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Walk[®] ACROSS Texas!

Hidalgo County is
Committed to Being FIT

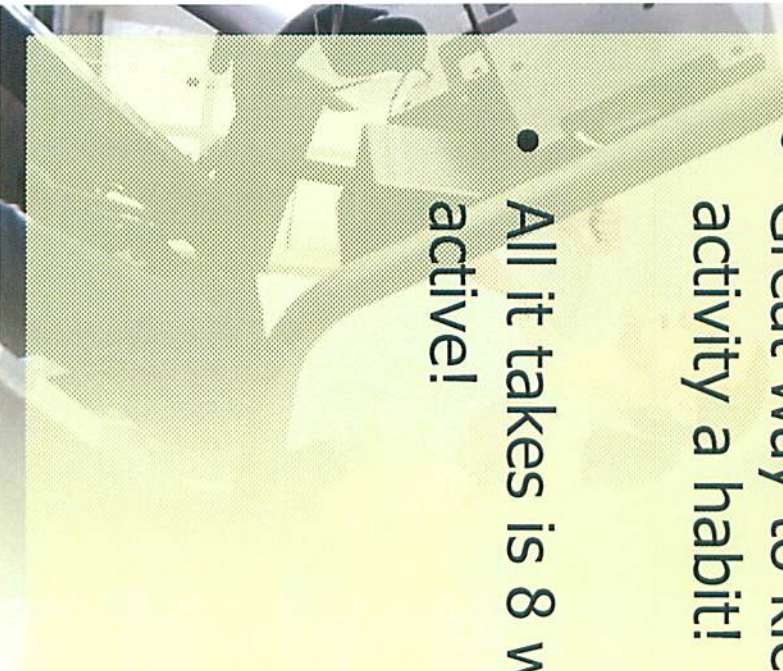


*Agri*LIFE EXTENSION

Texas A&M System

Why Join Walk Across Texas?

- Walk Across Texas (WAT) is a fun way to get to know your co-workers.
- Great way to kick-start your county to make physical activity a habit!
- All it takes is 8 weeks and people willing to get physically active!



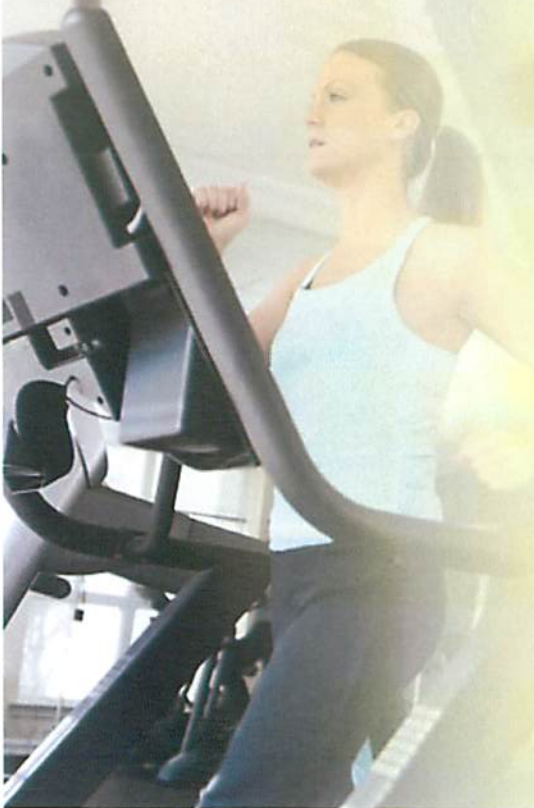
Types of Activities

- Walking
- Jogging
- Biking
- Swimming
- Zumba
- Home Activities
- Lawn & Garden
- Dancing
- Washing Car

7 WAT Teams

Congratulations to all of the Hidalgo County teams!

- ✓ As a county, they walked 12,739 miles.
- ✓ They walked across the state of Texas 15 times.
- ✓ In fact, they walked from the east coast to the west coast 4 times.



