Walk Across Arkansas

Spring 2017: February 26 – April 22

What is Walk Across Arkansas?
It is an 8 week exercise campaign where you and your team set personal goals for physical activity and try to meet them (with a little help from your friends!)

All you need is:
- A team of 2 to 10 people
- A team name
- A good pair of walking shoes
- A watch or stopwatch

What you do:
Record the number of minutes walked throughout the day (with the intent of exercising for at least 10 minutes straight).

How?
You can register your team online at [http://www.uaex.edu/walk](http://www.uaex.edu/walk). Beginning February 6th you can log in your minutes on the same website.

Who can participate?
Anyone! Some suggestions of team categories:
- Families
- Worksites
- Teachers
- Youth (under age 18)
- Seniors (65+)
- Faith-based members
- General (a combination of above)

Is walking the only activity allowed?
No! Most people in our program choose to walk, but you can do any type of physical activity as long as you increase your heart rate or break a sweat for at least 10 consecutive minutes. Research recommends that adults should exercise for at least 150 minutes per week and youth for 60 minutes per day.

How will this program benefit me?
Most of our participants enjoy the camaraderie they share with team members. We have also learned that many of our participants:
- Had more energy
- Slept better
- Strengthened their relationships
- Lost weight or inches
- Improved their blood pressure
- Improved their blood panels
- Controlled their stress

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