

11B

Hidalgo County

-WALK ACROSS TEXAS 2015-

Round 1
February 2015

Round 2
June 2015

Round 3
October 2015

GETTING THE YEAR STARTED

- 66 Participants
- 9,962.7 Miles Walked
- Winners: Walking Warriorz

BEATING THE HEAT

- 61 Participants
- 13,979 Miles Walked
- Winners: Furious 8

FINISHING THE YEAR STRONG

- 44 Participants
- 10,876 Miles Walked
- Winners: Walking Warriorz

Potential Economic Impact

\$526,736

Potential Economic Impact

\$524,722

Potential Economic Impact

\$614,618

Regular physical activity and controlling weight can significantly reduce the incidence and impact of chronic diseases like heart disease, stroke, diabetes, cancer, high blood pressure, and depression.

Regular physical activity is also associated with fewer hospitalizations, physician visits, and medications.

Walk Across Texas! is an eight-week program to help people of all ages support one another to establish the habit of regular physical activity. Walk Across Texas is recognized as a Best Practice Physical Activity Program by the Texas Department of State Health Services

