

HARRIS COUNTY 2018 **WALK ACROSS TEXAS!**

TEXAS A&M
AGRI LIFE
EXTENSION

Take the Challenge: March 18 - May 12

For more information visit: <http://walkacrosstexas.tamu.edu/> or contact

Rebecca Scono: (713) 274-0950, rebecca.scono@ag.tamu.edu

Register for the Captain's training by 02/28/2018 (Contact Rebecca Scono)

Captain's Training 03/01 at 10:00 a.m. at 9449 Grant Road, Houston, TX 77070

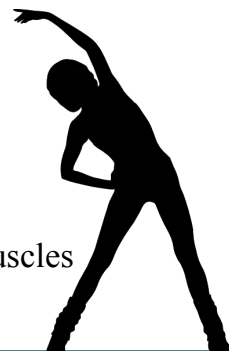
Register your Team online by March 14, 2018

Ways to Participate

- ✓ **Team of 8** - (worksites, friends, church, sorority, fraternity organizations) Choose a team captain, register the team online and report miles weekly. **Get to Stepping!**
- ✓ **Individual Walker** - Challenge yourself to see how many miles you can get in 8 weeks. Register online and **Walk the Walk**.
- ✓ **Schools** - increase students' physical activity. Track miles on a Texas map and challenge other classrooms or grade levels. Get the entire family involved.

Benefits of Regular Exercise

1. Controls Weight
2. Combats Health Conditions and Diseases: high blood pressure, diabetes and heart disease, to name a few.
3. Improves Mood
4. Boosts Energy
5. Promotes Better Sleep
6. Strengthens Bones and Muscles
7. Exercise is FUN!



It's More than Walking



- ⇒ Dancing
- ⇒ Gardening
- ⇒ Home Activities

- ⇒ Sports
- ⇒ Bicycling
- ⇒ Exercise



What Counts as a Mile

- ✓ **2000 Steps** is one mile on a pedometer, Fitbit, GPS device or cell phone device.
- ✓ **Measured** mile at a track, walking trail, treadmill, etc.
- ✓ **20 minutes** of continuous exercise



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Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating