

TEXAS A&M AGRI LIFE EXTENSION

WALK ACROSS TEXAS!



Important Dates to Remember

Program Dates: March 11 – May 5

Mar 11START OF WAT – Mar 11 – First Day

Mar 18..... Week 1 Miles Deadline (March 11-17)

Mar 25..... Week 2 Miles Deadline (March 18-24)

Apr 1..... Week 3 Miles Deadline (March 25-31)

Apr 8 Week 4 Miles Deadline (April 1-7)

Apr 15 Week 5 Miles Deadline (April 8-14) *Apr 8 - MID POINT*

Apr 22 Week 6 Miles Deadline (April 15-21)

Apr 29 Week 7 Miles Deadline (April 22-28)

May 5 END OF WAT – May 5 – Last Day

May 6 Week 8 Miles Deadline (Apr 29-May 6)

May 10 Miles & Wrap-up surveys deadline

Welcome

We are excited to have you as a participant of Walk Across Texas (WAT). We look forward to seeing your progress to our goal of 833 miles.

Welcome to Walk Across Texas 2024!

Dear Participants,

Welcome to Walk Across Texas 2024! We are thrilled to have you join us on this exciting journey towards a healthier, more active lifestyle. Over the next eight weeks, we'll embark on a fun-filled adventure as we commit to getting moving and making strides towards better health together.

Whether you're a seasoned walker or just starting out, Walk Across Texas is designed to meet you where you are and help you achieve your fitness goals. Through regular physical activity, we'll not only improve our physical health but also boost our mood, reduce stress, and enhance our overall well-being.

To kick things off, I encourage you to take a moment to set some personal goals for the program. Whether it's increasing your daily step count, exploring new walking routes, or simply making time for regular exercise, setting achievable goals will help keep you motivated and focused throughout the program.

Below you'll find our weekly walking schedule. This schedule will serve as a guide as we progress through the program, offering suggestions for how you can incorporate walking into your daily routine. Feel free to adjust the schedule to better fit your lifestyle and preferences, but remember, consistency is key!

Throughout the program, we'll also be providing tips, resources, and encouragement to help you stay on track and make the most of your Walk Across Texas experience. Additionally, we'll have opportunities for group walks, virtual check-ins, and other activities to keep you engaged and connected with your fellow participants.

I want to extend a heartfelt thank you for joining us on this journey towards better health. Together, we can achieve amazing things! So lace up those walking shoes, grab your water bottle, and let's get moving!

Wishing you all the best on your Walk Across Texas adventure!

Walk Across Texas Group Workout Schedule

- Goal 1: Getting Started**March 2, 2024 - Nature Walk Time: 9:00 am
- Goal 2: Increasing Intensity**.....March 11, 2024 - Health Day Walk Time: 11:00 am
- Goal 3: Building Endurance**March 20, 2024 - Virtual Walk..... Time: 6:00 pm
- March 27, 2024 - Virtual Walk..... Time: 12:00 noon
- Goal 4: Maintaining Momentum**.....April 3, 2024 - FBC National Walking Day..... Time: 2:00 pm
- Seabourne Creek Nature Park, 3831 HWY 36 S, Rosenberg, TX 77471
- April 10, 2024 - Virtual Walk Time: 12:00 noon

Leticia Hardy, MS

Texas A&M AgriLife Extension - Fort Bend County
CEA - Family & Community Health



Ready, Set, Walk!!!

Walking is one of the simplest ways to work out. It's a snap to get started. Just put one foot in front of the other. You can do it almost anywhere!

Walk at a brisk pace for 30 minutes or more on most days. Do it alone or with your team. Use Walk Across Texas as resource that motivates you to get active. All you need is a pair of walking shoes.

There are many great reasons to walk, but just think not only will it help your blood circulation, but your heart will get stronger, you'll lower your blood pressure, and your bones will get stronger. Walking also helps to ease stress, help you sleep better, and can boost your outlook on life.

If you have snapshots of your team in action, upcoming team or community fitness events, or stories please email them to Victoria Zwahr by Tuesday at 12:00 noon for newsletter purposes at victoria.zwahr@ag.tamu.edu

Shrimp & Broccoli Alfredo - *Makes 5 Servings*

Ingredients

(9 ounce) whole wheat angel hair pasta
1 pound small shrimp peeled
2 green onions chopped
3 garlic cloves minced
2 teaspoons olive oil
1/2 cup low sodium parmesan cheese grated
2 cups broccoli florets frozen or fresh
2 cups fresh cauliflower florets
1 cup skim milk
season to taste



Instructions

- Cook the pasta according to the package directions. Drain pasta using a colander over a bowl.
- Combine shrimp, onions, and garlic in a small bowl. Heat a large skillet over medium-high heat.
- Add olive oil, swirl to coat. Add shrimp mixture, and sauté for 4 minutes or until shrimp are done.
- Steam thawed broccoli in microwave for 1 minute or until cooked.
- Take cauliflower, half the Parmesan and place in a blender with the milk and blend until creamy.
- Pour into skillet with shrimp and cooked pasta and begin to heat on low-medium heat for 1 minute.
- Add pasta water to skillet if sauce is too thick.
- Add steamed broccoli to skillet and mix until well coated.
- Add salt and pepper to taste. Sprinkle with remaining Parmesan cheese.

Walk Across Texas!

Teams



- All About That Pace
- Are We There Yet
- Baby Got Track
- Beasley Turning Row Walkers
- Cirque du Sore Legs
- Crime Prevention Crew
- Dewey Deci-miles
- Engineering on the move
- Fiscally Fit
- Fort Bend Community Prevention Coalition
- Fort Bend County HHS Exec Team
- Fort Bend County HHS Leadership
- Fort Bend County Judge's Office
- GUO- Iotas
- Holley Hawk Parents Rule
- Michael Scott's Dunder-Mifflin Scranton
Meredith Palmer Memorial Celebrity Rabies
Awareness Fun Run Race For The Cure
(not an actual fun run race)
- Mighty Warriors
- New Kids on the Walk
- Order Keepers
- Pavement Steppers
- Pawz for Jesus
- Pre-K Allstars
- Running Objections
- Silver SpurS
- Social Girls
- Sugarlandwalkingwomen
- Sunny and Share
- Sweet Feet Walkers
- Tatter Tots
- The A Team
- The FBC Defeeters
- The Jay-P Walkers
- THE MISCHIEF MANAGERS
- The Red Hot Chili Steppers
- The Untouchables
- The Z Team
- Waist Watchers
- Wild and Crazy Lady Holley Hawks
- Will Walk for Tacos (and Margaritas)

If you have any members that haven't registered yet, please let them know it isn't too late to get registered. If there are any issues or questions please contact us at 281-342-3034.

Recipe Challenge



*Send us your
favorite healthy recipe!*

Healthy recipes will be showcased in the Weekly Newsletter. No limit on recipes submitted. Show us what you enjoy making.

Instructions:

- Take a photo of you with your cooked recipe dish (can just be dish if you do not want to be in the photo)
- Upload the recipe and the photo to the FBC Extension Website

<https://fortbend.agrilife.org/fch/physical-activity/walk-across-texas/>

For questions or more information please contact the office at 281-342-3034 or by email at:
Leticia Hardy—lvrolland@ag.tamu.edu or
Victoria Zwahr—victoria.zwahr@ag.tamu.edu

*The Challenge isn't just about submitting recipes,
it's about trying something new and sharing dishes you enjoy.*

Family & Community Health Department • Walk Across Texas Team
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