

Walk Through Texas History Program

Program Brief

Extending Knowledge | Providing Solutions



AgriLife Extension programs reach communities and individuals lacking access to education about obesity, diabetes and other chronic conditions.

Reaching Every Texan

The Walk Through Texas History (WTHH) program is an online, four-week program designed to help Texans be more active using a team-based approach.

Up to eight Team Members are encouraged to work together towards the goal of virtually traveling historical paths across Texas.

Each Team Member logs steps that contribute toward the team's mileage total.

The WTHH program supports year-round participation and locally sponsored program activities and events conducted by County Extension Agents promote friendly competition.

Learn more and register: howdyhealth.tamu.edu



24

Texas counties participated



+3%

Increase in participants who self-report meeting physical activity guidelines post-program (46%)



391

Program participants



93%

Participants who reported that they or their family benefited from the program



24.9
thousand

Miles logged



74

Miles per participant

Selected Participant Comments:

"It was beneficial for me because I was more conscious about how much physical activity I was getting and it encouraged me to be more physically active and get more steps in!"

"My family and I that participated in the event were more mindful about how much we walked and exercised. It also gave us something to talk about and a little friendly competition. Overall, we really enjoyed the program and would do it again next year."



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