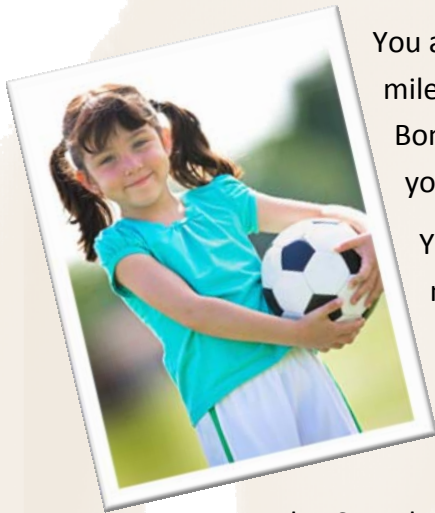


Welcome to Walk Across Texas!

Dear Parents/Guardians,

Walk Across Texas is an 8-week program designed to help people of all ages establish the habit of regular physical activity. Over the next 8 weeks, your child will be walking with classmates. The goal is for each class to walk at least 830 miles, which is the distance across the state of Texas. You can learn more about the program by visiting <http://walkacrosstexas.tamu.edu>.



You and your family members are also invited to be a part of the program. You can help your child earn bonus miles for the class by staying active as a family. Keep track of the time spent active with your family on the Bonus Mile Log Sheet to add these totals to your child's classroom goals. Every 20 minutes of activity earns your child 1 bonus mile.

Your child will also bring home a weekly newsletter with tips to promote and maintain a healthy lifestyle. Also, they will soon bring home a "Physical Activity" Bingo Card to complete as a family and return at the end of the 8 weeks. Completing the Bingo Card will ensure your family has taken steps to becoming active during the program.

Thank you for supporting your child's participation in the Walk Across Texas program!



I have the **Power to Help**
my family be more physically active

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

