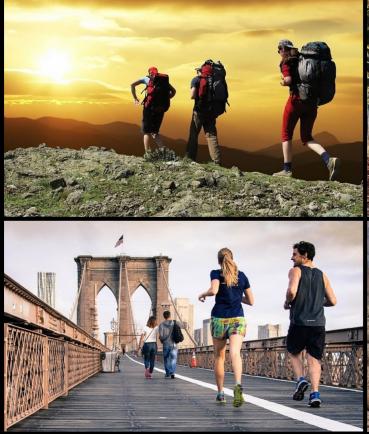


WALK ACROSS TEXAS!

Week 3 Review





Inspirational Corner

Important Dates to Remember

Program	Dates: N	. — Ividy 5	

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

Just believe in yourself. Even if you don't, pretend that you do & at some point you will.

~Venus Williams

W – Wonderful Achievement!

16,532.58 total miles with 4,783.39 from Week 3!!! Congratulations on this impressive accomplishment!

A - Active Lifestyle!

Engaging in aerobic exercises offers numerous health benefits by enhancing blood circulation throughout your body. These exercises, such as running or jogging, strengthen your heart and blood vessels, leading to improved overall blood circulation.

L - Learning Journey!

Aquatic therapy emerges as a beneficial option for individuals facing challenges with traditional exercises due to conditions like arthritis or weight issues. This unique form of therapy utilizes water's buoyancy to reduce joint stress, aiding in muscle strength and faster healing.

K - Keep Going Strong!

Let's maintain our momentum by incorporating various physical activities into our daily routines, such as stair climbing, gardening, swimming, or even house cleaning.





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.

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

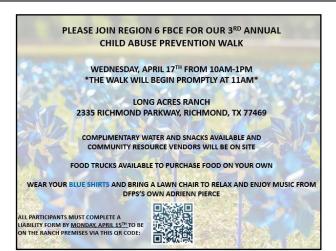
Other Walking Events you can attend:

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/



ATEXAS A&M GRILIFE EXTENSION ALK ACROSS TEXAS	Remember to LOG your r https://howdyhealt		<u>Calendar at a Gla</u> Week 1: March 1 Week 2: March 1 Week 3: March 2	1 - 17 Week 4: 8 - 24 Week 5:		(7: April 22 - 28 (8: April 29 - May 6
Sun	Mon 1 Week 4	Tue 2 Week 4	Wed 3 Week 4	Thu 4 Week 4	Fri 5 Week 4	Sat 6 Week 4
	Deadline: Wk 3 Miles		Deadline: Recipe Challenge		Newsletter 3	
7 Week 4	8 Week 5 Deadere: Wk 4 Wes	9 Week 5	10 Week 5 Deamne: Recipe Okanenge	11 Week 5	12 Week 5 Newswer 4	13 Week 5
14 Week 5	15 Week 6 Deadline: Wk 5 Miles	16 Week 6	17 Week 6 Deadline: Recipe Challenge	18 Week 6	19 Week 6 Newsletter 5	20 Week 6
21 Week 6	22 Week 7 Deadline: Wk 6 Miles	23 Week 7	24 Week 7 Deadline: Recipe Challenge	25 Week 7	26 Week 7 Newsletter 6	27 Week 7
28 Week 7	29 Week 8 Deadline: Wk 7 Miles	30 Week 8				
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Week 8 Deadline: Recipe Challenge	2 Week 8	3 Week 8 Newsletter 7	4 Week 8
5 Week 8	6 Deadline: Wk 8 Miles	7	8	9	10 Deadline to Enter All Miles & complete online survey	11
12	13	14	15	16	17 Last Newsletter. Winners Announced	18

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

Pan-Roasted Grouper with Carolina Gold Rice Salad

For the Rice Salad:

- 2 cups Carolina gold rice or wild rice
- 10 ounces baby spinach, stems trimmed, and roughly chopped
- 1/2 red onion peeled and diced
- 1 pint multicolor cherry tomatoes, halved
- 3 cups red grapes, halved

For the Vinaigrette:

- 1/2 cup ruby red grapefruit juice
- 1/4 cup balsamic vinegar
- 1 teaspoon yellow miso paste
- 2 teaspoons salt
- 1 teaspoon pepper
- 3/4 cup extra virgin olive oil

For the Grouper:

- 4 4-ounce grouper fillets or another firm fish
- 2 tablespoons canola oil
- 1 tablespoon unsalted butter optional
- salt and pepper to taste
- 1. In a large stockpot, bring 12 cups of water to a boil over medium heat. Add the rice, bring back to a boil, then reduce the heat to low and simmer, uncovered, for 30 minutes, or until the rice is tender. Drain the rice in a colander and keep warm.
- 2. Meanwhile, make the Vinaigrette: In a small bowl, whisk together the grapefruit juice, balsamic vinegar, miso paste, salt, and pepper. Add the oil in a thin stream, whisking until emulsified. Reserve ¼ cup of the vinaigrette.
- 3. Pat the fish fillets dry with a paper towel and place in a plate or in a shallow dish. Sprinkle both sides of the fish with salt and pepper, and then brush both sides with the reserved vinaigrette. Marinate as you make the salad.
- 4. When the rice is done, fluff with a fork and transfer to a very large bowl. Add the spinach, red onion, tomatoes, grapes and remaining vinaigrette, and toss.
- 5. To cook the fish: Heat a heavy 10-inch nonstick or cast-iron skillet over high heat. When the pan is hot, add the canola oil. Place the fillets in the pan (skin side down if you're using fish with skin), laying them down away from your body. Reduce the heat to medium and let sizzle 2 to 3 minutes, or until the fish is golden. Carefully flip the fillets and add butter to pan, if using. Continue cooking until golden all over and cooked through, 1 minute more, depending on the thickness of your fish.

Serve ½ a fillet with rice salad.

Source: https://dinnertonight.tamu.edu/recipe/pan-roasted-grouper-carolina-gold-rice-salad/

Recipe Challenge is a Weekly Challenge! We would love to know your go to Recipes!





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 3

TOP 3 WEEKLY TEAMS

The Jay-P Walkers	383.83
Engineering on the move	362.10
The Untouchables	269.32

TOP 5 WEEKLY WALKERS

David Schelnick	The Jay-P Walkers	101.99
Michael Schaffer	FBC HHS Exec Team	91.69
Mishell Sparks	The Mischief Managers	81.59
Jennifer Eberlan	Engineering on the move	77.75
Essie Carrillo	Baby Got Track	76.59

Overall Movers & Shakers

TOP 3 OVERALL TEAMS

^p The Jay-P Walkers	1202.93
Engineering on the move	1148.65
THE MISCHIEF MANAGERS	974.08

TOP 5 OVERALL WALKERS

$rac{\Psi}{}$ David Schelnick	The Jay-P Walkers	278.46
Mishell Sparks	The Mischief Managers	265.45
Lea DeLeon	Sunny and Share	261.74
Michael Schaffer	FBC HHS Exec Team	248.95
Sylvia Martinez	The Jay-P Walkers	229.62

TOTAL MILES FOR WALKED FOR FORT BEND CO .:



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

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