

Join us for Wise County's Walk Across Texas!



March 22-May 16, 2021

Walk Across Texas- Adult is an 8-week walking program for teams of eight people. While we may be limited in social distancing, this is an activity that you do on your own or in appropriate group numbers of family, friends, co-workers, or church members. Participants can log miles with an equivalency chart in a variety of ways: walking, jogging, biking, or even aerobics.

Get Fit! Enjoy Friendly Competition

Steps to Register 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. Team captain sets up a Howdy Health profile at <https://howdyhealth.org/programs/>
4. Once team captain's profile is established; they create a team. The team captain will complete the required information and save a copy of the team code to share with team members.
5. After team is created, each team member will need to visit <https://howdyhealth.org/programs/> to create a profile. Once profile is created, team members can join their team by including the team code in the required information.

**Please call Texas A&M AgriLife Extension Service
if you have any questions 940-627-3341.**

