**Form Teams**
Walk together or individually and keep track of your miles to see if you can walk the 830 miles “across Texas” in 8 weeks! Report your totals to see how your team “measures up”! By the end of Walk Across Texas!, you’ll have a healthy habit that will last a lifetime.

**Steps to Get Started:**
1. Decide to take “steps” to increase activity levels by participating in Walk Across Texas (WAT)
2. Form your WAT team - total of eight members including yourself (made up of coworkers, friends or family members)
3. Choose a team captain – someone who can help motivate your team
4. Choose a team name - think creatively; there is a prize for most creative
5. Complete the [individual registration form](#) and give it to your team captain
6. Team Captain registers team online by April 6 by completing the following steps:
   - Use the “Register Now” link at walkacrosstexas.tamu.edu
   - Step 1 and 2 – Enter your information (name, team captain county, and email) and confirm your email address
   - Step 3 – Select Team Captain in response to how you will be participating and choose the start date of March 30, 2015 on the calendar
     *Individuals who participate on their own will select “by Myself”*
   - Step 4 – Select “Yes” when asked if you are a TAMU System Employee participating in the Employee Wellness Program
   - Step 5 - Select the AgriLife entity Wellness Program you are part of (Extension, Research, College of Ag & Life Sciences, Forest Service, or TVMDL) as the group
   - Step 6 – Enter team name and finish registration
7. Start logging miles March 30, 2015

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**March 30 – May 24**
FREE, 8 week program to help Texans establish the habit of regular physical activity.

**Registration Deadline: April 6**

**Kick-off Event:** Live Webinar Series with Dr. Patsy Sulak. March 26, 2015 @ 1:30 PM
Topic: *Stifle Stress, Sever Suffering!*
Click [here](#) to register and enter event number 493 379 496

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**Texas A&M AgriLife**

**EMPLOYEE WELLNESS**

[![Heart, Calendar, Shoe, Clock, Apple icons]]

Full time, part time and working retirees who complete Walk Across Texas will earn 2 points toward the incentive program.

**Questions?**
agrilifewellness@ag.tamu.edu