

I wish to participate voluntarily in the Walk Across Tennessee physical activity for the purpose of personal fitness. I understand that I should have medical approval from my health care professional if I have:

- chronic health problems like heart diseases or diabetes
- pain in the heart/or chest area a bone or joint condition like arthritis, that could be worsened by the physical activity
- been told by a doctor I have high blood pressure
- Any physical conditions or problems that might require special attention during physical activity
- If I am a man over 45 or a woman over 50 and not accustomed to vigorous exercise

I agree to accept full responsibility for any injuries I may sustain while participating in this program.

I also understand that Walk Across Tennessee mileage only includes designated exercise time. I will only calculate my mileage during my active exercise time. I also agree to follow the rules included in the Team Captain packet and realize I can be disqualified from the contest if they are not followed.

Signature

Date

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.
University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

WAT Dates to Remember

Monday, March 30, 2026
~~ WAT Kick Off
6:00 PM at Green Brook Park
(Smithville)

Monday, March 30th ~ Start exercising

Sunday, May 24th ~Last Day exercise

Monday, May 25th ~Team captains turn in final mileage to Mykaela Young

Saturday, May 30th ~ Awards, 1:00pm
Greenbrook Park (Call (615-597-4945), fax (615-597-1421), or email to myoung94@utk.edu)

722 S. Congress Blvd.
Smithville, TN 37166

Phone: 615-597-4945
Fax: 615-597-1421



In partnership with Saint Thomas Health

Walk Across Tennessee

WIN PRIZES!



March 30- May 24
<http://dekalb.tennessee.edu>



WALK *Across* Tennessee



Walk Across Tennessee can give you, your friends, co-workers, family etc. the jump start you need to healthier living. Competition also gets motivation going too.

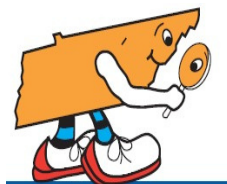
For eight weeks, teams of up to eight will work together to walk the 500 miles it would take to walk all the way across Tennessee. Other types of exercise are encouraged also. An exercise conversion chart is included in the registration packet. Whatever exercise you choose, it must be intentional exercise (not just wearing a pedometer all day) and get your heart rate up for at least 15—20 minutes. The team to log the most miles will win a rotating trophy and other prizes! There will also be team prizes for weekly challenges.

Please turn in this registration form on or before March 30th to your team captain.

Team totals will be posted each week via email and the Walk Across Tennessee DeKalb Facebook page.

What to expect!

- Stronger Legs & More Toned Arms
- Lower Blood Pressure
- Calmer Attitude & Happier Days
- More Energy
- Enjoying Quality Time By Yourself Or With A Walking Buddy
- Raised Metabolism
- Lessened Junk Food Cravings
- Muscle Gain & Shaping Up!



Pre-Walk Info.

Individual Registration Form

Name: _____

Team: _____

Address: _____

Phone Number _____

Age _____ Gender _____

Kick-off will be held at Green Brook Park on **Monday, March 30, 6:00 PM**. A captain should be chosen for each team. Team captains, please turn in this registration form for each team member before or at the Kick off.

Attendance is not required, but encouraged. Please give your form to your team captain who will turn this in. Don't forget to join the Walk Across Tennes- see DeKalb County Facebook Page.



Kick-off will be held at
Green Brook Park in Smithville
on
Monday, April 14
at
6:00pm