**Pct. 3 Commissioner Joe Flores
2,403 Miles Walked**



Pct. 1 Commissioner A.C. Cuellar Jr 2,081 Miles Walked



Pct. 2 Commissioner Hector "Tito" Palacios 843 Miles Walked



Pct. 4 Commissioner Joseph Palacios 756 Miles Walked



Constable Precinct 1 Celestino Avila Jr. 529 Miles Walked



Most Miles Walked Individually Monica Hinojosa 645 Miles



Testimonials

With WAT, I lost 18 lbs. and increased my flexibility doing walking, swimming, and other exercises. I now have more energy and have made exercising a daily routine. **Alicia Gonzales – Hidalgo County Human Services 381 miles**

In May of this year I was diagnosed with Fibromyalgia, a syndrome in which a person has long-term, body-wide pain and tenderness in joints, muscles, tendons and other soft tissues. I was prescribed multiple medications that were causing a tremendous amount of side effects. I struggled for about a month and half then the Walk Across Texas challenge was presented to our office. I took the challenge and within the first week noticed significant changes. By the third week of the challenge I was no longer taking any form of medications. Prior to the challenge I was visiting my family doctor anywhere from one to three times weekly. To date I have visited the doctor once in the past two months. There is no cure for my condition however my doctor and I strongly believe the physical activity has kept my syndrome under control. **Monica Hinojosa – Hidalgo County Judge's Office 645 Miles**

Recognition Human Services



Recognition County Judge



Recognition Precinct 3



Recognition Precinct 1



Recognition Precinct 2



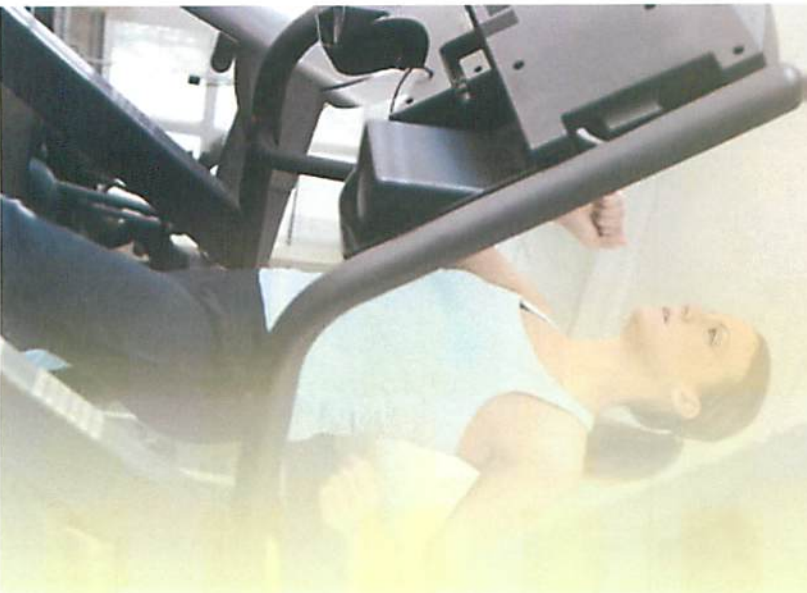
Recognition Constable Precinct 1



Recognition Precinct 4



Incentives



Walk Across Texas Challenge #2

Take Steps For Your Health

October 6, 2014 – November 30, 2014

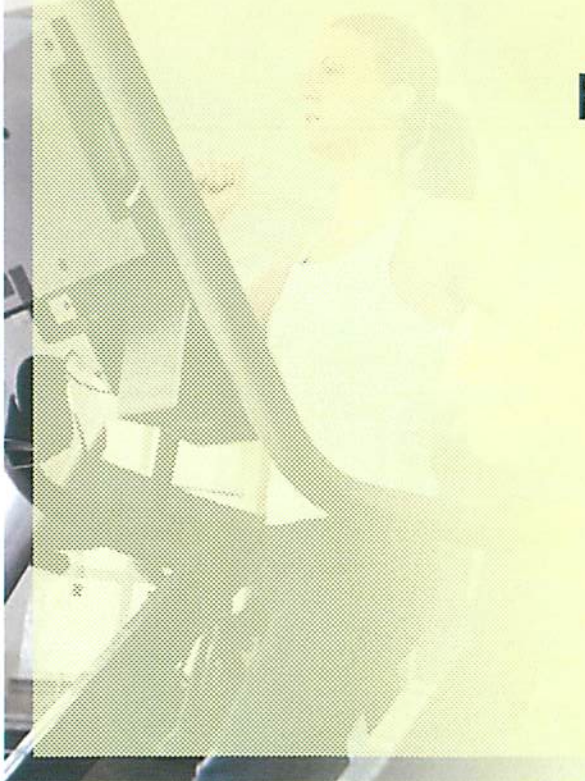
Work as a TEAM – Walk as a TEAM

For questions please contact:

Rick Salinas

956-318-2011 x7371

ricardo.salinas@hchd.org



County Judge's Office 2,956 Miles Walked



Winners The Walking Warriorz 3,168 Miles Walked

