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 800 miles “across Texas” in 8 weeks. Report your totals to see how you can walk the 800 miles “across Texas” in 8 weeks. You keep track of your miles, to see if you can walk together or individually, outside or at a mall or gym, any way that fits your schedule and lifestyle. By the end of Walk Across Texas!, you’ll have a healthy habit that will last a lifetime! 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 800 miles “across Texas” in 8 weeks. Report your totals to see how you can walk the 800 miles “across Texas” in 8 weeks. You keep track of your miles, to see if you can walk together or individually, outside or at a mall or gym, any way that fits your schedule and lifestyle. By the end of Walk Across Texas!, you’ll have a healthy habit that will last a lifetime! To find out how you can Walk Across Texas!, call your county Extension office.
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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!

Walk Across Texas is fun and healthy way to exercise—just get together with seven other people to: 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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