

Walk Across Texas! - Adult Program

Program Brief

Extending Knowledge | Providing Solutions



Reaching Every Texan

The Walk Across Texas! (WAT!) Adult program is an online, eight-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 across Texas.

Each Team Member's favorite physical activities are logged as 'miles walked' and contribute toward the team's mileage total.

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

Learn more:
walkacrosstexas.tamu.edu

Register:
howdyhealth.tamu.edu



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



141 Texas counties participated



+14%

Increase in participants who self-report meeting physical activity guidelines post-program (58%)



13,120 Program participants



95%

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



2.22 Miles logged
million



\$63
million

Lifetime economic benefit

Selected Participant Comments:

"Participating in the program motivated me to reach my goals. Being a captain encouraged me to set a good example and try to motivate my team to reach their fitness goals. I walked 150 miles in 8 weeks. I had not been doing any exercise in the last 8 months. Now I don't want to miss walking every day."

"I benefited because my overall health, attitude and physical well-being improved. I was motivated to continue because I had made a commitment to my team, and I was accountable to them."



**WALK
ACROSS TEXAS!**
TEXAS A&M AGRILIFE EXTENSION

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