



TEXAS A&M AGRILIFE EXTENSION

# 2025 WALK ACROSS TEXAS LUBBOCK COUNTY

Walk into Wellness this Fall! Every step is a step toward a healthier, stronger you!

**PROGRAM DATES: SEPTEMBER 22 - NOVEMBER 16**

**league codes: watL-250825-63918**

**LEARN MORE AND REGISTER AT:**

**HOWDYHEALTH.TAMU.EDU**

TEXAS A&M  
**AGRILIFE**  
EXTENSION

**WALK ACROSS TEXAS**

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation, gender identity, or any other classification protected by federal, state, or local law and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.



The Walk Across Texas (WAT) program is an online, 8-week program designed to help Texans be more active using a team-based approach.

Up to 8 Team Members 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.

How to join:

1. Create or log into your Howdy Health account
2. Click the WAT Dashboard button
3. Click the 'Create a Team' button
4. Complete the Create a Team form with league code
5. Recruit your team members and start logging miles



Please reach out to learn more:

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