



# WALK ACROSS TENNESSEE

## Walk Across Tennessee - February/March

Join UT Extension Anderson County 4-H as we take **steps** to make healthier choices and increase physical activity. Through small changes in our lifestyle choices, we can create a healthier standard of living and set an example for others in the community and in our schools. The program is simple and **FREE!**

Each person will keep track of how many miles they walk each week and report those miles every Monday to see who can walk the most miles in the 4-week program. So put on your walking shoes and prepare to join us in making healthier choices from March 1<sup>st</sup> to March 29<sup>th</sup>.

You will also earn 1 point for registering, and an additional point for each week that you report your total miles. **Registration MUST be received by February 22<sup>nd</sup>** if you want to participate.

### Here are the steps to begin:



1. Complete a registration form:  
<https://tiny.utk.edu/WATRegistration4H>
2. Walk and keep track of how many miles that you walk each week.
3. Active beyond walking? Use the conversion chart to know how many miles to count for that activity.  
<http://walkacrosstn.org/mileage-calculator/>
4. Add up all of your miles for the week and report your total for each week on Monday by 5 p.m.:
  - March 8, March 15, March 22, March 29
  - Report miles here:  
<https://tiny.utk.edu/WATWeeklyReport>
5. At the end of 4 weeks, 1st - 3rd place prizes will be awarded to the participants who walk the most miles in each of the three grade divisions: Junior (4th-5th), Jr High (6th-8th), and Senior High (9th-12th).