## ATEXAS A&M GRILIFE EXTENSION

## Thank You for Your Participation!

## Dear Parents/Guardians,

Your child has just completed the Walk Across Texas program with his/her school. This program was designed to help people of all ages establish the habit of regular physical activity. Over the last 8 weeks, your child and their classmates have attempted, and have hopefully completed, the walk across the State of Texas, which totals 830 miles of walking or physical activity.

We hope you and your family were able to participate and

enjoy the program! If you would like to continue the Walk Across Texas program yourself, visit our website at <u>walkacrosstexas.tamu.edu</u> to sign up for free. You can log and track your miles as a solo walker, or you can sign up the whole family and compete as a team.



## Thank you again for Supporting Your Child's Participation in the Walk Across Texas program!



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