

26th Annual Challenge

# WALK ACROSS TEXAS! 2023

*Best Foot Forward (BFF)*

**Brazos County Walk Across Texas! Taskforce**

*~proudly presents~*

*a sponsored physical activity program*



WALK  
ACROSS TEXAS!  
TEXAS A&M AGRILIFE EXTENSION



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ACROSS TEXAS!  
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## WALK ACROSS TEXAS! BRAZOS COUNTY

### Challenge Dates: February 11, 2023 – April 7, 2023

Report your individual physical activity in miles for your team between these dates.

### About Walk Across Texas! (WAT!):

Walk Across Texas! is a fun and flexible way to get active by participating on a team of up to eight:

1. Grab your friends, family, and colleagues and get registered.
2. Keep track of your physical activity in miles.
3. See if your team can "walk" the 832 miles "across Texas" in 8 weeks.
4. Report your physical activity in miles weekly or daily at [howdyhealth.org](http://howdyhealth.org).

### REGISTRATION & START DATE

Go to [howdyhealth.org](http://howdyhealth.org)

REGISTER ONLINE BY  
February 17, 2023

SELECT  
February 11, 2023 as the  
Start Date

### 2023 KICK OFF EVENT & CAPTAIN'S MEETING

**Brazos County Extension Office  
4153 County Park Court Bryan Texas**

Saturday, February 11, 2023  
10:00 a.m. in-person -or- via Facebook Live at:  
[facebook.com/walk.across.texas.bc/live/](https://facebook.com/walk.across.texas.bc/live/)  
(Facebook account not required to view and attend)

Opening ceremony: warm up, indoor workouts or 1-mile walk on the Park Hudson Trail, door prizes followed by team captains' meeting

### INSTRUCTOR-LED WORKOUTS

- Feb 11 One mile walk or indoor workout with Orange Theory
  - Mar 2 Group Fitness at Lions Pride Sports
  - Mar 8 Virtual Pilates with Living Well at TAMU
  - Mar 15 Group Fitness at TruFit
  - Mar 22 Virtual Fitness via Facebook Live
  - Apr 5 Virtual Kickboxing with TAMU Rec Sports
- Additional information will be included in WAT weekly newsletters

### 2023 AWARDS

- Most Inspirational Team Member
- Most Creative Team Name
- Top Teams/Hall of Fame
- Random Drawing of Finishing Teams

### MOST INSPIRATIONAL PERSON NOMINATION

Send a picture and narrative of why a team member has been an inspiration to you and your team to [fewilliams@ag.tamu.edu](mailto:fewilliams@ag.tamu.edu) by March 20, 2023

### ANNOUNCEMENT OF WINNERS



**@walk.across.texas.bc**  
April 24, 2023  
on Brazos County Walk Across Texas Facebook Live

### MERCHANDISE

Themed T-shirts  
*Best Foot Forward*

S-XL \$16.00  
2X-3X \$16.00

Available at  
Brazos Co Extension Office  
4153 County Park Court  
Bryan, Texas

### COMMUNITY ORGANIZATIONS VOLUNTEERS SUPPORTING WAT!:

- AgriLife Employee Wellness
- Brazos Valley Community Alcohol & Substance Awareness Partnership
- Living Well at Texas A&M University
- Master Wellness Volunteers
- St. Joseph Health
- Texas A&M Rec Sports
- Texas A&M University System

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

### CONTACT:

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**AGRILIFE**  
EXTENSION