



# WALK ACROSS TEXAS!

TEXAS A&M AGRILIFE EXTENSION

## *Palo Pinto County Walking Dates*

# MARCH 22 - MAY 16, 2020

Walk Across Texas is a free eight-week program to help people of all ages support one another to establish the habit of regular physical activity.

### Walk Across Texas! : Adult

Each adult team may include up to 8 team members, all working together to reach the 832 mile goal.

### Walk Across Texas! : Youth

Each team may include an unlimited number of youth participants, all working together towards the goal of 832 miles.

## TO REGISTER TEAMS OR LEAGUES VISIT

<https://howdyhealth.org/programs/>

## HAVE QUESTIONS?

TEXAS A&M  
**AGRILIFE**  
EXTENSION

Palo Pinto County Office  
221 S. 5th Ave., Palo Pinto, TX  
Phone: 940-659-1228  
<http://palopinto.agrilife.org>

# WALK ACROSS TEXAS!

Walk Across Texas is a free eight-week program to help people of all ages support one another to establish the habit of regular physical activity.

We have set March 22 – May 16, 2020 for Palo Pinto County walking dates to allow for a friendly competition among teams. All teams that meet their goal of 832 miles will be recognized.

The website will allow organizations or groups with multiple teams to create their own league. This will make it easier to track your teams and their miles reported. If you would like to know more about creating a league, check out the video tutorials at <https://howdyhealth.org/programs/> There is a video for both Walk Across Texas! Adult and Walk Across Texas! Youth.

## WALK ACROSS TEXAS! : ADULT REGISTRATION

**Walk Across Texas! Adult** is an eight-week program designed to help Texans establish the habit of regular physical activity. Each adult team may include up to 8 team members, all working together to reach the 832-mile goal.

Here are the steps to registering an adult team:

1. Grab your friends, family, or co-workers. Each team can have up to 8 team members.
2. Select a team captain.
3. The team captain will set up the team by completing the following:
  - Create or log into your account at <https://howdyhealth.org/programs>
  - Click the WAT! Dashboard button under the WAT! Adult section.
  - Click the 'Create a Team' button.
  - Complete the create a team form (if your team will be in a league, you should have received a 'League Code' from the league commissioner to associate your team to that league).
  - If you will be participating as a member on the team, select the option to join the team once created.
  - Be sure to share the team code with your other team members.
4. After the team has been created, each team member will need to:
  - Create or log into your account at <https://howdyhealth.org/programs>
  - Click the WAT! Dashboard button under the WAT! Adult section
  - Click the 'Join a Team' button
  - Complete the join a team form and paste in the 'Team Code' when prompted

## WALK ACROSS TEXAS! : YOUTH REGISTRATION

Walk Across Texas! Youth is an eight-week program designed to help our youngest Texans establish the habit of regular physical activity using a fun and motivating team approach. Each team may include an unlimited number of youth participants, all working together towards the goal of 832 miles.

We recommend WAT! Youth for schools, after-school clubs, 4-H clubs, and much more! Adult staff and teachers can also create adult teams to compete against the youth. To learn more and register, visit <https://howdyhealth.org/programs/>