT! Adult program. It may be beneficial to form a coalition and / or advisory team to help set program planning goals. Also, identify partners / existing relationships and committees to leverage implementation.

If you have any questions or need more information, please contact your local county Extension agent.

## Set Dates and Times for Your WAT! Adult Program

	Date	Time
<b>Walk Across Texas! Start Date:</b>		
<b>Kick-off Event:</b>		
<b>Midway Event:</b>		
<b>Celebration Event:</b>		
<b>Walk Across Texas! End Date:</b>		