Walk Across Arkansas!

February 26 – April 22, 2017

Meet new people! Start a healthy habit!
Enjoy a little friendly competition!
Get fit! Have fun!
Spend prime time with your kids!

Walk Across Arkansas is a fun and flexible way to exercise. Just get together with several other people – friends, neighbors, coworkers, or family members – and start walking, jogging or even biking.
You can walk together or individually, outside, at a mall, or a gym, or any way that fits your schedule and lifestyle.

You keep track of your daily minutes exercising, to see if you can walk the 300 miles “Across Arkansas” in 8 weeks.
Report your totals to your county Extension office to see how your team “measures up” against others in your town.

By the end of Walk Across Arkansas!, you can have a healthy habit that will last a lifetime!

To register for Walk Across Arkansas! contact Drew County Extension Office:
870-460-6270 or go to www.uaex.edu and click the Walk Across Arkansas! icon or go to www.uaex.edu/WalkAcrossArkansas