

## Walk Across Texas

Some of our Cy-FARE members in District 4 have participated the last two years in this special activity program. To visit the website: <http://www.walkacrosstexas.org>. One of the coordinators for Walk Across Texas from Texas A&M is Mike Lopez 979-321-5017.

The program is sponsored by Texas A&M AgriLife Extension Service for Family and Community Health. There is a program for Youth and a program for Adults. For adults, there are up to 8 team members and the goal is for the team to walk a total of 832 miles in 8 weeks. We set a start and end day and keep up with our steps/miles. We pick a Team Captain for each team, who keeps in touch with their team members and encourages them along the way.

Cy-FARE had 5 teams of 8 people each who started September 15, 2022, and ended November 10, 2022. The program is very flexible. Team members can walk individually or with other team members. There is no set time or place to walk. I love the flexibility and participating helps to stay aware of personal physical activity.

I discovered that our shopping malls have "Mall Walking" every day at about two hours before the stores open. I love it because there is security in the mall and there is usually music playing. An extra treat is to window shop while walking.

Our walking teams might participate again in the Spring of 2023. In the Spring we may also include a school district activity called the Superintendent's Fun Run, a 5K event, that is also a community service activity, where the entry fee benefits the Cypress Fairbanks ISD Scholarship Fund.

Our plan is to give certificates and recognition to our participants at our End of Year Spring Luncheon.

Some of our members also participate in an individual walking program called Walks-A-Million that TRTA promoted years ago. They use their Walk Across Texas miles for both programs. Walks-A-Million starts January 1 and ends December 31.

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Cy-FARE  
District 4