

North Texas Men Confront a Powerful Question About the Time They Have Left

In the Huddle with Chris Howell returns after seven years, challenging men to take action on their health, finances and legacy.

DALLAS, TX, UNITED STATES, August 24, 2026 /EINPresswire.com/ -- A simple paper ruler changed the way a room of North Texas men thought about their health, finances and legacy Saturday.

At the opening of *In the Huddle with Chris Howell: Stay in the Game*, presented by the [Chris Howell Foundation](#) in partnership with [Methodist Southwest Medical Center](#),

each man received a paper ruler representing a 100-year life and was asked to tear it at his current age. What remained represented the years potentially still ahead.



Chris Howell leads North Texas men through a 100-year ruler exercise during *In the Huddle: Stay in the Game*, challenging participants to consider how they will use the time they have left.

That visual became a reference point throughout the morning as physicians, financial

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professionals, business leaders and attendees explored decisions that can determine not only how men live, but how well they live and what they leave behind.

“You can say that time is limited, but it's different when you're physically holding what could represent the years you have left,” said Chris Howell, founder of *In the Huddle* and founder and CEO of the Chris Howell Foundation.

“Throughout the morning, men kept coming back to that piece of paper as we talked about their health, finances

and legacy. The question became: What are you going to do with the time that's still in your hand?”

First launched in 2018 and last held in 2019, *In the Huddle* returned August 22 with candid conversations about preventive health, financial wellness, identity, responsibility and legacy.

Physicians and healthcare professionals from Methodist Southwest Medical Center discussed knowing key health numbers, prostate and colorectal health, mental wellness, sleep and the importance of establishing a relationship with a physician before a health concern becomes a crisis. Men also received blood pressure screenings, and three attendees scheduled physician appointments before leaving the Huddle.

"Be screened, be seen," said Michael Stewart, President of Methodist Southwest Medical Center, reinforcing the hospital's message to men that preventive care begins with taking action.

The program also featured a financial wellness conversation focused on building and protecting wealth, along with a fireside conversation between Howell and former NFL player and entrepreneur Jeff Allen exploring identity, transition, marriage, fatherhood, leadership and the question: Who are you becoming?

"Men are really good at showing up for everybody else," Howell said. "In the Huddle isn't built on the idea that every man is struggling. It's built on the reality that every man has a next decision to make."

Saturday's gathering was presented by the Chris Howell Foundation in partnership with Methodist Southwest Medical Center, with support from H-E-B, Ray Orr Enterprises and Frost Bank.

"You may not control how much time is left on the ruler, but you can control what you do with the time that's left," Howell said. "You don't have to fix everything tomorrow. But while there's still time on that ruler, you can take the next step."

MEDIA ASSETS: High-resolution event photography and B-roll are available, including the ruler exercise, health screenings, physician conversation, Jeff Allen fireside conversation and attendee engagement: [August 22 Media](#)

Chris Howell
Chris Howell Communications, LLC
+1 817-723-1374
[email us here](#)

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