

SPRING INTO HEALTH 2024 HARRIS COUNTY CHALLENGE

MARCH 3RD - APRIL 27TH

Gather your friends and register your team at:

<https://howdyhealth.org/programs>

Adult League Code: watL-240202-48923

Youth League Code: watLY-240202-98307

Questions?: Contact us at 713-274-0950

TEXAS A&M
AGRI LIFE
EXTENSION

WALK ACROSS TEXAS

**THERE IS STILL TIME TO REGISTER FOR
THIS YEAR'S CHALLENGE! PLEASE SHARE
THE DETAILS WITH YOUR FRIENDS.**

MARCH 07, CHALLENGE UPDATE

Thanks for participating in the Spring into Health 2024 Harris County 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
AGRI LIFE
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WALK ACROSS TEXAS

Important Dates

Event Start: Mar 03

Last Day to Register: Mar 12

Event End: Apr 27

**Final mileage & wrap-up
forms due: May 07**

Nature Walk: Mar 16

Bat Chat & Stroll: Apr 6

Contest!

**DETAILS ON
PAGE 6!**

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*

2024 Walk Across Texas Program Updates

We're thrilled to announce that we have rolled out some fantastic enhancements to the program that we think you'll absolutely love 🚀

🌟 Improved User Experience

We have revamped the program dashboards to make the website more intuitive and user-friendly.

Enhanced Mileage Entry Process 🏃

Participants now have the ability to add in daily miles walked (distance) or steps.

Also, participants can add up to 3 bonus activities daily from a selection of nearly 50 different moderate to vigorous physical activities in a new dedicated Bonus Miles section.

📈 Daily Team Member Mileage Limit - 20 Miles

Implemented a daily limit on the number of miles that can contribute to the overall team mileage total.

The limit is 10 miles for each of the daily mileage and bonus miles sections, for a maximum of 20 miles per day.

However, rest assured that all individual mileage will be accurately recorded in your team member account.

This way you can still track your individual mileage totals, yet we can maintain a level playing field that acknowledges and appreciates everyone's contributions.

📅 Introducing Program Deadlines

Registration Deadline: all participants must be registered within 10 days of the start date. For the Harris County Challenge, this is **March 12th!**

Retroactive Mileage Entry: all participants must enter daily mileage within 10 days of the selected date walked.

These deadlines will help you stay on track, maintain focus, and achieve your goals faster than ever before!

Answers to all of your questions and support requests are just a click away!

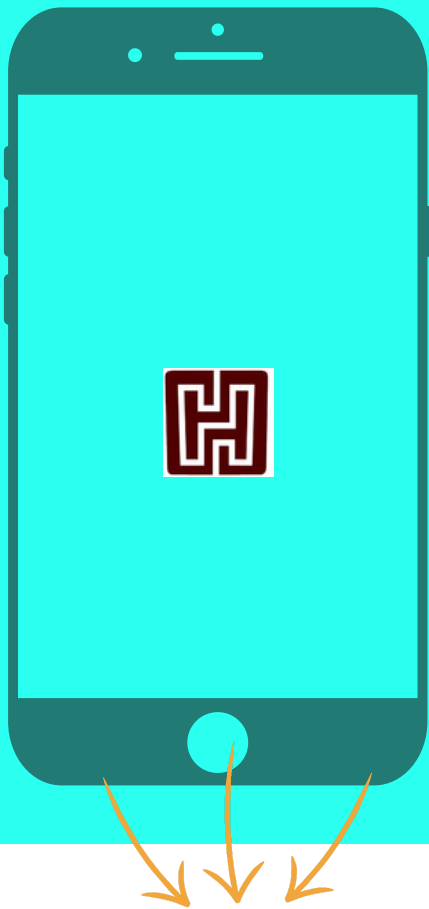


Review the Frequently Asked Questions for more information:

<https://howdyhealth.org/programs/helpdesk>



Spring into Health 2024 Harris County Challenge Teams



HARTA Team 1
All Around Sports 2024
Instepion
HARTA Team 2
HARTA Team 4
Camina30
FIT Spring Branch
Houston ToolBank
HARTA 3
WOP Senior Warriors
Rolling Ringers
Step N Stride
WAT -a- GIFT
Bellaire Bulldogs

SOUL SISTERS
The Ogeez's
Walk with YDC
#MyHBCU
Ramble On
Walk It Out
Harris County 4-H
CyFARE 1
Texas Jackrabbits
Miles and Smiles
Cavalcade Movers & Shakers
Butterflies
Dan's Family

Adding howdyhealth.org 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

Try to enter your miles every day. Notice the new option for bonus activities? Click yes and then enter what type of activity. It calculates your “miles” from that activity.

30 minutes of dancing earned me 2.5 miles! WooHoo!

[PROGRAMS](#)[HELP DESK](#)[TUTORIALS](#)[MEMBER](#)

ENTER MILES

Each team member is responsible for entering their own miles. Mileage date cannot be more than 10 days in the past.

[View more information about the mileage entry process »](#)

★ Mileage Date



Enter Miles or Steps

Miles Walked

OR

★ Steps Walked

Bonus Activities

Other than miles or steps walked, did you do any moderate or vigorous intensity activities?

☐

NO

☒

YES

Add Bonus Activities

Add / remove bonus activities by clicking the + / - buttons. Add up to 3 activities. Bonus Mileage contributed to a team from this section will be limited to a maximum of 10 miles per day.

★ Category

Dancing



★ Bonus Activity

Dancing

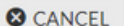
★ Time Spent (Minutes)

30

Bonus Mileage 2.50



SAVE



CANCEL

DASHBOARD

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.

2024 Midwalk Events

Anyone can participate, those doing Walk Across Texas and those who are not.

Family Nature Walk & Scavenger Hunt



Enjoy **Nature** and **win** prizes!

March 16th

10:00 am - 12:00 pm

Jesse H. Jones Park

Nature Center - Pavilion

20634 Kenswick Dr.

Humble TX 77338

Bat Chat & Stroll

April 6th

6:30 pm - 8:30 pm

Buffalo Bayou Park

Intersection of Allen Parkway
& Waugh St. Bridge

Walk starts at 6:30pm

Bat Chat starts at
7:15pm

Parking:

- On Allen Parkway
- At Lost Lake Visitor Center (3422 Allen Parkway) then head east to bat bridge.
- Do **NOT** park in the strip across from Whole Foods. Cars will be towed.

A baby bat screamed in
Fright!

Turn on the dark,
I'm afraid of the
light!

~ Shel Silverstein

Scan or click QRcode to register:



Contact the Extension office
with questions: (713) 274-0950

Contest

If you have logged your first 7 days of miles by Monday, March 11th at noon you will be entered into a drawing to win 1 of 3 Walk Across Texas t-shirts!

Log in to <https://howdyhealth.org/programs/wat>



**T-shirts are for sale at:
<https://square.link/u/qSYt2BQG>**

