

Walk Across Texas



Program Brief

Extending Knowledge | Providing Solutions



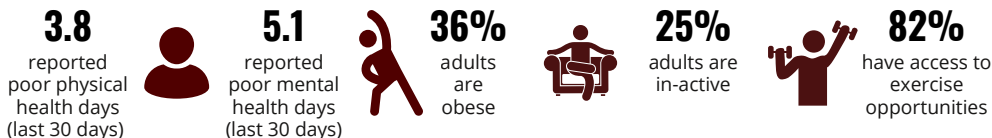
About

Walk Across Texas is a community-based program for adults and youth that encourages regular physical activity. Teams track their progress as they virtually walk 832 miles across Texas. Local events and activities are offered by County Extension Agents, and the program is available year-round. Since 1996, the program has reached over 800,000 participants and has been recognized as a Best Practice Physical Activity program.

Relevance

Regular physical activity and weight control can significantly reduce the risk and impact of chronic diseases like heart disease, stroke, type 2 diabetes, cancer, high blood pressure, and depression, which account for 70% of deaths and 86% of U.S. healthcare costs.

In Texas:



Results *Walk Across Texas Selected Outcomes (n = 10,154)*

Percent of participants that say their health is Good, Very Good, or Excellent.	+5% (Pre: 82%; Post: 87%)
Average number of times per week participants took part in moderate or vigorous intensity physical activity or exercises.	+1.5 (Pre: 3.1; Post: 4.6)
Average number of minutes participants took part in each moderate or vigorous intensity physical activity or exercise.	+15.8 (Pre: 32; Post: 47.8)
Percent of participants that reported no physical activity in the last month.	-29% (Pre: 31%; Post: 2%)
Percent of participants meeting physical activity recommendations (equal to or greater than 150 minutes per week).	+18% (Pre: 38%; Post: 56%)

FY2025 RESULTS

190
TEXAS COUNTIES
PARTICIPATED

419
LEAGUES
CREATED

18,469
ADULT
PARTICIPANTS ON
2,898
TEAMS

33,294
YOUTH
PARTICIPANTS ON
845
TEAMS

6.4
MILLION MILES
LOGGED

93%
ADULT PARTICIPANTS REPORTING
THAT THEY OR THEIR FAMILIES
BENEFITED FROM THE WALK
ACROSS TEXAS PROGRAM

Walk Across Texas

TESTIMONIALS FROM PARTICIPANTS:

"Walk Across Texas started and has sustained motivation for me to get active. The first time I participated more than ten years ago was the beginning of my consistent exercise program. Since then, I have participated in many events including 10 half marathons, a trail marathon, 4 sprint triathlons, and several bicycle events including a 50-mile bicycle ride."

"It pushed me to overcome barriers that I would have given up before if I was by myself. But the competition kept me looking for solutions to problems I encountered such as finding time to walk and good locations and I started listening to audio books while walking which made it more fun and something sustainable. I might not have done that without this competition and challenge. Thank you!"

"I was encouraged and held accountable by my team. I lost weight, improved muscle tone, and bonded with my husband while walking in the evening, grew a garden, and reduced stress through Zumba classes...I feel these are positive changes that I can continue."

"Participating in the Walk Across Texas program provided numerous benefits to me. It significantly improved my physical health by encouraging regular walking, which helped enhance my cardiovascular fitness, muscle strength, and overall well-being. The program also provided a motivating goal, pushing me to stay consistent and achieve the challenge of walking the equivalent of 100 miles over 8 weeks. It fostered a sense of accomplishment as I reached each milestone and gave me a clear focus on staying active. Additionally, the program served as an excellent opportunity for family bonding as we walked together, supported each other, and enjoyed quality time outdoors. Overall, it was a rewarding experience that boosted my health and reinforced the importance of staying active and committed to long-term wellness."

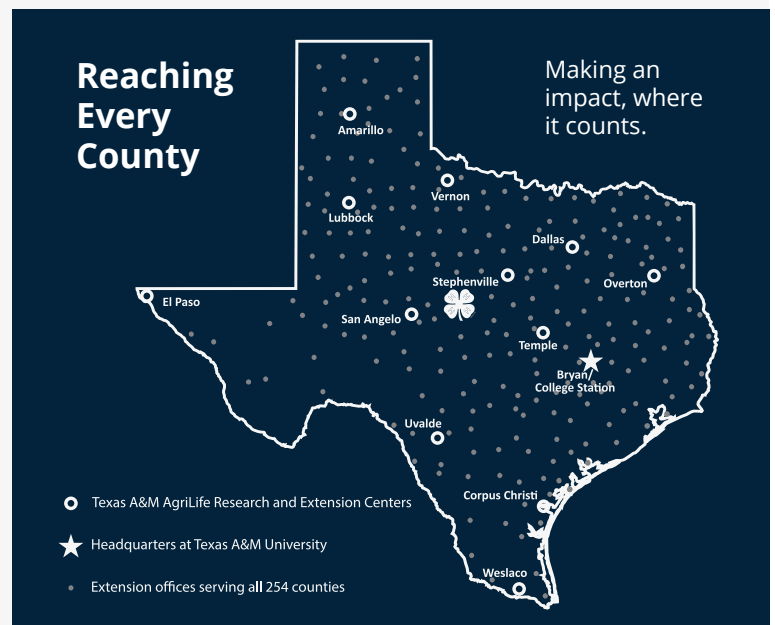
Family and Community Health

Helping Texans Thrive, One Healthy Choice at a Time

AgriLife Extension's FCH unit helps Texans better their lives through science-based educational programs designed to improve the overall health and well-being of individuals, families, and communities.

The goal of FCH is to encourage lifelong health and well-being for every person, family, and community.

Programs are developed by subject matter experts (Specialists) and delivered throughout the state by a network of local educators (County Extension Agents) and volunteers with support and leadership from Regional Program Leaders, Unit Heads, and the Extension Leadership Team.



Michael L. Lopez, DrPH

Assistant Professor & Extension Health Specialist
Family & Community Health
Texas A&M AgriLife Extension Service

Phone: 979-321-5017

Email: mllopez@ag.tamu.edu