

Harris County 2019 **WALK ACROSS TEXAS!** TEXAS A&M AGRI LIFE EXTENSION

Take the Challenge: March 2 - April 27, 2019

For more information visit: <https://howdyhealth.org/programs>
or contact Sonja Davis at sstueart@ag.tamu.edu or 713-274-0950

Join us at the Kick-Off Event March 2, 2019

Like us on Facebook: <https://www.facebook.com/HarrisCountyFCH/>



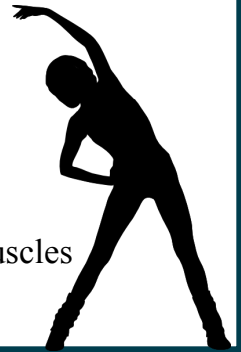
How to Participate

Team of 8, walks 833, miles over 8 weeks

- ✓ **Team of 8** - (worksites, friends, church groups, family members, sorority, fraternity organizations) Choose a team captain, register the team online and report miles weekly.
- ✓ **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
- ⇒ Cycling
- ⇒ Exercise



What Counts as a Mile

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



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