

TEXAS A&M AGRI LIFE EXTENSION

WALK ACROSS TEXAS!

Week 1 Review



Important Dates to Remember

Program Dates: March 11 – May 5

Mar 11..... START OF WAT – Mar 11 – First Day

Mar 18Week 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 sugars 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!

WALK



Don't forget to log your miles into

<https://howdyhealth.tamu.edu/>.

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 StartedMarch 2, 2024 - Nature WalkTime: 9:00 am
- Goal 2: Increasing IntensityMarch 11, 2024 - Health Day WalkTime: 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 WalkTime: 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)
<https://waiver.smartwaiver.com/e/MrkHxVxZwoSpaRwoAjEk6d/>

PLEASE JOIN REGION 6 FBCE FOR OUR 3RD ANNUAL CHILD ABUSE PREVENTION WALK

WEDNESDAY, APRIL 17TH FROM 10AM-1PM
 THE WALK WILL BEGIN PROMPTLY AT 11AM

LONG ACRES RANCH
 2335 RICHMOND PARKWAY, RICHMOND, TX 77469



COMPLIMENTARY WATER AND SNACKS AVAILABLE AND COMMUNITY RESOURCE VENDORS WILL BE ON SITE

FOOD TRUCKS AVAILABLE TO PURCHASE FOOD ON YOUR OWN

WEAR YOUR BLUE SHIRTS AND BRING A LAWN CHAIR TO RELAX AND ENJOY MUSIC FROM DFPS'S OWN ADRIENN PIERCE

ALL PARTICIPANTS MUST COMPLETE A LIABILITY FORM BY MONDAY, APRIL 15TH TO BE ON THE RANCH PREMISES VIA THIS QR CODE:




 Remember to LOG your miles online: <https://howdyhealth.org/>


Calendar at a Glance:
 Week 1: March 11 - 17 Week 4: April 1 - 7 Week 7: April 22 - 28
 Week 2: March 18 - 24 Week 5: April 8 - 14 Week 8: April 29 - May 6
 Week 3: March 25 - 31 Week 6: April 15 - 21

MARCH

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 Registration Deadline | 11 Week 1  | 12 Week 1  | 13 Week 1  | 14 Week 1  | 15 Week 1  | 16 Week 1  |
| 17 Week 1  | 18 Week 2 Deadline: Wk 1 Miles | 19 Week 2 | 20 Week 2 Deadline: Recipe Challenge | 21 Week 2 | 22 Week 2 Newsletter 1 | 23 Week 2 |
| 24 Week 2 | 25 Week 3 Deadline: Wk 2 Miles | 26 Week 3 | 27 Week 3 Deadline: Recipe 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 <https://fortbend.agrilife.org/fch/physical-activity/walk-across-texas/>.

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)
- ½ 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.

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EXTENSION | WALK ACROSS TEXAS!

Recipe Challenge



Send us your favorite healthy recipe!

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

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

◆ 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 |

Overall Movers & Shakers



TOP 3 OVERALL TEAMS

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TOP 5 OVERALL WALKERS

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We are off to a GREAT START!

Family & Community Health Department • Walk Across Texas Team
 Leticia Hardy County Extension Agent lvrolland@ag.tamu.edu
 Victoria Zwahr Program Coordinator victoria.zwahr@ag.tamu.edu