

Walk Across Texas!



A Fun and Fitness Program

To find out how you can Walk Across Texas! call your county Extension office.

**TEXAS A&M
AGRILIFE
EXTENSION**

Walk Across Texas!

Walk Across Texas! is a fun and flexible way to exercise. Just get together with seven other people—friends, neighbors, coworkers, or family members—and start walking, or jogging, or even biking.

You can walk together or individually, outside or at a mall or gym, any way that fits your schedule and lifestyle. You keep track of your miles, to see if you can walk the 830 miles "across Texas" in 8 weeks. Report your totals to see how your team "measures up"!

By the end of Walk Across Texas, you'll have a healthy habit that will last a lifetime!

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**TEXAS A&M
AGRILIFE
EXTENSION**





Walk Across Texas!

*Meet new people! • Start a healthy habit!
Enjoy a little friendly competition! • Get fit! • Have fun!
Spend prime time with your kids!*

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**AgriLIFE EXTENSION**

Texas A&M System

Improving Lives. Improving Texas.

