

Get Moving with the Walk Across Texas! Fall Challenge 🍁

🏃 Ready to step up your game this Fall? Join our FREE, eight-week Walk Across Texas! Fall Challenge starting September 23, 2024!

Here's how to join the fun:

- 🖥️ Log into or create a Howdy Health account at howdyhealth.org.
- 📊 Click the WAT! Dashboard and select your section.
- 🎯 Hit 'Create a Team' and use League Code: **watL-240826-07479** (adults only) or **watLY-240826-53456** (youth only or adult/youth mixed*)
- 👥 Invite up to 8 friends, family, or coworkers to your team.
- 📅 Start logging miles on September 23 and record them at howdyhealth.org by Monday at 3 pm!

🌟 Join our Facebook group for updates, tips, and weekly results: [Walk Across Texas! Lubbock County](#)

Got questions? Drop Cory Edwards an email at cory.edwards@ag.tamu.edu or call 806-775-1740.

Let's walk, have fun, and make this fall fabulous! 🍁🏃

**please limit youth, youth/adult mixed teams to 8 members*