Dear Walk Across Arkansas Participant:

Welcome to Walk Across Arkansas (WAA)! We are excited to offer this program which helps Arkansans reach their exercise goals. Thank you for your support of this program.

As you know, WAA is completely online. We encourage you to utilize this format if you have access to a computer. However, all copies of forms are provided for your convenience. Your Team Captain will be happy to help you. If you are using the computer yourself, this is what you will need to do:

**Action Step 1:**
**Complete the Individual Registration Form**

- Go to the website: [www.uaex.edu](http://www.uaex.edu)
- Scroll down until you see the WAA logo and select it.
- OR go here [http://www.arfamilies.org/health_nutrition/walkacrossar/](http://www.arfamilies.org/health_nutrition/walkacrossar/)
- On the right you will see the WAA logo.
- Once you select the logo you will be taken to the WAA Home Page.
- Click on Individual Registration
- **Screen 1:** Select your county from the pull down menu.
- Select “next”.
- **Screen 2:** Your county name should pop up. Select your team name from the pull down menu. Fill in your first and last name in the appropriate fields.
- Select “Next”.
- **Screen 3:** You will fill in all the fields. Submit the registration and you should get a screen that says “Thank you. Your registration is complete”
- Once your registration is complete, your information is in the database and you will be ready to enter your minutes.
- As a captain, you can enter your team’s individual registration from paper forms they have submitted to you, or they can do it themselves.
Action Step 2: Filling in minutes

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- OR go here http://www.arfamilies.org/health_nutrition/walkacrossar/
- On the right you will see the WAA logo.
- Once you select the logo you will be taken to the WAA Home Page.
- Click on Enter your minutes
- **Screen 1**: Select your county from the pull down menu.
- Select “next”.
- **Screen 2**: Your team name should be listed. Select your team name.
- **Screen 3**: Select your name.
- **Screen 4**: Enter your minutes and remember to click “Update”

Don’t forget!!! At the end of WAA (May 5, 2013) please complete the wrap-up form. Wrap-up forms can be found on the WAA Homepage or you can get a hard copy version from your team captain.

This is important to us because we’d like to brag on you, your team and your county to our federal partners at how motivated Arkansans are to get healthy! It is also important to us because your comments help us improve the program. For example, because of previous team members’ comments we now have a two-sided newsletter that features both health and nutrition. We can’t do it without you – the entire program is a group effort. The deadline to complete wrap-up forms will be May 17, 2013!

*Thank you for your support of the Walk Across Arkansas Program!*
Other items of interest for team members

It is always exciting to start a new exercise activity. Slowly but surely, however, you may lose your motivation to continue on with the program. Look to your team captain and the other team members for motivation and inspiration! And remember, each week you will have access to a new Health Breaks newsletter. This newsletter provides information on health and a power food each week. Don’t forget to check out our blog: walkacrossarkansas.wordpress.com It will go live closer to the start date of the program.

Don’t forget!!! Fill in your minutes each week! You may either go online or call your team captain to enter them for you. One suggestion is to place your minute log on your refrigerator so you can see it regularly and remember to enter it easily.

Don’t forget!!! At the end of WAA (May 5, 2013) please complete the wrap-up form. Wrap-up are on the WAA Home Page, or you can get a hard copy version from your team captain. This is so important to us because we’d like to brag on you, your team and your county to our federal partners at how motivated Arkansans are to get healthy! It is also important to us because your comments help us improve the program. For example, because of previous team members’ comments we now have a two-sided newsletter that features both health and nutrition. We can’t do it without you – the entire program is a group effort. The deadline to complete wrap-up forms will be May 17, 2013!

Thank you for supporting the Walk Across Arkansas program!