

WALK ACROSS TEXAS! IS A FUN, FREE, AND FLEXIBLE WAY TO GET ACTIVE. YOU CAN WALK AND PARTICIPATE AS A LEAGUE OF TEAMS OR ON A TEAM OF UP TO EIGHT FRIENDS, FAMILY, AND COLLEAGUES. YOU KEEP TRACK OF YOUR MILES TO SEE IF YOU OR YOUR TEAM CAN WALK THE 832 MILES "ACROSS TEXAS" IN 8 WEEKS. LOG YOUR MILES AT HOWDYHEALTH.ORG AND SEE HOW YOUR TEAM MEASURES UP



TEXAS A&M AGRILIFE EXTENSION

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howdyhealth.org

<https://brazoria.agrilife.org/wat/>



@BrazoriaWAT

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WALK ACROSS TEXAS!

TEXAS A&M AGRILIFE EXTENSION

**START WALKING ON
SATURDAY, MARCH 14TH**



Walk Across Texas Registration

Go to
<https://howdyhealth.org>
to register for WAT.

Register online by Friday,
March 20th

For FAQ and more information
go to
<https://brazoria.agrilife.org/wat/>

INSPIRE AWARDS

Send an explanation along with a picture of why this team member has been an inspiration to you and your team to
cameron.peters@ag.tamu.edu

T-SHIRTS

Buy a {soft} shirt - \$10 or tank - \$14. Everyone who buys a shirt or tank will have their name put in an extra time for the final prize drawing to have more chances to win!

To purchase go to
<https://brazoria.agrilife.org/wat/>

PRIZES

Attend events to win PRIZES!
Increase your chances of winning prizes each week, & wear your WAT shirt and post a picture of you exercising on our Facebook page. That's 8 weeks of prizes!



@BrazoriaWAT

SPONSORSHIP

To sponsor Walk Across Texas contact
cameron.peters@ag.tamu.edu all types of prizes are welcome!

WAT Dates

REGISTRATION AND MILE DEADLINES

WAT Starts on Saturday, March 14th
Register by Friday, March 20th
Final day of WAT Saturday, May 9th
Last day to log final miles 12pm, Monday, May 11th
Names for final prizes released on Wednesday, May 13th

KICK OFF WALK

Join us on Saturday, March 14th at the Brazos Mall (El Chico Entrance) from 9am-10am for a kick off walk to start Walk Across Texas. You don't want to miss out on the prizes! {Hint Hint Kendra Scott!}

RECHARGE EVENT

Keep your momentum going by visiting the Angleton Recreation Center for any of the following classes on Monday, April 6th! For FREE!
5:15pm Yoga
6pm Zumba
7pm Cardio Bootcamp

FINAL PUSH!

Join us for a final push at the UTMB Frank W. Stevens Wellness Center in Angleton on the following dates:
April 28th - 5:30pm Pilates & 5:30pm Cycling MAX
April 29th - 5pm HIIT & 5:30pm Zumba
April 30th - 5:30pm Cycling & 6:30pm Yoga

ANNOUNCEMENT OF PRIZE WINNERS

Wednesday, May 13th via email