



TEXAS A&M  
AGRILIFE  
EXTENSION



# BETTER LIVING FOR TEXANS



TEXAS A&M AGRILIFE EXTENSION,  
LUBBOCK COUNTY

## 2022 ADULT PROGRAM SERIES

- ◆ *Walk Across Texas!*
  - ◇ An eight-week program designed to help establish the habit of physical activity using a fun team approach. Keep track of your daily miles & help your team reach their destination goal across Texas!
- ◆ *Walk N Talk*
  - ◇ An eight-week program where you will meet weekly to "Walk N Talk" about healthy drinks or fruit & Vegetables.
- ◆ *Be Well, Live Well*
  - ◇ A 5-session series for senior adults (**ages 50 and older**) which focuses on the importance of increasing physical activity and fruit & vegetable consumption.
- ◆ *A Fresh Start to s Healthier You!*
  - ◇ A 3-4 session series for adults focusing on food safety, increasing fruit & vegetable consumption, cooking nutritious meals, & spending less at the grocery store.
- ◆ *Get the Facts*
  - ◇ A 4-session series that covers portion sizes, sodium, fat and sugar.
- ◆ *Healthy Carbohydrates*
  - ◇ A 4-session series discussing carbohydrates and how they relate to healthy eating.



**TEXAS A&M  
AGRILIFE  
EXTENSION**



# BETTER LIVING FOR TEXANS



TEXAS A&M AGRILIFE EXTENSION,  
LUBBOCK COUNTY

## 2022 YOUTH PROGRAM SERIES

### *Walk Across Texas!*

An eight-week program designed to help establish the habit of physical activity using a fun team approach. Keep track of your daily miles & help your team reach their destination goal across Texas!

### *Walk N Talk*

An eight-week program where participants meet weekly to "Walk N Talk" about healthy drinks or fruit & vegetables.

### *Color Me Healthy*

A 9-session series for preschool age children which encourages nutritious foods and physical activity through music, color, and exploration of the senses.

### *Balancing Food & Play*

A 4-week series that was developed for 3rd graders to teach the importance of increasing physical activity while reducing screen time and eating more fruits & vegetables while drinking less sweetened beverages.

### *Learn, Grow, Eat & GO!*

A 10-session series developed for 3rd graders which teaches gardening skills, eating healthy, and improves fruit & vegetable intake.

### *Choose Healthy*

An interactive four-session series geared toward middle-school aged students. Sessions motivate students to make healthier choices in regard to food, drink, and physical activity.