



We are excited to announce the 26th Brazos County Walk Across Texas 2023 Challenge!

Texas A&M AgriLife Extension is hosting a **Walk Across Texas! Brazos County** event **February 11 through April 7, 2023**. Walk Across Texas! is a free, eight-week program for teams of up to eight coworkers, friends, and family all working together to reach the 832-mile goal, the equivalent of the 832 miles it would take to walk across Texas in eight weeks. Walk Across Texas! is designed to encourage Texans of all fitness levels to develop a habit of regular physical activity in a fun and rewarding way. Teams compete to see who can log the most miles walking, jogging, biking, and swimming across Texas. Aerobics, dancing, cleaning house, gardening, or any form of exercise counts.

AgriLife Employee Wellness invites you to create a team for Walk Across Texas! Brazos County and join the **AgriLife Employee Wellness League**. The League Code is **watL-230110-35634**. The Registration deadline is February 17, 2023.

To create a team, please follow these instructions:

1. Create or log into your Howdy Health account at <https://howdyhealth.org/programs>
2. Click the Dashboard button under the WAT! Adult section
3. Click the 'Create a Team' button.
4. Enter League Code: **watL-230110-35634** when prompted on the 'Create a Team' form
5. Complete the create a team form and select a start date of **February 11, 2023**
6. Invite friends, family, and coworkers to join your team
7. If you will be participating as a member on the team, select the option to join the team once created
8. You are now ready to join the Brazos County WAT! Challenge

There is also a short video describing the process

here: <https://howdyhealth.org/programs/tutorials/album/2-wat-adult-tutorials>

AgriLife Employee Wellness will award additional great prizes to employees on teams completing the 832 mile challenge and the top AgriLife Employee Wellness league teams. Everyone is welcome to participate and put their best foot forward to a healthier life!

The Walk Across Texas! Brazos Valley **Kick Off Event** will be on **Saturday, February 11, 2023 at 10:00 a.m.** in person at the Brazos County Extension Office Parking Lot/Park Hudson Trail located at 4153 County Park Court Bryan, Texas or via Facebook Live at facebook.com/walk.across.texas.bc/live/ (A Facebook account is not required to view and attend).

Are you looking for ways to get moving?

- 1) Click this link for the **AgriLife Employee Wellness Fitness Class Schedules**
- 2) Join in the **Weekly Instructor Led Workouts** shown below:

Weekly Instructor-Led Workouts

Mar 2 Group Fitness at Lion Pride Sports

Mar 8 Virtual Pilates with Living Well at TAMU

Mar 15 Group Fitness at TruFit

Mar 22 Virtual Fitness via Facebook Live

April 5 Virtual Kickboxing with TAMU Rec Sports

And more!

Review the attached 2023 Walk Across Texas! Brazos County event flyer for additional information.

Put Your Best Foot Forward by participating in the 26th Brazos County Walk Across Texas! Challenge 2023 and earn some great prizes, too!



For questions, please contact: Texas A&M AgriLife Benefits office at 979-845-2423

Texas A&M AgriLife Employee Wellness Committee | AgriLifeWellness@aq.tamu.edu

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