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Walk Across Texas! Challenge Kicks Off in Lubbock County

August 16, 2022 (Lubbock, TX) – The Texas A&M AgriLife Extension Service office in Lubbock County is proud to announce the upcoming Walk Across Texas! Challenge. Regular physical activity is one of the most important things you can do for your health. Being physically active can improve your [brain health](#), help [manage weight](#), reduce the [risk of disease](#), strengthen [bones and muscles](#), and improve your ability to do [everyday activities](#) (CDC).

According to the Dietary Guidelines for Americans, for substantial health benefits, adults should do at least 150 minutes to 300 minutes a week of moderate-intensity aerobic physical activity. Preferably, aerobic activity should be spread throughout the week

The Walk Across Texas! program is an online physical activity promotion program offered by Texas A&M AgriLife Extension designed to help Texans be more active. Adult and Youth teams are encouraged to work together towards the goal of virtually traveling across Texas. Your favorite physical activities are logged as ‘miles walked’ and contribute toward your team’s mileage total.

“You can walk together, individually, outside, at a mall, at a grocery store or a gym — any way that fits your schedule and lifestyle,” said Cory Edwards, AgriLife Extension family and community health agent for Lubbock County. “Keep track of your team’s miles to see if together you can go the equivalent of the 832 miles it would take to walk across Texas in eight weeks.”

The Walk Across Texas! Challenge starts in September in Lubbock County, and we invite you to join us by registering to walk with a team of friends, family members, coworkers, and classmates. Each team of up to eight will be led by a Team Captain who will motivate and inspire their Team Members.

Everyone is encouraged to take part in the WAT! Challenge, no matter your fitness level. Sign up and you will join a community connected through a positive journey towards a common, healthier goal. To further support teams, AgriLife Extension will host a variety of virtual program support activities!

This friendly, 8-week competition will kick off on Monday, September 12, 2022 in Lubbock County. Visit howdyhealth.org to register and create or join a team. You will use a league code **when registering online. For all adult teams, please use the league code watL-220809-14594. For youth teams or mixed youth/adult teams, please use the league code watLY-220809-52117.** After you have registered, be sure and join our private Facebook group to stay up to date on the latest information and weekly team results - **Walk Across Texas! Lubbock County** (<https://www.facebook.com/groups/2903319429721103/>). **Contact the Lubbock County Extension Office at 806-775-8421 or by email at cory.edwards@ag.tamu.edu for further information.**