

**Howdy Health Team-Based Physical Activity Programs  
Master Wellness Volunteer Resources & Activity Guide  
January 21<sup>st</sup>, 2026**

**Howdy Health (HH) Team-Based Physical Activity Program Designs:**

**Walk Across Texas**

- Eight-week program for adults
- 832-mile goal
- Each team member must register and join team
- Each team may have up to 8 team members
- Mileage entry: individual / daily (56 entries)
- Mileage: daily distance (steps or miles) + activity minutes
- Daily limits: 10 miles for each section = 20 miles total per day contributed to team
- 10-day deadlines: registration deadline, retroactive mileage entry deadline, final mileage, and wrap-up deadline
- Features: virtual progress map, program dashboard, history, and certificates

**Walk Across Texas Youth**

- Four- to twelve-week program for youth audiences
- Unlimited number of youths, adult, or mixed participants per team
- 832-mile goal
- Mileage entry: up to 10 team activities per week
- Mileage: activities converted to mileage based on activity type, # of minutes, and # of participants
- 30-day deadline: final mileage and wrap-up due within 30 days of the program end date

**Walk Through Texas History**

- Four-week program for adults
- Multiple routes – work as a team to virtually travel Texas historical routes
- Each team member must register and join team
- Each team may have up to 8 team members
- Mileage entry: individual / daily (28 entries)
- Mileage: daily distance (steps or miles) + activity minutes
- Daily limits: 10 miles for each section = 20 miles total per day contributed to team
- 10-day deadlines: registration deadline, retroactive mileage entry deadline, final mileage, and wrap-up deadline
- Features: virtual progress map, program dashboard, history, and certificates

**HH Team-Based Physical Activity Program Resources:**

**1. Program Materials Available in Collaboration with the Local Extension Agent:**

- **Canva Social Media Templates** – these templates can be adapted to create local social media content for promotion, recruitment, and program updates.
- **Grab & Post Graphics** – these graphics can be downloaded and posted directly to social media pages. No edits needed. Included are images, videos, talking point prompts, FAQs, etc.

Richard and Patsy Wallrath Texas A&M AgriLife Extension Service Building  
2251 TAMU  
College Station, TX 77843-2251

Tel. 979.321.5017 Fax 979.845.6496  
mllopez@ag.tamu.edu  
<https://howdyhealth.tamu.edu>

- **Howdy Health Program Resources Specific to AgriLife Extension** – various resources to help support program planning, implementation, and evaluation.
- **Training Opportunities** – recorded trainings and program consultations.

## **2. Howdy Health Programs Website Links:**

- Howdy Health Program Implementation: <https://howdyhealth.tamu.edu>
- Social Media Pages:
  - Facebook: <https://www.facebook.com/walkacrosstexas>
  - X (Twitter): <https://x.com/walkacrosstexas/>

### **HH Team-Based Physical Activity Program Action Tasks**

#### **Instructions:**

The action tasks below can be used to guide further individual self-study while watching the Howdy Health Programs session. If you are leading a group learning experience using this session, you may wish to facilitate the completion of this activity guide with a group discussion.

#### **Action Task: Navigate the Howdy Health website**

This action task will introduce you to the Howdy Health website page. This webpage contains educational content, program information and resources for implementation. Also, it will help you locate the Frequently Asked Questions and submit a Support Ticket. Please review and become familiar with the various questions and answers. You may direct participants to this page or use the responses to address programmatic questions that you receive.

#### **Action Task: Register for a Howdy Health Account**

This action task allows you to test the registration process that program participants will do to create a Howdy Health account. You may also use this account to manage or participate in a Howdy Health program.

Go to: <https://howdyhealth.org/programs/howdy-health-registration>

#### **Action Task: Program Visioning**

Describe the focus (or mission) of your Howdy Health program – what do you envision to achieve with your Howdy Health program?

**Start a vision for your program:** this can be a single statement, list of goals, or a short paragraph

### **Action Task: Program Task Force**

Create a mock (or real!) Howdy Health Task Force based on any selected Howdy Health program. Create this list with the idea that this is who you will reach out to when you begin to implement the selected program.

List the individual(s) or organization(s) that will comprise of your task force. For example, one task force member could be from the Health Department or a City Official. Be specific.

**Community Team Example:** these individuals represent organizations, agencies, and community support groups committed to implementing a Howdy Health program in your community

City / Government Contact: \_\_\_\_\_

Business and Industry Contact: \_\_\_\_\_

Civic Group Contact: \_\_\_\_\_

Community Recreation, Fitness, and Parks Contact: \_\_\_\_\_

Education Contact: \_\_\_\_\_

Faith-Based Setting Contact: \_\_\_\_\_

Healthcare Contact: \_\_\_\_\_

Mass Media Contact: \_\_\_\_\_

Public Health Contact: \_\_\_\_\_

Other: \_\_\_\_\_

**School Team Example:** these individuals represent a school audience committed to implementing a Howdy Health program in a school setting

Administrative Contact: \_\_\_\_\_

School Contact: \_\_\_\_\_

Parent / PTO / PTA Contact: \_\_\_\_\_

Teacher Contact: \_\_\_\_\_

Physical Education Contact: \_\_\_\_\_

Volunteer Coordinator: \_\_\_\_\_

Communications Coordinator: \_\_\_\_\_

Enforcement: \_\_\_\_\_

Nurse: \_\_\_\_\_

Other: \_\_\_\_\_