

TEXAS A&M AGRI LIFE EXTENSION

WALK ACROSS TEXAS!

Week 2 Review



Important Dates to Remember

Program Dates: March 11 – May 5

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

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

Mar 25Week 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

The Strength of
The Team is Each
Individual Member.
The Strength of Each
Member is the Team.

-Phil Jackson

W – Wow! 5,938.61 total miles for week 2!!!

You Are Awesome Fort Bend County!

WALK

A - Action! Aerobic exercising improves blood circulation throughout the body. The cause and effect of the improvement is scientifically based. The **effects** of frequently doing aerobic exercises such as running or jogging **causes** the heart and blood vessels to be strengthened. When our heart and blood vessels are strengthened this causes our blood to filter through our bodies circulating oxygenated blood and filtering waste. This improves blood circulation overall.

L - Learn! You are doing an awesome job!

According to Huggins Hospital, those who have trouble with exercise due to arthritis, fractures, sprains or weight issues, often benefit from aquatic therapy. This unique form of physical therapy uses the buoyancy of water to prevent the stress on joints that more traditional exercise can cause. Water also provides resistance that helps build strength in weak or injured muscles, while the water's warmth increases blood flow to the damaged area, helping to speed healing. Utilizing a recreational pool to exercise will provide similar effects.

K - Keep Up! Hey!! Let's keep putting one foot in front of the other! Implement a new form of physical activity each day. Incorporate stair climbing, gardening, swimming, or house cleaning.



Don't forget to log your miles into

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

You can back date miles if you accidentally 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 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:



TEXAS A&M AGRILIFE EXTENSION  Remember to LOG your miles online: <https://howdyhealth.org/>

WALK ACROSS TEXAS!

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

| | 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  | | | | | | |

MARCH

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

Texas Two-Step Chicken

Recipe from <https://dinnertonight.tamu.edu/>



Ingredients:

- 4 boneless, skinless chicken breasts
- 3/4 cup salsa or picante sauce
- 1/2 cup light brown sugar packed
- 1 tablespoon dijon mustard
- 3 cup cooked brown rice

Directions:

1. Wash your hands and clean your cooking area.
2. Preheat oven to 400 degrees Fahrenheit.
3. Place chicken in 2-quart shallow baking dish.
4. Mix picante sauce, sugar, and mustard.
5. Pour over chicken.
6. Bake in oven for 20 minutes or until chicken reaches an internal temperature of 165 degrees Fahrenheit.
7. Serve chicken with rice.



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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 2

TOP 3 WEEKLY TEAMS

| | |
|-------------------------|--------|
| The Jay-P Walkers | 438.83 |
| Engineering on the move | 408.45 |
| The Mischief Managers | 388.69 |

TOP 5 WEEKLY WALKERS

| | | |
|------------------|-----------------------|--------|
| Lea DeLeon | Sunny and Share | 110.50 |
| David Schelnick | The Jay-P Walkers | 96.37 |
| Mishell Sparks | The Mischief Managers | 94.12 |
| Sylvia Martinez | The Jay-P Walkers | 92.92 |
| Michael Schaffer | FBC HHS Exec Team | 81.68 |

Overall Movers & Shakers



TOP 3 OVERALL TEAMS

| | |
|-------------------------|--------|
| 🏆 The Jay-P Walkers | 819.10 |
| Engineering on the move | 786.55 |
| The Mischief Managers | 715.46 |

TOP 5 OVERALL WALKERS

| | | |
|------------------|-----------------------|--------|
| 🏆 Lea DeLeon | Sunny and Share | 198.32 |
| Mishell Sparks | The Mischief Managers | 183.86 |
| David Schelnick | The Jay-P Walkers | 176.47 |
| Michael Schaffer | FBC HHS Exec Team | 157.26 |
| Sylvia Martinez | The Jay-P Walkers | 154.36 |

We are off to a GREAT START!

Family & Community Health Department • Walk Across Texas Team
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