

# TEXAS A&M AGRI LIFE EXTENSION

## WALK ACROSS TEXAS!

### Week 4 Review



### Inspirational Corner

Push  
Harder than  
Yesterday,  
If you Want  
A Different  
Tomorrow.

-Fabletics

### 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)
<b>Apr 8</b>	<b>Week 4 Miles Deadline (April 1-7)</b>
Apr 15	Week 5 Miles Deadline (April 8-14) <i>Apr 8 - MID POINT</i>
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 – Wow Factor!

Fort Bend County continues to impress with a total of **4,246.45 miles covered in week 4!** Keep up the fantastic work!

## A - Actively Healthy!

Regularly participating in low-intensity workouts, like walking or swimming, offers significant long-term health benefits, including reduced risk of heart problems and stroke prevention.

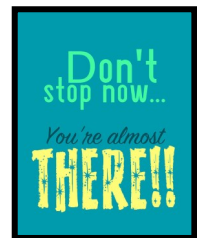
## L - Lifelong Investment!

By implementing simple lifestyle changes, such as medication management and regular exercise, we can significantly lower our risk of stroke and promote overall well-being.

## K - Keep Moving Forward!

Every step you take contributes to your overall health. Let's seize the day by prioritizing a well-balanced diet and consistent physical activity.

# 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.



**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 3<sup>RD</sup> ANNUAL CHILD ABUSE PREVENTION WALK

WEDNESDAY, APRIL 17<sup>TH</sup> 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 15<sup>TH</sup>** 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

**APRIL**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <b>Week 4</b>  Deadline: Wk 3 Miles	2 <b>Week 4</b> 	3 <b>Week 4</b>  Deadline: Recipe Challenge	4 <b>Week 4</b> 	5 <b>Week 4</b>  Newsletter 3	6 <b>Week 4</b>
7 <b>Week 4</b> 	8 <b>Week 5</b>  Deadline: Wk 4 Miles	9 <b>Week 5</b> 	10 <b>Week 5</b>  Deadline: Recipe Challenge	11 <b>Week 5</b> 	12 <b>Week 5</b> Newsletter 4	13 <b>Week 5</b>
14 <b>Week 5</b>	15 <b>Week 6</b> Deadline: Wk 5 Miles	16 <b>Week 6</b>	17 <b>Week 6</b> Deadline: Recipe Challenge	18 <b>Week 6</b>	19 <b>Week 6</b> Newsletter 5	20 <b>Week 6</b>
21 <b>Week 6</b>	22 <b>Week 7</b> Deadline: Wk 6 Miles	23 <b>Week 7</b>	24 <b>Week 7</b> Deadline: Recipe Challenge	25 <b>Week 7</b>	26 <b>Week 7</b> Newsletter 6	27 <b>Week 7</b>
28 <b>Week 7</b>	29 <b>Week 8</b> Deadline: Wk 7 Miles	30 <b>Week 8</b>				

**MAY**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <b>Week 8</b> Deadline: Recipe Challenge	2 <b>Week 8</b>	3 <b>Week 8</b> Newsletter 7	4 <b>Week 8</b>
5 <b>Week 8</b> 	6 <b>Week 8</b> Deadline: Wk 8 Miles	7	8	9	10 <b>Week 8</b> 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 <https://fortbend.agrilife.org/fch/physical-activity/walk-across-texas/>.

## WALK ACROSS TEXAS

# TEAM SPOTLIGHT

WE WANT YOU TO HEAR ALL ABOUT YOU OR YOUR TEAM.  
TELL US, FUN FACTS, WHAT MOTIVATES YOU, OR WHAT YOU'VE LEARNED  
FROM OUR WALK ACROSS TEXAS PROGRAM.  
WE WILL SHARE THE STORY IN OUR NEWSLETTER.



## Herb Crusted Pork Chops

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

### Ingredients

- 6 4 ounce pork chops
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1 1/2 tablespoon Dijon mustard
- 1/2 cup crushed corn flakes
- 1/8 teaspoon salt
- 1/4 teaspoon rosemary
- 1 tablespoon grated fresh Parmesan cheese



### Instructions

1. Trim any excess fat from the pork chops.
2. On a plate or a shallow pan, combine all the ingredients except the pork chops. Mix them well.
3. Press the pork chops into the mixture. Make sure each pork chop gets an even coating on both sides.
4. Cook the pork chops on the backyard grill or under the broiler for about 8 minutes on each side.
5. To ensure that the pork is done, use a food thermometer to ensure the temperature reaches 160 degrees F.

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

◆ Recipes will be featured in our Weekly Newsletters! ◆

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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# Movers & Shakers Week 4

## TOP 3 WEEKLY TEAMS

Engineering on the move	372.28
The Jay-P Walkers	320.75
The Mischief Managers	301.05

## TOP 5 WEEKLY WALKERS

David Schelnick	The Jay-P Walkers	105.60
Joni Scheller	Dewey Deci-miles	93.10
Sylvia Martinez	The Jay-P Walkers	86.03
Mishell Sparks	The Mischief Managers	77.79
Greg Babst	The FBC Defeeters	73.30

# Overall Movers & Shakers



## TOP 3 OVERALL TEAMS

🏆 Engineering on the Move	1557.02
The Jay-P Walkers	1548.41
The Mischief Managers	1319.48

## TOP 5 OVERALL WALKERS

🏆 David Schelnick	The Jay-P Walkers	384.06
Mishell Sparks	The Mischief Managers	343.24
Sylvia Martinez	The Jay-P Walkers	328.57
Michael Schaffer	FBC HHS Exec Team	308.15
Jennifer Eberlan	Engineering on the Move	279.00

TOTAL MILES FOR WALKED FOR FORT BEND CO.:

# 21,496.76

Family & Community Health Department • Walk Across Texas Team  
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