



# WOOF ACROSS TEXAS

AN 8 WEEK WALKING CHALLENGE FOR TWO AND FOUR LEGGED FRIENDS!

## Information Included in this packet:

Registration Dates

Group Walk Dates, Times and Locations

Frequently Asked Questions

Walking Tracker (for exercise outside of the Senior Center)

Exercise Conversion Charts

Waxahachie Senior Center Class Conversion Charts

## **Waxahachie Senior Center**

**Team Name: Seniors in Motion**

**Team Captain: Linda DeFrank**

### **Register for the Waxahachie Senior Center Team at:**

The Waxahachie Senior Center in the Foyer

March 28th from 9 am - 1 pm

April 4 from 9 am - 1 pm

April 5 from 9 am - 1 pm

Document your exercise from April 5 through May 31 at the table at the senior center and compete for prizes in the following categories:

Most Miles Walked and First Team to 832 Miles\*

\* First Team to 832 Miles is a County Wide Competition



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WAXAHACHIE  
ANIMAL SERVICES

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## Group Walk Locations

Date	Location
April 5, 2023 6 pm	<b>Getzendaner Park</b> 400 S Grand Ave, Waxahachie, TX 75165 <b>Kick Off Party!</b>
April 12, 2023 6 pm	<b>Waxahachie Senior Center</b> 122 Park Hills Drive, Waxahachie, TX 75165
April 19, 2023 6 pm	<b>Brown Singleton Park</b> 847 Farley St, Waxahachie, TX 75165
April 26, 2023 6 pm	<b>Chapman Park</b> 1805 Alexander Dr, Waxahachie, TX 75165
May 3, 2023 6 pm	<b>Getzendaner Park</b> 400 S Grand Ave, Waxahachie, TX 75165 <b>Mid-Way Party!</b>
May 10, 2023 6 pm	<b>Waxahachie Senior Center</b> 122 Park Hills Drive, Waxahachie, TX 75165
May 16, 2023 6 pm	<b>Brown Singleton Park</b> 847 Farley St, Waxahachie, TX 75165
May 23, 2023 6 pm	<b>Chapman Park</b> 1805 Alexander Dr, Waxahachie, TX 75165
May 31, 2023 6 pm	<b>Wags-a-Hachie Dog Park</b> 701 Howard Rd, Waxahachie, TX 75165 <b>Wrap Up Celebration!</b>



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## Frequently Asked Questions

### 1. Why is this called "Woof Across Texas" instead of "Walk Across Texas?"

"Woof Across Texas" is just a fun variation of "Walk Across Texas!" You don't have to have to have a dog to participate but if you have one and feel comfortable walking with them of course that's acceptable too!

### 2. Why are we walking with dogs?

While you don't have to walk with a dog, we will have adoptable dogs during our weekly walks to help them get out of the shelter, continue to be socialized and get some exercise. There are many benefits to walking with dogs that have been highlighted in scientific studies. These include more subjective happiness and less perceived stress, and more frequent daily walks; additionally, for dogs, they reported a lower frequency of aggressive and fearful behaviors and higher trainability scores.

### 3. Do you want us to adopt shelter dogs?

The dogs that Waxahachie Animal Services are bringing will be available for adoption. However, you are not obligated to adopt these dogs at all. It's simply to get them out of the shelter, getting exercise and helping them continue to be socialized. However, if you would like to adopt one of the dogs who participate on the walks with us you can do that by calling Waxahachie Animal Services at (469) 309-4150 or [waxahachienaimalservices@waxahachiepd.org](mailto:waxahachienaimalservices@waxahachiepd.org)

### 4. Can I walk without a dog?

You can definitely walk without a dog. While it is called "Woof Across Texas" it's simply to draw attention to the fact that we're really spotlighting Waxahachie Animal Service's dogs and the benefits of walking with a dog if you have one.

### 5. What if I can't walk well?

Our weekly walks are not required to participate in Woof Across Texas! Any exercise, any time can be converted to mileage! If walking is difficult for you, you can count chair yoga, resistance training, weight lifting and a lot of other other exercises! We've got a handy conversion chart that you can use to help figure out how many miles you've exercised during your day!

### 6. Can I include the exercises I do that are not walking?

You definitely can! We have a conversion chart that will help you estimate how many miles you should report!









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Exercise	Time Spend to Equal 1 Mile or 2,000 Steps
Aerobics (low impact)	16 minutes
Aerobics (moderate impact)	13 minutes
Basketball/Volleyball/Football	20 minutes
Bicycling (leisurely)	20 minutes
Dancing	15 minutes
Elliptical	10 minutes
Pilates	20 minutes
Resistance Training	27 minutes
Rowing Machine	13 minutes

Exercise	Time Spend to Equal 1 Mile or 2,000 Steps
Stationary Bike (light)	16 minutes
Stationary Bike (moderate)	11 minutes
Stationary Bike (vigorous)	8 minutes
Stretching	3 hours 33 minutes
Swimming (leisure)	15 minutes
Tai Chi	2 hours 50 Minutes
Pickleball/Tennis/Handball	10 minutes
Walking	20 minutes
Yoga	40 minutes



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Exercise Class	Time Spend to Equal 1 Mile or 2,000 Steps
Zumba Gold	16 minutes
Stretch and Flex	1 hour = 1/3 mile
Healthy Bones	27 minutes
Chair Zumba	25 minutes
Beginning Line Dancing	15 minutes
Pickleball	10 minutes
Standing Pilates	20 minutes

Exercise Class	Time Spend to Equal 1 Mile or 2,000 Steps
Yoga	40 minutes
Tai Chi	1 hour = 1/2 mile
Chair Yoga	40 minutes
Fall and Balance	27 minutes
Weight Training	27 minutes
Intermediate Line Dancing	15 minutes
Zumba Toning	15 minutes

If you have questions about any other exercise program at the senior center, reach out to Linda DeFrank (Fall and Balance instructor) or Danae Hicks County Extension Agent, 972-825-5175

We'd be happy to help you find out what your conversion should be!



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