



WALK ACROSS TEXAS!

TEXAS A&M AGRILIFE EXTENSION

MARCH 14, 2022 HARRIS COUNTY UPDATE

Howdy!

Thanks for participating in the 2022 Harris County Walk Across Texas Challenge! Although you may be part of a team, this is a personal commitment to benefit your overall health.

Walk Across Texas! is a FREE, 8 week program designed to help Texans establish the habit of regular physical activity. Since 1996, more than 142,000 Texans have completed the program to significantly increase their physical activity level.

After the 8 weeks, we hope that you will continue to be active and reach your goals.

TEXAS A&M AGRILIFE EXTENSION

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status.

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

Important Dates

- **Event Start: March 13, 2022**
- **Event End: May 07, 2022**
- **Last day to report mileage:
May 16, 2022**
- **The Announcement of
Champions: May 18, 2022**



It's best to log your miles each day. That way, you don't miss entering any of your miles and you can see your team's daily progress.

Login and enter your miles at <https://howdyhealth.org/programs/wat>

2022 Harris County Walk Across Texas Challenge Teams

2022 Regina WAT Team
Cross Trekking Cunnings
Exercise Ballers

HARTA Team 1
HARTA Team 2
HARTA Team 3
HARTA Team 4

HARTA Team 5
HARTA Team 7
HARTA Team #6

Liz's WAT Team
LSC-Tomball Community Library Adult Services
Team Eva Improving Health in 2022
Team Godzilla
Trekking Through TX Together
Walk It Off
Watershed Walkers
WOP Walkers
WWW

Adding [howdyhealth.org](https://howdyhealth.org/programs/wat) to your phone's homescreen

(For iPhones)

1. Open the website: <https://howdyhealth.org/programs/wat>
2. Click the 'Share' icon at the bottom which is the "box with an arrow pointing up"
3. Scroll the icon options and tap 'Add to Home Screen'
4. Click the 'Add' button in the top right corner
5. Tap the WAT! app on the home screen to access the WAT Dashboard and enter mileage

(For Android)

1. Open the website <https://howdyhealth.org/programs/wat>
2. Click the 3 dot icon in the top right corner
3. Select the option 'Add to Home Screen'
4. Tap the WAT! app on the home screen to access the WAT Dashboard and enter mileage

(For Samsung)

1. Open the website <https://howdyhealth.org/programs/wat>
2. Click the 3 line "hamburger menu" at the bottom right corner
3. Select the option '+ Add page to'
4. Select "Home screen"
5. Tap the WAT! app on the home screen to access the WAT Dashboard and enter

- Team members should enter mileage at least weekly. Please enter all miles for the previous week by Mondays at noon.
- If you have pictures of your team in action, community fitness events, or stories PLEASE email them to Susan Hubert at susan.hubert@ag.tamu.edu.



Activity Equivalents

Walk Across Texas! is a statewide, 8-week program that's free and open to everyone in the community! The goal of the program is to help people of all ages and abilities establish the habit of regular physical activity.

Is walking not your thing? No problem! Any activity can count towards your journey across Texas! Simply, we encourage you to move more and any activity is better than none!

Below are a variety of activities and guidance for you to calculate your daily mileage.
Remember, these are estimates!

Activity	Actual Miles/Minutes	Recorded Miles
Walking, typical pace (3 mph)	30 minutes =	1.5 miles
Running (6 mph)	10 minutes =	1 mile
Cycling/Mountain Biking (13 mph)	7 miles =	1 mile
Spinning (vigorous intensity)	30 minutes =	2 miles
Aerobics (moderate intensity)	30 minutes =	1.5 miles
Stairmaster (moderate intensity)	20 minutes =	1 mile
Swimming (50 yds./min)	15 minutes =	1 mile
Gardening, planting	30 minutes =	1.5 miles
Dancing (moderate intensity)	20 minutes =	1 mile
Steps measured with a pedometer	2000 steps =	1 mile
Any activity/exercise that makes you breathe hard and sweat.	20 minutes =	1 mile
Any activity/exercise that makes you breathe very hard and perspire heavily.	15 minutes =	1 mile

Example

Converting minutes of an activity to miles "walked":

Activity Equivalent:

Aerobics (moderate intensity) for 30 minutes = 1.5 miles "walked"

You participate in an aerobics class for 45 minutes and want to convert that activity to miles walked:

$$\frac{30 \text{ min.}}{1.5 \text{ miles}} = \frac{45 \text{ min.}}{X \text{ miles}} = \frac{30 X}{1.5 \times 45} = (X = 67.5 \div 30) = 2.25 \text{ miles "walked"}$$

Adapted from Rutgers University Extension: Walk New Jersey Point-to-Point; University of MD Extension: Worcester County 4-H.

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To view a clear image of this chart, [click here](#).

DRESS IT UP!

Walking is simple, generally safe, easy to do, and requires no special equipment except for clothing and shoes. Most people already have the basic items needed to begin walking. Picking out the right shoes and clothing can make walking easier and can also help prevent injuries. Even while walking, one can be injured by a shoe that is too tight or doesn't support the foot. Below are some tips to help pick out the proper clothing for your family to wear as they begin being active!

When picking out clothes, remember:

- Make sure they are comfortable! Your clothes should be loose fitting, easy to move around in, but not too large so they don't fit!
- When it's hot, wear lightweight clothes that help keep moisture away from your body! Also, wear a hat to protect you from the sun!
- When walking at night, remember to wear clothing that makes you visible to drivers. Dark colors are often hard to see, even with headlights!



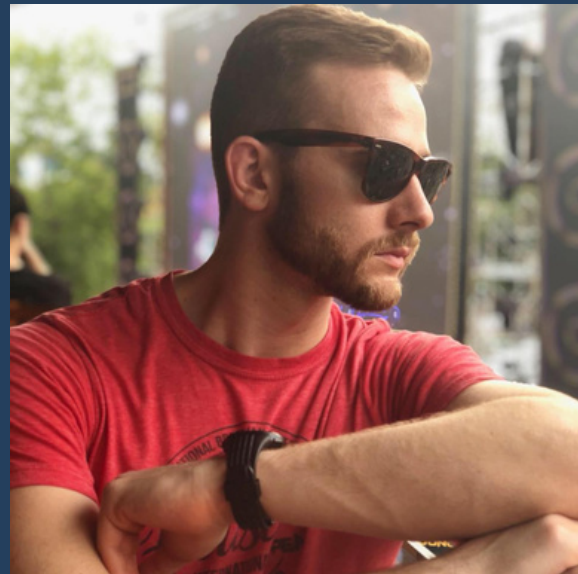
When picking out shoes, remember:

- Your shoes should be comfortable the first time you put them on!
- Try to find lightweight and durable shoes. This allows sweat to release, like the lightweight clothing!
- When shopping for shoes, go at night — this is when your feet are the biggest!
- Never buy shoes that are too big. If you wait to grow into them, they may cause injuries and can lead to foot problems!

WALK ACROSS TEXAS WORKOUT RECORDINGS

STRETCHING WITH ZACH:

https://youtu.be/Rf2b1j_Xnw8



LINE DANCE WITH LEE:

https://youtu.be/aHRA_P8bIfew

New line dancing and exercise sessions coming soon! Keep an eye out. And remember that 20 minutes of exercise = 1 mile.