



WALK ACROSS TEXAS!

TEXAS A&M AGRILIFE EXTENSION

APRIL 11, 2022 HARRIS COUNTY UPDATE

Congratulations!

Our last day was May 7th. We gave it all that we had and finished strong. But don't stop walking now. Keep up the routine and the health benefits with these tips.

- Set specific days and times to prepare for walks.
- Set your alarm, lay out your clothes and shoes so time doesn't get away from you in the morning.
- Plan for bad weather days by exercising to a video.
- Have Fun and celebrate large and small successes.

Keep up with the habit of movement! You've done great!

Don't forget: Log your remaining mileage and complete your wrap-up form by May 15th. The wrap-up form is located at the bottom of page after you sign in to <https://howdyhealth.org/programs/>

TEXAS A&M
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 End: May 07, 2022**
- **Last day to report mileage and complete the Wrap-Up Summary May 15, 2022**
- **The Announcement of Champions: May 18, 2022**
- **Family Dance Event: June 11th**



League Name: 2022 Harris County WAT Challenge

Start Date: 2022-03-13

End Date: 2022-05-07

Status: Completed

League Miles: 24962.08

Challenge

TEAMS IN LEAGUE	MILES
Team Godzilla	3739.47
HARTA Team 7	2339.72
HARTA Team 4	2302.07
HARTA Team 3	2089.70
HARTA Team 1	2055.74
Watershed Walkers	1922.43
HARTA Team 2	1783.80
HARTA Team 5	1535.09
2022 Regina WAT Team	1440.35
Exercise Ballers	1275.19
HARTA Team#6	1195.77
Walk It Off	1016.20
Trekking Through TX Together	747.35
WOP Walkers	608.07
Liz's WAT Team	372.93
Cross Trekking Cunnings	331.75
LSC-Tomball Community Library Adult Services	206.45

Final results will be posted on May 16th.

DANCE

FOR THE HEALTH OF IT!!

LINE
DANCING

June 11, 2022

1:00 - 3:30 P.M.

Richard & Meg Weekley
Community Center
8440 Greenhouse Rd,
Cypress, TX 77433

AFRICAN



Fun Family Event
Join us as we celebrate a
successful Walk Across Texas
by learning more ways to keep
moving.

SALSA

To Register Click Here
or call Susan @ 713-274-0950

WESTERN

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May is National High Blood Pressure Awareness Month.


Blood pressure is a term we hear at our doctor’s office but understanding what it is and how it affects us can go far beyond those walls. According to the Center for Disease Control, blood pressure is defined as “the pressure of blood pushing against the walls of your arteries. Arteries carry blood from your heart to other parts of your body.” High blood pressure, or otherwise known as hypertension, is when your blood pressure is higher than normal and can lead to additional health issues. High blood pressure is known as a “silent killer” since there are no symptoms or warning signs. Nearly 1 in every 2 American adults has high blood pressure and only about a fourth of individuals with high blood pressure have their condition under control.

Blood Pressure is measured by two numbers; Systolic and Diastolic blood pressures. Systolic blood pressure identifies the blood pressure measured in the arteries when the heart beats. Diastolic blood pressure identifies the blood pressure that is measured in between heart beats when the arteries are at rest.

National High Blood Pressure Awareness Month

What do your blood pressure numbers mean?

Blood Pressure Categories

American Heart Association.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

©American Heart Association. 05/10/01 6/02

heart.org/bplevels



WEEK 8 TASTY RECIPES

Chipotle Chicken Taco Salad

Dressing Ingredients

- | | |
|--|------------------------------|
| 1/3 cup of chopped fresh cilantro | 2/3 cup fat free sour cream |
| 1 tbsp minced chipotle chili canned in adobo sauce | ¼ teaspoon salt |
| 1 teaspoon ground cumin | 5 teaspoons fresh lime juice |
| 1 teaspoon chili powder | |

Salad Ingredients

- | | |
|--|--|
| 4 cups shredded romaine lettuce | 1 cup of cherry tomatoes (halved) |
| ½ cup diced peeled avocado | 1/3 cup thinly vertically sliced red onion |
| 2 cups roasted boneless, skinless chicken breast chopped | |
| 1 (15 ounce) can low sodium black beans, rinsed and drained | |
| 1 (8 3/4 ounce) can no-salt added whole kernel corn, rinsed, and drained | |

Instructions:

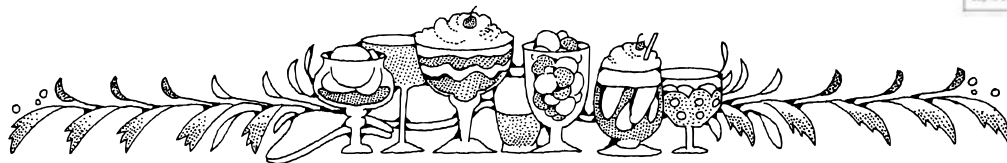
1. To prepare dressing, combine first seven ingredients, stirring well
2. To prepare salad, combine lettuce and remaining ingredients
3. Drizzle dressing over salad; toss gently to coat. Serve immediately.



Nutrition Facts

5 servings per container	
Serving size	(329g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 430mg	19%
Total Carbohydrate 31g	11%
Dietary Fiber 9g	32%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 114mg	8%
Iron 3mg	15%
Potassium 788mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Here's favorite summer dessert: submitted by Sonja Davis.



Grilled Peach Sundae

4 Servings

Ingredients:

- | | |
|------------|--|
| 1 teaspoon | olive oil |
| 2 medium | peaches, pitted and sliced in half |
| 1 cup | low fat vanilla Geek yogurt or frozen yogurt |
| 4 Tbsp | slivered almonds |
| 4 tsp | agave nectar or honey (used for drizzling) |

1. Heat grill. Wash and slice peaches in half and remove pits. Brush with olive oil and place cut side down on the grill. Grill for 4 minutes.
2. Remove peaches and place 1 slice in a small bowl and top with 1.4 cup of yogurt, almonds and drizzle with 1 teaspoon honey.

Nutrition Facts

4 servings per container	
Serving size	(145g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 18g	
Includes 6g Added Sugars	12%
Protein 6g	
Vitamin D 1mcg	6%
Calcium 70mg	6%
Iron 0mg	0%
Potassium 253mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.