What is Walk Across Tennessee?
Walk Across Tennessee is a team-based walking program. The teams of eight people are encouraged to accumulate walking miles to virtually travel the distance across Tennessee (about 500 miles) over an eight-week period. The number of persons in each team and the duration of the program can be less.

Team members do not have to walk together. Some may prefer to walk, while others bike, swim, garden or do other types of physical activity.

Why Join Walk Across Tennessee?
- Get fit.
- Lose weight.
- Develop the walking habit.
- Have fun.
- Meet new people.

Moving More Helps Your Health
- Keeps you at a healthy weight.
- Reduces your risk of several health conditions, including:
  - Heart disease
  - Stroke
  - Type 2 diabetes
  - Some cancers
  - Arthritis
- Prevents falls.
- Improves your mood.
- Boosts your energy.
- Helps you sleep better.

Looking for a fun way to motivate your employees, church members, county residents or students to become physically active? Maybe you are looking for a way to help motivate yourself to become more physically active.

Whatever your needs are, Walk Across Tennessee can provide the support and fun needed to get people moving!

Who Can Join?
- Anyone can join this walking program.
- Form teams of neighbors, friends or a family team.
- Form teams at school, senior centers, worksites, churches, fitness and recreational centers, assisted living facilities, hospitals and health departments.
Physical Activity in Tennessee

Only 47 percent of adults achieve physical activity guidelines for aerobic activity in Tennessee.


How Can You Join a Walk Across Tennessee program?
Contact your county University of Tennessee Extension office to learn more about this program.

Meet New People!
Spend great time with your family!
Get fit!

For local information on Walk Across Tennessee, contact:

Visit the following websites for more information on physical activity:
Walk Across Tennessee website: walkacrosstn.org
Centers for Disease Control and Prevention: cdc.gov/physicalactivity

This publication was adapted from a publication written by Barbara (Bobbi) Clarke (SP638)