



WALK ACROSS TEXAS!

TEXAS A&M AGRILIFE EXTENSION

APRIL 11, 2022 HARRIS COUNTY UPDATE

Howdy!

During week 5, consider your "Why and What". Why did you participate in Walk Across Texas? What were your goals? Perhaps you haven't been as engaged as you should have been. Remember it's not how you begin, but how you finish. You still have time to finish **STRONG**. Push yourself these next few weeks and figure out ways to meet your goals. Some suggestions may be identifying a specific time to walk, identifying an accountability partner, and writing down your reasons for joining.

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

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AGRILIFE
EXTENSION

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:	12204.85
TEAMS IN LEAGUE	MILES
Team Godzilla	1982.47
HARTA Team 7	1598.31
HARTA Team 3	1022.70
Watershed Walkers	956.98
HARTA Team 1	936.64
HARTA Team 5	822.33
HARTA Team 4	798.95
HARTA Team 2	792.28
2022 Regina WAT Team	678.52
Exercise Ballers	621.94
HARTA Team#6	449.58
Walk It Off	440.29
WOP Walkers	306.23
Trekking Through TX Together	283.78
LSC-Tomball Community Library Adult Services	193.95
Liz's WAT Team	166.10
Cross Trekking Cunnings	153.80

Benefits of stretching

Research has shown that stretching can help improve flexibility, and, as a result, the range of motion of your joints.

Better flexibility may:

- Improve your performance in physical activities
- Decrease your risk of injuries
- Help your joints move through their full range of motion
- Increase muscle blood flow
- Enable your muscles to work most effectively
- Improve your ability to do daily activities

You may learn to enjoy the ritual of stretching before or after hitting the trail, ballet floor or soccer field.



Follow this guide to stretches from The Mayo Clinic,

<https://www.mayoclinic.org/healthy-lifestyle/fitness/multimedia/stretching/sls-20076840>

Did you know that April is Keep America Beautiful Month? There are a few ways to observe this month below. And several of these actions count for WAT mileage!

HOW TO OBSERVE #KeepAmericaBeautifulMonth

- **Reduce** waste by repurposing and reusing old items. Recycling is another meaningful way we can all reduce waste in our communities.
- **Teach** children the importance of preventing litter. Adopt-a-highway, street or park programs are an excellent way to educate and beautify at the same time.
- **Beautifying** your community can be a fun and creative project. Clean up the winter debris in your yard. Plant a tree, some flowers or even a garden. Put a fresh coat of paint on your fence or deck.

WALKER SPOTLIGHT: RECIPES

This recipe submitted by Susan Cleverly sounds like a great way to get the flavors of this springtime treat.

Find the original recipe at <https://fitfoodiefinds.com/carrot-cake-overnight-oats/>

Carrot Cake Overnight Oats

Ingredients

Dry

- 1 cup rolled oats
- 1/2 cup carrot, finely grated
- 1 teaspoon ground cinnamon
- 1/4 teaspoon allspice
- 1 tablespoon chia seeds
- 3 tablespoon raisins

Wet

- 1 teaspoon vanilla extract
- 3 tablespoon maple syrup
- 1 and 1/4 cup almond milk, unsweetened

Instructions

1. First, mix all dry ingredients in a large bowl.
2. Add wet ingredients and mix again.
3. Place in the refrigerator, covered, for at least 2 hours or over night.
4. Top with Greek yogurt and pecans.



Here's a favorite easy Whole Food Plant Based Recipe: submitted by Patty Murphy.



Crockpot Quinoa Tacos

- 1 Cup Quinoa (uncooked)
- 1/2 cup low sodium vegetable broth
- 1 can no-salt added black beans
- 1 can no-salt added corn
- 1 can so-salt added diced tomatoes
- 1 jar (12-16 oz.) of your favorite salsa
- 1 packet low sodium taco seasoning
- Corn tortillas
- Cilantro (optional)

1. Mix quinoa, veggie broth, beans, corn, salsa and tomatoes in a crockpot. Do not drain the cans.
 2. Add spice packet and mix thoroughly.
 3. Cook on high for 3 hours.
 4. Serve in corn tortillas with your favorite toppings: avocado, cilantro, lettuce.
- This also makes a great burrito filling or a topper for baked potatoes or sweet potatoes.

It makes a lot, freezes well and can be adapted by adding ground beef if you want.



Prevention & Management

Free Virtual Diabetes Classes

Wednesdays, April 13th, 20th and 27th at 11:00 a.m.

To register call Sarah @ 713-274-0988

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- 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.

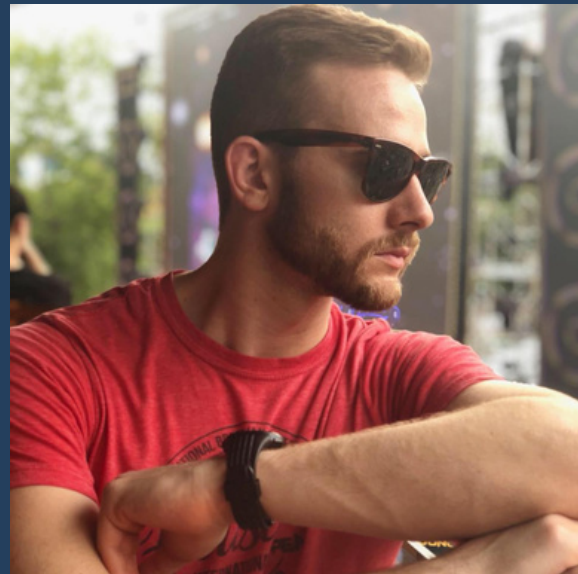
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To view a clear image of this chart, [click here](#).

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.