

# TEXAS A&M AGRI LIFE EXTENSION

## WALK ACROSS TEXAS!

### Week 6 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

Bad Day?

Keep Going!

Bad Workout?

Stay Positive!

**NEVER GIVE UP!**

-Gymquotes.co

## W – Well Done!

Fort Bend County has collectively covered an impressive **\*33,640.16 miles with 4554.28 being from week 6 alone!** Your dedication to health and fitness is truly inspiring!

## A - Actionable Steps!

Strength training not only builds muscle but also supports bone health, reducing the risk of fractures due to osteoporosis. Incorporating strength exercises into your routine can improve flexibility, balance, and overall well-being.

## L - Learning Opportunity!

Strong muscles contribute to strong bones, which are crucial for maintaining mobility and preventing fractures. Aging, inactivity, and poor nutrition can lead to decreased bone mass, but regular strength training can help mitigate these effects.

## K - Keep Pushing Forward!

Hydration is key for optimal performance. Remember to drink plenty of water throughout the day to support your workouts and overall health.

# WALK



Don't forget to log your miles into

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

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. Contact the office if you have any questions.



**Remember to input your miles on:**  
<https://howdyhealth.org/>

**This next week will be the last physical walking week for Walk Across Texas (Apr 29-May 6).**

**It is important to finish up and get all miles entered into the Howdy Health website by May 10.**

**There is an online survey on your Howdy Health profile that will appear at the end of week 8. Please complete the survey by May 10.**

**If you have any questions or think you skipped a day entering in miles, please feel free to contact Victoria at [victoria.zwahr@ag.tamu.edu](mailto:victoria.zwahr@ag.tamu.edu).**


 Remember to LOG your miles online: <https://howdyhealth.org/>

**Calendar at a Glance:**  
 Week 7: April 22 - 28  
 Week 8: April 29 - May 6

**APRIL**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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				

**MAY**

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 <b>LAST DAY</b>	6 Deadline: Wk 8 Miles	7	8	9	10 <b>Deadline to Enter All Miles &amp; complete online survey</b>	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! ◆

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## 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 6

## TOP 3 WEEKLY TEAMS

The Jay-P Walkers	486.23
Engineering on the Move	398.81
The Red Hot Chili Steppers	264.92

## TOP 5 WEEKLY WALKERS

David Schelnick	The Jay-P Walkers	131.91
Lea Deleon	Sunny and Share	129.08
Mishell Sparks	The Mischief Managers	94.89
Randy Villalobos	Crime Prevention Crew	85.85
Sylvia Martinez	The Jay-P Walkers	85.33

# Overall Movers & Shakers



## TOP 3 OVERALL TEAMS

🏆 The Jay-P Walkers	2593.53
Engineering on the Move	2429.12
The Mischief Managers	1872.74

## TOP 5 OVERALL WALKERS

🏆 David Schelnick	The Jay-P Walkers	637.48
Lea Deleon	Sunny and Share	554.52
Mishell Sparks	The Mischief Managers	507.12
Sylvia Martinez	The Jay-P Walkers	498.32
Michael Schaffer	FBC HHS Exec Team	481.80

TOTAL MILES FOR WALKED FOR FORT BEND CO.:

# 33,640.16

Family & Community Health Department • Walk Across Texas Team  
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