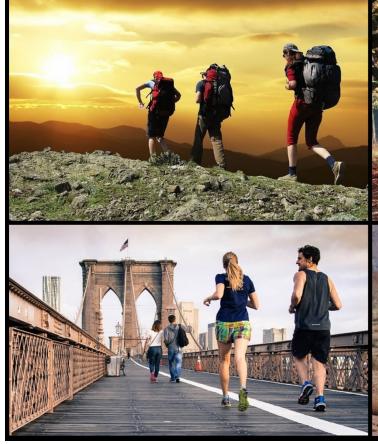
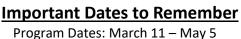


WALK ACROSS TEXAS!

Week 1 Review





Mar 11....... START 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



Inspirational Corner

SUCCESS is not final FAILURE is not fatal It is the COURAGE to CONTINUE that counts. -Winston Churchill W – Wow! 4758.52 Total Miles for Week 1!!! You ROCK Fort Bend County!

A - *Action!* Mishell Sparks with The Mischief Managers walked the most miles this week totaling 89.74 miles.

L - *Learn!* After participating in Walk Across Texas, you are doing great with your physical activity routine, but how are your nutrition efforts going? Maybe it's time to **Rethink Your Drink**. Find a healthy eating style that works for you by making small changes to your beverage choices. Limits - Drink and eat less sodium, saturated fats and added sugars:

- *Tips for Salt and Sodium:* Taste your food before you reach for the salt shaker. Spices and herbs are a great way to add extra flavor. Cook at home! Preparing your own food helps you decide the amount of salt used in your food.
- *Tips for Saturated Fats:* Trim visible fat from meat before cooking, or remove the skin from poultry to reduce saturated fat. Try a bean chili or roll up a tortilla with hummus and veggies for a low saturated fat meal.
- Tips for Added Sugars: Help kids learn about added sug-ars in foods. Read the ingredients and Nutrition Facts label and compare different foods together. Fruits can help you satisfy your sweet cravings. Make it fun with a fruit kabobs using bananas, apples, pears and orange sections.

K - Keep Up! Hey!! Let's get physical! and keep moving!





Don't forget to log your miles into <u>https://howdyhealth.tamu.edu/</u>.

You can back date miles if you accidently miss a day or two but there is a 10 day restriction, meaning you can only backdate up to 10 day from the current date. Contact the office if you have any questions.

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 MomentumApril 3, 2024 - FBC National Walking DayTime: 2:00 pm					
Seabourne Creek Nature Park, 3831 HWY 36 S, Rosenberg, TX 77471					
	April 10, 2024 - Virtual Walk	Time: 12:00 noon			

Other Walking Events you can attend:

Region 6 FBCE 3rd Annual Child Abuse Prevention Walk

Wednesday, April 17 10 am—1 pm (walk to begin at 11 am)

> Long Acres Ranch 2335 Richmond Parkway Richmond, Tx 77469

QR Code link: (liability form to be on the ranch premises) <u>https://waiver.smartwaiver.com/e/MrkHxVxZwoSpaRWoAjEk6d/</u>



EXTE	LIEE		DG your miles or wdyhealth.org/		W	llendar at a Gla eek 1: March 1 eek 2: March 1 eek 3: March 2	L1 - 17 L8 - 24	Week 4: Week 5: Week 6:	April 8 -	14 V		oril 22 - 28 oril 29 - May 6
	Sun	Mo	n	Tue	_	Wed		Thu	1	Fri	2	Sat
3		4	5		6		7		8		9	
10	Registration Deadline	11 Wee	k 1 12	Week 1	13	Week 1	14	Week 1	15	Week 1	16	Week 1
17	Week 1	18 Wee Dead Wk 11	line:	Week 2	20 R	Week 2 Deadline: ecipe Challenge	21	Week 2	22	Week 2 Newsletter 1	23	Week 2
24	Week 2	25 Weel Dead Wk 21	line:	Week 3	27 R	Week 3 Deadline: ecipe Challenge	28	Week 3	29	Week 3 Newsletter 2	30	Week 3
31	Week 3											

Remember, we have the calendar and additional resources on our website at <u>https://fortbend.agrilife.org/fch/physical-activity/walk-across-texas/</u>.

Chicken Tostadas with Pico de Gallo

Recipe submitted by Lea Deleon of WAT team: Sunny and Share.

Ingredients:

- 8 Tostada Shells (or corn tortillas)
- 3 Medium Tomatoes (diced)
- 4 Medium Avocados (diced)
- 3 tablespoons Red Onion (finely chopped)
- ¼ cup Cilantro (finely chopped)
- 1 teaspoon Ground Cumin
- 1 teaspoon Chili Powder
- ¾ teaspoon Salt
- 1 Lime (Juice of)
- 15 ounces cans Low Sodium Black Beans (drained and rinsed)
- 3 cups Chicken (shredded, like rotisserie or chicken breast)
- ¹/₂ cup Cotija Cheese (or feta, crumbled)
- Cooking Spray

Directions:

- 1. To Make Homemade Tostada Shells:
 - Preheat oven to 400 degrees F and line large baking sheet with parchment paper or silicone mat.
 - Arrange tortillas in a single layer, spray with cooking spray and sprinkle with salt on both sides.
 - Bake for 6 minutes and then flip and bake for another 6 minutes.
- 2. Prepare your toppings.
- 3. Make Guacamole Salsa.
 - Combine tomato, avocado, red onion, cilantro, cumin, chili powder, salt and lime juice.
- 4. To assemble tostadas, top each shell with guacamole salsa, beans, chicken and cheese.



Send us your favorite healthy recipe!

Instructions:

- Take a photo of you with your cooked recipe dish or just the dish to showcase.
- Send it to us with the recipe
 include your name and team
- Upload to the FBC Extension Website <u>https://fortbend.agrilife.org/fch/physical-activity/walk-across-texas/</u>

Recipes will be featured in our Weekly Newsletters!



Movers & Shakers Week 1

TOP 3 WEEKLY TEAMS

Engineering on the Move	366.17
The Jay-P Walkers	349.81
The Mischief Managers	309.25

TOP 5 WEEKLY WALKERS

MISHELL SPARKS	THE MISCHIEF MANAGERS	89.74
Michael Schaffer	Fort Bend County HHS Exec Team	75.58
Randy Villalobos	Crime Prevention Crew	74.59
David Schelnick	The Jay-P Walkers	71.12
Jennifer Eberlan	Engineering on the move	68.25



TOP 3 OVERALL TEAMS

The Texas A&M I Inive

TOP 5 OVERALL WALKERS

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ation, veteran status, sexual orientation, or gender identity

We are off to a GRIEATT START

Y-

Family & Community Health Department • Walk Across Texas TeamLeticia HardyVictoria ZwahrCounty Extension AgentProgram Coordinatorlvrolland@ag.tamu.eduvictoria.zwahr@ag.tamu.edu