



20 minutes activity or 2 miles per day!

Goal: 900 miles in 8 weeks

Win fitness products, healthy cooking tools, air fryer, instapot or a Cross-fit membership!

WALK ACROSS TEXAS

a fun a flexible way to exercise and encourage worksite wellness

Competition Dates: September 24—November 16, 2018
Optional 5K Fun Run/Walk: Saturday, October 6—7:30 am

Deadline to Register: September 19, 2018

Fee: 4 cans of non-perishable food

Donations will be given to Shelby County Outreach Ministry Food Bank

**New this year...
App to easily enter
your steps or
activity**

Team of 8 participants
**Prizes awarded top 3 teams and
top 3 individual walkers**

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TEXAS A&M
AGRI LIFE
EXTENSION



**In partnership with the Shelby County
Chamber of Commerce
Health & Fitness Fair Committee**



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