

WALK ACROSS TEXAS 2001 HIGHLIGHTS

Can you imagine walking from Lubbock to Brownsville over 124 times? Well, that is just what 111 teams from Bailey, Cochran, Hockley, Lubbock, Swisher Terry and Yoakum Counties did collectively. Walk Across Texas participants raced to increased exercise and improved health status.



Bailey County participants received t-shirts, water bottles, and certificates during the Walk Across Texas recognition celebration.

Walk Across Texas programs in District 2 counties included 28 educational programs reaching 455 (53% white, 5% Black, 42% Hispanic) in group methods, 101,205 in individual methods, 1,088 in newsletters and 37 trained volunteers reached 100,212. 111 teams walked 81,163 miles or each team walked 731 miles and each team member walked 91 miles. Seven of the 20 counties reporting included Lubbock, Swisher, Terry, Cochran, Hockley, Bailey and Yoakum.

Swisher County reported: Of the 20 participants completing the “wrap-up” evaluation 60% (12) said they increased the amount of exercise they were already doing, 40% (8) increased the time they spent with their families, 25% (5) said WAT helped them motivate friends and family to walk, 25% (5) increased their energy, 25% (5) decreased the amount of time they spent sitting, 20% (4) said WAT got them started exercising, 20% (2) said WAT helped them find a group to walk with, 20% (2) said WAT kept them going when they felt like quitting, 20% (2) said WAT helped them feel less stressed. Overall, participants in the WAT program gained increased health benefits due to their participation in a regular exercise program.