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 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 February 13
7. Use the “Register Now” link at walkacrosstexas.tamu.edu
   - Select Brazos County as participating county
   - Choose the start date of February 6, 2016 in calendar
   - Select Texas A&M University as the group
   - Enter team name and finish registration
   - Send team name and team member list to benefits@tamu.edu

ALL IT TAKES
is a decent pair of walking shoes and 150 minutes of your time every week for 8 weeks. If you walk or exercise for 30 minutes a day, 5 times a week, for 8 weeks, you’ll feel better, lower your stress level and enjoy all of the amazing health benefits of regular physical activity! Let’s get started!