

TEXAS A&M AGRI LIFE EXTENSION

WALK ACROSS TEXAS!

Week 5 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 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

Happiness lies
in the Joy
of Achievement &
the Thrill of
Creative Effort.

~Franklin D. Roosevelt

W – Wonderful Effort!

Fort Bend County has logged an impressive total of 28,810.65 miles with **5,357.73 miles being in just week 5!** Your dedication to health and fitness is truly commendable!

A - Actionable Insights!

Managing stress is vital for overall well-being. Chronic stress can have detrimental effects on both mental and physical health, leading to fatigue, increased risk of cardiovascular disease, and other health issues.

L - Lifelong Wellness!

Taking care of your health is essential for longevity. By adopting healthy habits such as regular exercise, adequate sleep, and maintaining a healthy weight, we can enhance our quality of life.

K - Keep Up!

Keep Up the Great Work! Stay hydrated, stay active, and nourish your body with a variety of fruits and vegetables for optimal health.

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.

Walk Across Texas

HEALTH TALK SERIES

Step into a healthier tomorrow with our Walk Across Texas Health Talk series!
Join us on Facebook live and in-person for a presentation packed
with valuable insights to propel you forward on your wellness journey.

 Monday, April 22, 2024:

9 am: "Using Food to Fuel Your Workout"

10 am: "Aging Well"

12 pm: "Staying Hydrated"

1 pm: Walk & Talk- Health & Nature Connections - Part I

 Monday, April 24, 2024:

9 am: "Boost Your Health"

10 am: "Managing Stress Eating"

12 pm: "Healthy Talk Q & A"

1 pm: Walk & Talk- Health & Nature Connections - Part II

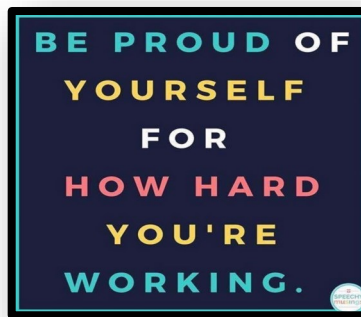
The in person program will be held at the Fort Bend County Extension Office
located at 1402 Band Rd. Suite, 100 Rosenberg, 77471.

The Walk & Talk will be held **IN PERSON ONLY** at the Seabourne Creek Park Gazebo
located at 3831 Hwy. 36 S, Rosenberg, TX 77471.

Don't miss this opportunity to gain valuable health and wellness knowledge firsthand! Join us and spring forward into a healthier lifestyle.

TEXAS A&M
AGRILIFE
EXTENSION

Our Facebook page to follow our Live events: <https://www.facebook.com/FortBendCountyExtension>



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.



Spicy Garlic and Shrimp Pasta

Ingredients

- 1 tablespoon olive oil
- 2 tablespoon minced garlic
- 1/4 teaspoon pepper
- 4 cups fresh spinach
- 3/4 pound medium-sized frozen or fresh shrimp peeled and deveined
- 1/2 cup no sodium low fat chicken broth
- 1 red Chile pepper thinly sliced & seeded for less heat
- 8 ounces thin spaghetti or angel hair pasta

Instructions

1. In large stock pot, bring water to a boil for pasta; add pasta when boiling.
2. Cook pasta according to package directions.
3. Heat oil in a large skillet over medium heat.
4. Add the garlic, Chile and pepper. Add shrimp and cook for 2 minutes.
5. Turn shrimp, add the chicken broth and bring to a boil.
6. Reduce heat and simmer until the shrimp are opaque throughout, 2 to 3 minutes.
7. Add the spinach and cook, tossing, until beginning to wilt, 1 to 2 minutes.
8. Drain pasta and mix in large skillet with shrimp and spinach, about 1 to 2 minutes.
9. Serve immediately.



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

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
AGRI LIFE
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.

Texas A&M AgriLife Extension Service provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

Movers & Shakers Week 5

TOP 3 WEEKLY TEAMS

The Jay-P Walkers	450.89
Engineering on the Move	435.25
The Red Hot Chili Steppers	337.74

TOP 5 WEEKLY WALKERS

David Schelnick	The Jay-P Walkers	121.51
Lea Deleon	Sunny and Share	118.89
Jennifer Eberlan	Engineering on the Move	85.25
Randy Villalobos	Crime Prevention Crew	85.19
Sylvia Martinez	The Jay-P Walkers	84.42

Overall Movers & Shakers



TOP 3 OVERALL TEAMS

🏆 The Jay-P Walkers	2107.30
Engineering on the Move	2028.31
The Mischief Managers	1643.72

TOP 5 OVERALL WALKERS

🏆 David Schelnick	The Jay-P Walkers	505.57
Lea Deleon	Sunny and Share	425.44
Sylvia Martinez	The Jay-P Walkers	412.99
Mishell Sparks	The Mischief Managers	412.23
Jennifer Eberlan	Engineering on the Move	375.00

TOTAL MILES FOR WALKED FOR FORT BEND CO.:

28,810.65

Family & Community Health Department • Walk Across Texas Team
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