



LET'S GET MOVING LUBBOCK!!

2022

WALK ACROSS TEXAS!

kicks off September 12th!

Walk Across Texas! is an eight-week program designed to help Texans establish the habit of regular physical activity. Each team may include up to 8 team members, all working together logging miles to reach the 832-mile goal to make their way across the state of Texas. Ready to take the challenge? Grab your friends, family, co-workers and get your team registered!

Sign up today! Go to howdyhealth.org

Adult teams - Enter league code:

watL-220809-14594

Youth/Mixed teams - Enter league code:

watL-220809-14594



For more information, call the Lubbock County Extension Office (806)775-1740