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## **MEDIA ADVISORY**

### **FOR IMMEDIATE RELEASE**

**Thursday, Oct. 2, 2014**

## **HIDALGO COUNTY EMPLOYEES PARTICIPATE IN WALK ACROSS TEXAS CHALLENGE**

**Edinburg** – Improved health and fitness are the goals behind the Walk Across Texas Challenge. Hidalgo County employees will hold a **Walk Across Texas Kick Off Rally on Saturday, October 4, 2014 at 9 a.m. at the NW corner of McIntyre and N. 10<sup>th</sup> Ave. in Edinburg.** Hidalgo County Human Services, along with Texas A&M Agrilife Extension, are encouraging employees and their families to take part in this comprehensive wellness program that focuses on preventive health and lifestyle modifications.

Walk Across Texas is a FREE, eight week program designed to help Texans establish the habit of regular physical activity. Since 1996, thousands of Texans have participated in Walk Across Texas. The challenge is to create a team of eight and walk the length of the State of Texas, which is 832 miles from the southern tip to the northern tip, in eight weeks.

The challenge aims to motivate employees to focus on key health behaviors such as increasing physical activity, improving eating habits, and reducing stress; these key changes can prevent or lower the risk of serious health conditions later in life. Similarly, adopting healthy habits can help those with an existing health condition manage their health better. Employers can also benefit from worksite wellness programs. According to recent research, employers' benefits include:

- Enhanced recruitment and retention of healthy employees
- Reduced healthcare costs
- Decreased rates of illness and injuries
- Reduced employee absenteeism
- Improved employee relations and morale
- Increased productivity

In our first challenge, as a county, the seven teams that participated walked 12,739 miles. The winning team walked 3,168 miles and the most miles walked by an individual was 645 miles. For our second challenge, we have 33 registered teams.

We invite the media to attend this event.

### **DETAILS**

What: Walk Across Texas Kick Off Rally  
When: Saturday, October 4, 2014 at 9 a.m.  
Where: NW Corner of McIntyre and N. 10<sup>th</sup> Ave., Edinburg, TX 78539

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## **Hidalgo County Commissioners' Court**

**Ramon Garcia**  
*County Judge*

**A. C. Cuellar, Jr.**  
*Commissioner, Precinct 1*

**Hector "Tito" Palacios**  
*Commissioner, Precinct 2*

**Joe M. Flores**  
*Commissioner, Precinct 3*

**Joseph Palacios**  
*Commissioner, Precinct 4*

## **OFFICE OF HIDALGO COUNTY JUDGE RAMON GARCIA**

**Public Affairs Division**  
*Julia Benitez Sullivan*  
*Director*

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