

TEXAS A&M AGRI LIFE EXTENSION

WALK ACROSS TEXAS!

Week 7 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

It's Not About
Being the Best.

It's About Being
Better Than You
Were Yesterday.

~ unknown

W - Wonderful Achievement!

Fort Bend County, you've collectively covered an impressive total of 39,122.99 miles with **4,243.01 miles from Week 7!!!** Your dedication is truly remarkable!

A - Active Living!

Did you know that regular exercise can significantly enhance your mental well-being? According to the Library of Medicine, engaging in exercise, particularly aerobic activities, not only benefits your physical health but also positively impacts your mental state. Exercise is recommended to improve quality of life, prevent depression, reduce anxiety, and boost overall emotional wellness. The evidence suggests that these benefits extend to individuals across various age groups and health statuses.

L - Lifelong Benefits!

The Library of Medicine highlights the profound impact of exercise on health improvement. Among the general population, physical activity is recognized as an effective antidepressant. Furthermore, individuals experiencing moderate to severe depression can experience comparable benefits from exercise when compared to traditional treatments like psychotherapy and medication. Remarkably, these effects are consistent across genders and age demographics.

K - Keep Going Strong!

Remember to integrate deep breathing and relaxation techniques into your exercise routine. These practices can enhance the benefits of physical activity and contribute to your overall well-being. Keep up the fantastic work!



WALK

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.



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.



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

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.*

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Send us your favorite healthy recipe!

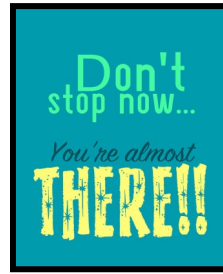
Instructions:

- ➔ 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! ◆

Team Spotlight

If any team would like to share your journey with us please feel free to email pictures or your story to victoria.zwahr@ag.tamu.edu.



Venison Stir Fry

Ingredients

- 1 lb venison (back strap or round) can substitute with beef
- 1/2 cup sliced mushrooms
- 1/4 cup chopped carrots
- 1/4 cup lower sodium teriyaki sauce
- 1 tsp crushed red pepper
- 1/4 cup baby corn
- 1 cup chopped asparagus
- 1/4 cup chopped onion
- 1 cup steamed brown rice
- 3 tbsp lower sodium soy sauce
- 1 tbsp olive oil

Instructions

1. Cut venison into small strips and marinate in teriyaki for an hour or overnight in the refrigerator.
2. Place olive oil in a medium to large skillet on medium heat.
3. Brown venison in skillet, cover and stir occasionally.
4. After venison has browned, add the carrots, asparagus, onion, baby corn, and mushrooms.
5. Then add the soy and crushed red pepper to the mixture.
6. Stir thoroughly.
7. Cover and let simmer for 15 to 20 minutes or until vegetables are tender.
8. Serve over rice.

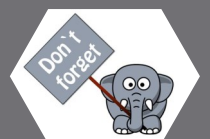
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We are proud of each one of our WAT Participants and all the hard work that has been put in!

May 10 is the last day to enter in any miles you may have forgotten before we look at all of the miles entered and determine our top team and walkers!

We will be announcing the winners in our Wrap Up/Week 8 newsletter to come out on May 17.



Movers & Shakers Week 7

TOP 3 WEEKLY TEAMS

The Jay-P Walkers	499.04
Engineering on the Move	430.78
The Mischief Managers	263.66

TOP 5 WEEKLY WALKERS

David Schelnick	The Jay-P Walkers	132.22
Lea Deleon	Sunny and Share	118.07
Mishell Sparks	The Mischief Managers	99.29
Albesa Cardoza	The Jay-P Walkers	87.61
Greg Babst	The FBC Defeeters	82.04

Overall Movers & Shakers



TOP 3 OVERALL TEAMS

🏆 The Jay-P Walkers	3108.56
Engineering on the Move	2935.76
The Mischief Managers	2204.38

TOP 5 OVERALL WALKERS

🏆 David Schelnick	The Jay-P Walkers	769.70
Lea Deleon	Sunny and Share	672.59
Mishell Sparks	The Mischief Managers	606.41
Sylvia Martinez	The Jay-P Walkers	578.49
Michael Schaffer	FBC HHS Exec Team	554.11

TOTAL MILES WALKED FOR FORT BEND CO.:

39,122.99

Family & Community Health Department • Walk Across Texas Team
 Leticia Hardy Victoria Zwahr
 County Extension Agent Program Coordinator
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