



WALK ACROSS TEXAS!

TEXAS A&M AGRILIFE EXTENSION

MARCH 28, 2022 HARRIS COUNTY UPDATE

Howdy!

We're moving through Week 3 of our Walk Across Texas Challenge and "Wow!", some of you have made it From Orange to El Paso and halfway back! That's impressive.

Each mile logged, whether it be 1 mile a day or 10, is a step toward more physical activity and better health. Please check out the chart on page 3 for more information on physical activity requirements for the average adult. There's also an idea for a quick snack that takes advantage of the season's fresh berries.

Keep logging your miles at HowdyHealth.org. You're doing great!

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Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Important Dates

- **Event Start:** March 13, 2022
- **Event End:** May 07, 2022
- **Last day to report mileage:**
May 16, 2022
- **The Announcement of
Champions:** May 18, 2022



League Stats

League Name: 2022 Harris County WAT Challenge

Start Date: 2022-03-13

End Date: 2022-05-07

Status: In Progress

League Miles: 5861.22



TEAMS IN LEAGUE

MILES

Team Godzilla

1064.14

HARTA Team 7

585.92

HARTA Team 3

493.80

HARTA Team 1

481.38

Watershed Walkers

457.61

HARTA Team 5

444.78

HARTA Team 2

433.45

HARTA Team 4

424.48

2022 Regina WAT Team

339.11

Exercise Ballers

337.88

HARTA Team#6

234.70

Walk It Off

193.48

Trekking Through TX Together

130.50

Liz's WAT Team

98.80

LSC-Tomball Community Library Adult Services

84.95

WOP Walkers

43.74

Cross Trekking Cunnings

12.50

You know you need physical activity to stay healthy.
But did you know it can help you feel better right away?



Boost your mood



Sharpen your focus



Reduce your stress



Improve your sleep

So get more active — and start feeling better today.

[Get more information about physical activity guidelines at
https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines/current-guidelines](https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines/current-guidelines)

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



Tight on time this week? **Start with just 5 minutes.** It all adds up!

Build a Better Yogurt Parfait



- Choose low-fat yogurt. For extra protein, use low-fat Greek yogurt.
- Read the nutrition label and choose yogurt low in sugar (less than 7g per serving).
- Top your parfait with diced, fresh fruit instead of buying yogurt blended with fruit.
- Add some crunch with toppings such as low-fat and low-sugar granola.

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Try this recipe for a healthy snack perfect for after physical activity.

For more nutritious snack recipes, visit <https://dinnertonight.tamu.edu/recipes/snack-recipes/>

WALKER SPOTLIGHT

Don't forget to send in your photos and stories to Susan Hubert at susan.hubert@ag.tamu.edu.

We'd love to spotlight you in our next issue.



2022
WAT!
Team
Godzilla

- Team members should enter mileage at least weekly. Please enter all miles for the previous week by Mondays at noon.
- If you have pictures of your team in action, community fitness events, or stories PLEASE email them to Susan Hubert at susan.hubert@ag.tamu.edu.



Activity Equivalents

Walk Across Texas! is a statewide, 8-week program that's free and open to everyone in the community! The goal of the program is to help people of all ages and abilities establish the habit of regular physical activity.

Is walking not your thing? No problem! Any activity can count towards your journey across Texas! Simply, we encourage you to move more and any activity is better than none!

Below are a variety of activities and guidance for you to calculate your daily mileage. Remember, these are estimates!

Activity	Actual Miles/Minutes	Recorded Miles
Walking, typical pace (3 mph)	30 minutes =	1.5 miles
Running (6 mph)	10 minutes =	1 mile
Cycling/Mountain Biking (13 mph)	7 miles =	1 mile
Spinning (vigorous intensity)	30 minutes =	2 miles
Aerobics (moderate intensity)	30 minutes =	1.5 miles
Stairmaster (moderate intensity)	20 minutes =	1 mile
Swimming (50 yds./min)	15 minutes =	1 mile
Gardening, planting	30 minutes =	1.5 miles
Dancing (moderate intensity)	20 minutes =	1 mile
Steps measured with a pedometer	2000 steps =	1 mile
Any activity/exercise that makes you breathe hard and sweat.	20 minutes =	1 mile
Any activity/exercise that makes you breathe very hard and perspire heavily.	15 minutes =	1 mile

Example

Converting minutes of an activity to miles "walked":

Activity Equivalent:

Aerobics (moderate intensity) for 30 minutes = 1.5 miles "walked"

You participate in an aerobics class for 45 minutes and want to convert that activity to miles walked:

$$\frac{30 \text{ min.}}{1.5 \text{ miles}} = \frac{45 \text{ min.}}{X \text{ miles}} = \frac{30 X}{1.5 \times 45} = (X = 67.5 \div 30) = 2.25 \text{ miles "walked"}$$

Adapted from Rutgers University Extension: Walk New Jersey Point-to-Point; University of MD Extension: Worcester County 4-H.

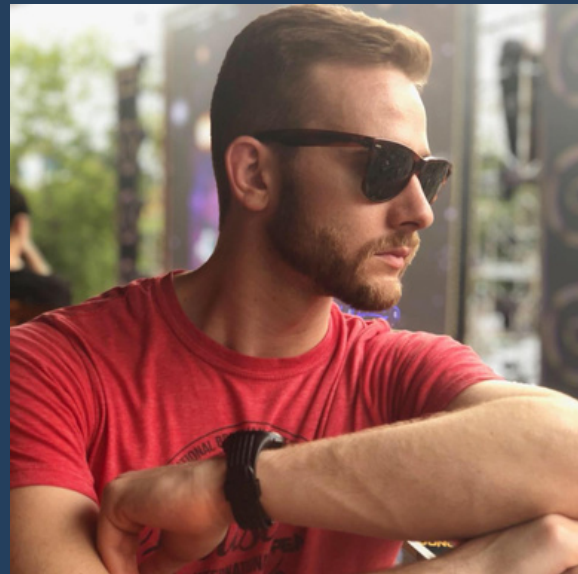
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To view a clear image of this chart, [click here](#).

WALK ACROSS TEXAS WORKOUT RECORDINGS

STRETCHING WITH ZACH:

https://youtu.be/Rf2b1j_Xnw8



LINE DANCE WITH LEE:

https://youtu.be/aHRA_P8bIfew

New line dancing and exercise sessions coming soon! Keep an eye out. And remember that 20 minutes of exercise = 1 mile.