

**Brazos County Walk Across Texas 2026****Proclamation**

- WHEREAS** It is never too late to start an active lifestyle. No matter one's age, current fitness level, or length of inactivity, research consistently shows that beginning a more active lifestyle through regular, moderate physical activity can improve overall health and quality of life; and
- WHEREAS** Regular physical activity reduces the risk of coronary heart disease, the nation's leading cause of death, and lowers the risk of stroke, type 2 diabetes, certain cancers, and high blood pressure; and
- WHEREAS** Regular physical activity helps control weight; strengthens bones, muscles, and joints; improves mental well-being by reducing symptoms of anxiety and depression; and is associated with fewer hospitalizations, physician visits, and medications; and
- WHEREAS** People of all ages benefit from participating in regular physical activity, such as at least 30 minutes of brisk walking on most days of the week; and
- WHEREAS** *Walk Across Texas* is an eight-week physical activity program designed to increase physical activity levels through friendly competition, goal setting, and group support, encouraging both adults and youth to build lifelong healthy habits;

**NOW THEREFORE BE IT PROCLAIMED** that I **Kyle Kacal**, Acting Brazos County Judge do hereby **proclaim January 24 to March 20, 2026** as eight weeks of fun and fitness and urge all Brazos County citizens to participate in **Walk Across Texas** and increase their physical activity for improved health and well-being.

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Acting County Judge

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Commissioner Precinct 1

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Commissioner Precinct 2

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Commissioner Precinct 3

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Commissioner Precinct 4

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Date

