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

☐ 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
   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

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Texas A&M AgriLife Extension Service
http://walkacrosstexas.tamu.edu

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information, veteran status, sexual orientation, or gender identity.
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