

TENNESSEE *Shapes UP*

**WALK
ACROSS
TENNESSEE**

**Join This
Walking
Program!**



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What Is Walk Across Tennessee?

- Eight-week walking program
- Friendly competition to see which team can log the most miles
- Miles posted on a Tennessee map at your county University of Tennessee Extension office
- Teams who walk the farthest “across Tennessee” will win
- All teams will take home a healthy habit — walking for health

Why Join This Walking Program?

- Get fit
- Lose weight
- Meet new people
- Develop the walking habit
- Have fun

Why Walk?

- Over 60 percent of adult Tennesseans are overweight or obese
- Lack of physical activity is a major reason why children, teens and adults are overweight
- Simple, inexpensive way to move more

Moving More Helps Your Health

- Keeps you at a healthy weight
- Improves your mood and your ability to cope with stress
- Helps you sleep better
- Strengthens your immune system to fight infections
- Increases your flexibility to reduce falls
- Slows down signs of aging

Moving More Fights Chronic Diseases

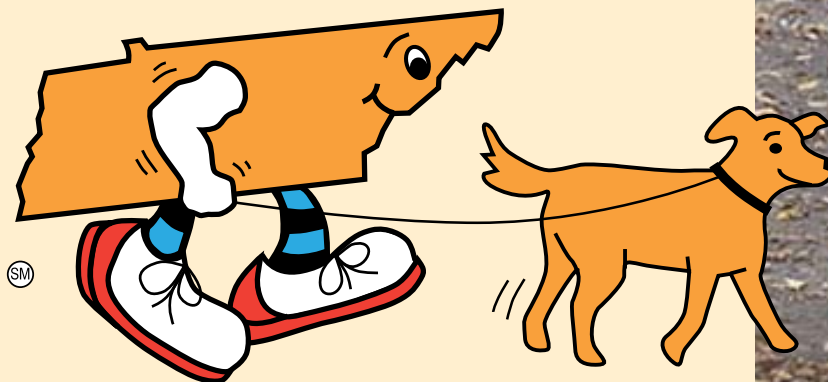
- Arthritis — strengthens muscles around the joints
- Cancer — helps to protect you against some cancers
- Diabetes — improves blood sugar control
- Heart disease — lowers blood pressure and blood cholesterol
- Osteoporosis — helps to strengthen and build bones
- Overweight or obesity — drop pounds and keep them off

Who Can Join?

- Anyone can join this walking program
- Form teams of neighbors
- Form teams of friends
- Form a family team
- Form teams at schools, senior centers, worksites, churches, fitness and recreational centers, assisted living facilities, hospitals, and health departments

Learn More About Health and Nutrition

If you would like to learn more about health and nutrition, ask your county University of Tennessee Extension office about incorporating “Health Breaks” into your team’s activities. This series of mini-lessons with handouts covers a range of topics including nutrition, weight loss, and prevention and management of chronic diseases. A “Health Breaks for Youth” series, which deals with nutrition and health issues important to children and teens, is also available.



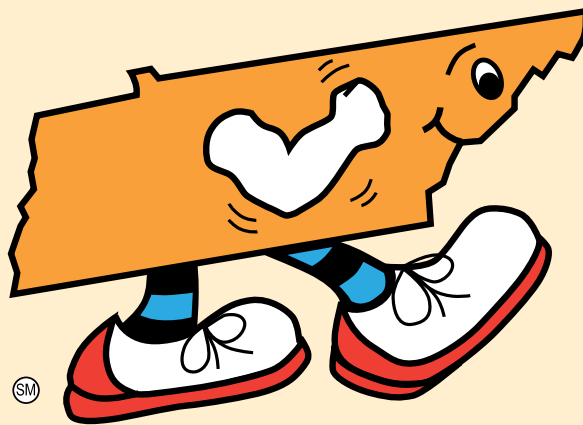
How Can You Join a Walk Across Tennessee Program?

Contact your county University of Tennessee Extension office to learn more about this program in your county.

Walk Across Tennessee is part of the Tennessee Shapes Up Initiative. If you want more information about what you can do to maintain a healthy weight, contact your county Extension office to learn more about the Tennessee Shapes Up program.

Learn more about moving more by visiting the Walk Across Tennessee Web site.

<http://walkacrosstn.tennessee.edu/>



Visit the UT Family and Consumer Sciences Web site at
<http://fcs.tennessee.edu>

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