

# TEXAS A&M AGRI LIFE EXTENSION

## WALK ACROSS TEXAS!

### Week 3 Review



### Inspirational Corner

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

~Venus Williams

### 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 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

## 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.

# WALK



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.





## 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!



TEXAS A&M AGRILIFE 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 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

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

## TOP 5 OVERALL WALKERS

🏆 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.:

# 16,532.58

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