

# TEXAS WALKS

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## RALLY YOUR FELLOW TEXANS TO GET INVOLVED.

Subject: Get Ready for Texas Walks !

Hey there!

I'm a big fan of the nonprofit IT'S TIME TEXAS. On November 8th, I'll be participating in their statewide Texas Walks campaign to help raise awareness about the benefits of walking. I'd love for you to join me.

The idea is simple. Wherever we are, whoever we're with, we drop what we're doing and walk together for 10 minutes at 10am. By participating, we'll be taking steps toward leading healthier lives and building healthier communities.

I'll be walking with [**FILL IN THE DETAILS:** ex. "in my neighborhood with my family" or "with my colleagues at work"]. It would be great to know that you are walking, too.

To learn more about the campaign, visit [itstimetexas.org/texaswalks](http://itstimetexas.org/texaswalks). You can register as an individual or create a team to host a walking event in your neighborhood, workplace, or school. To help raise awareness, people are asked to share photos from their walk with the hashtag #texaswalks.

It's free to participate. All you need to do is make the pledge to walk. Wherever you choose to walk on November 8, thousands of other Texans will be walking with you.

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**TEXAS IS  
BEST WHEN  
TEXANS ARE  
HEALTHY**



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