

# Walk Across Texas

*Join us in our adventure across Texas!*

**March 16, 2026**  
 to  
**May 10, 2026**



## Texans Walk the Walk with Walk Across Texas!

Walking is one of the least expensive and easiest ways to get fit. Start now and reduce your risk of cancer, diabetes, heart disease and stroke. Join other Texans and Walk Across Texas! towards a healthier lifestyle.

## *Let's Get Started!*

Easy steps to get started:

- Form and register your team with our 2026 league.
- Walk or enjoy your favorite physical activities.
- Record your miles walked or activities into the Howdy Health system.
- Have FUN!

**Register at**  
**Walk Across Texas website:**  
<https://howdyhealth.tamu.edu/>

**Sign up under**  
**our League Name:**  
**FBC WAT 2026**

**Use the league code is:**  
**watL-260112-49607**

More Registration Information or in-depth steps please reach out to our Family & Community Health Department at 281-342-3034.

