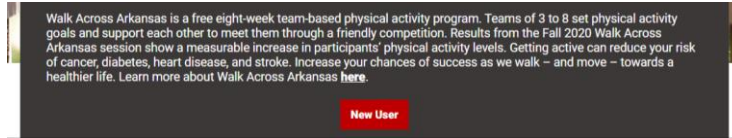


Video: <https://uada.hosted.panopto.com/Panopto/Pages/Viewer.aspx?id=8d8fd1b9-87ab-4c24-b000-ad7f00e07bd7>

1.) On the [Walk Across Arkansas](#) home page, click [New User](#).



2.) Fill out the registration form sections: Tell Us How to Reach You and Tell Us About Yourself and Your Goals

Tell Us How to Reach You

First Name: Last Name: Email:

Address Line 1: Address Line 2: City:

State: Zip: County:

Phone: Mobile:

During the past month, which statement best describes the kinds of physical activity you usually did? Do not include the time you spent working at a job. Please read all six statements before selecting one.

Activity:

I did not do much physical activity. I mostly did things like watching television, reading, playing cards, or playing computer games. Only occasionally, no more than once or twice a month, did I do anything more active such as going for a walk or playing tennis.

Once or twice a week, I did light activities such as getting outdoors on the weekends for an easy walk or stroll. Or once or twice a week, I did chores around the house such as sweeping floors or vacuuming.

About three times a week, I did moderate activities such as brisk walking, swimming, or riding a bike for about 15–20 minutes each time. Or about once a week, I did moderately difficult chores such as raking or mowing the lawn for about 45–60 minutes. Or about once a week, I played sports such as softball, basketball, or soccer for about 45–60 minutes.

Almost daily, that is five or more times a week, I did moderate activities such as brisk walking, swimming, or riding a bike for 30 minutes or more each time. Or about once a week, I did moderately difficult chores or played sports for 2 hours or more.

About three times a week, I did vigorous activities such as running or riding hard on a bike for 30 minutes or more each time.

Almost daily, that is five or more times a week, I did vigorous activities such as running or riding hard on a bike for 30 minutes or more each time.

Do any of the following apply to you? (Please select all that apply)

Health:

I have chronic health problems such as heart disease or diabetes

I have been told by a doctor that I have high blood pressure

I have pains in my heart and/or chest area

I have physical conditions or problems that might require special attention in an exercise program

I feel dizzy or have spells of severe dizziness

I have a bone or joint condition, like arthritis, that might worsen by an exercise not accustomed to a vigorous exercise program

I am a male over 45 or a female over 50

For your safety, if any of the conditions above apply to you, please seek medical approval from your healthcare professional before participating in Walk Across Arkansas.

Tell Us About Yourself and Your Goals

Age: 18 and under 19-29 30-39 40-49 50-59 60-69 70-79 80-89 90+

Race: Gender: Are you an Extension employee?

Are you an EHC member? Are you a 4-H member/volunteer?

Check below to receive email, newsletter, and/or SMS text messages

I would like to receive newsletters

I would like to receive email notifications

I would like to receive SMS notifications

By selecting to receive email, newsletter, and/or SMS text messages, you are consenting to the UADA sending you notifications about the Walk Across Arkansas program, according to our [Privacy Statement](#).

How did you find out about this event?

Employee: Friend: Social:

Website: Other:

Please set a goal of minutes of walking (or other exercise) per week.

Goal Minutes

1

National guidelines recommend 150 minutes of moderate intensity physical activity per week for adults (or 300 minutes for greater health benefits) and 420 minutes for youth.

3.) Last follow the prompt to Create your account by creating a username and password. When finished, click submit. You will be redirected to a log in page and be able to use the information you created to login.

Create Your Account

Required. 150 characters or fewer. Letters, digits and @/./+/-/_ only.

Your password can't be too similar to your other personal information.
Your password must contain at least 8 characters.
Your password can't be a commonly used password.
Your password can't be entirely numeric.

Username:
Password:
Password confirmation:

Submit