

# SPRING INTO HEALTH 2024 HARRIS COUNTY CHALLENGE MARCH 3RD - APRIL 27TH

TEXAS A&M  
**AGRI**LIFE  
EXTENSION

WALK ACROSS TEXAS

## WAT NEWSLETTER ISSUE 3

**NATIONAL WALKING DAY IS THE FIRST WEDNESDAY OF APRIL AND TAKES PLACE ON APRIL 3RD THIS YEAR.**

The American Heart Association, the world's leading nonprofit organization focused on heart and brain health for all, established National Walking Day in 2007. Celebrated annually on the first Wednesday in April, National Walking Day encourages people to move more throughout their day. Communities across the country are invited to take a walk - whenever, wherever it suits them - on Wednesday, April 3 and raise awareness of the benefits of movement.

**Learn how to  
"Fit in Walking Morning, Noon, or Night"  
by visiting the American Heart Association  
page at**

**<https://www.heart.org/en/healthy-living/fitness/walking/fit-in-walking-morning-noon-or-night>**

*And the  
Winner  
is...*



**DETAILS ON  
PAGE 5!**

## Important Dates

- Week 1: March 3 - March 9
- Week 2: March 10 - March 16
- Week 3: March 17 - March 23
- Week 4: March 24 - March 30
- Week 5: March 31 - April 6
- Week 6: April 7 - April 13
- Week 7: April 14 - April 20
- Week 8: April 21 - April 27

# STATS AS OF 4/3/24

TEAM NAME	TEAM MILEAGE
The Ogeez's	1,440.96
HARTA Team 1	1,082.08
All Around Sports 2024	1,031.34
CyFARE2	937.37
Insteption	933.39
HARTA 3	831.66
Rolling Ringers	778.64
HARTA Team 2	712.54
Cavalcade Movers & Shakers	708.00
SOUL SISTERS	705.23
HARTA Team 4	699.01
Miles and Smiles	642.00
Texas Jackrabbits	615.73
Walk It Out	563.46
FIT Spring Branch	541.00
Step N Stride	473.93
Camina30	469.53
WAT -a- GIFT	415.22
Walk on Bye	404.09
CyFARE 1	377.11
HCAAA Aging Steppers	308.00
Houston ToolBank	281.06
Ramble On	245.16
CyFARE 3	235.63
#MyHBCU	201.99
WOP Senior Warriors	131.83
Harris County 4-H	104.71
EFL Community Center	91.00
Solo	72.00
Bellaire Bulldogs	65.03
Walk with YDC	4.50
<b>TOTAL:</b>	<b>13,974.47</b>



Norma Starling, member on the All Around Sports 2024 team, hiking the Eastern Glades at Memorial Park.





# APRIL SHOWERS Bring MAY FLOWERS



**We may have lovely weather today, but it is springtime in Texas. Here are 5 ways to get a workout indoors when you can't go out.**

## **5 Workouts to Try Indoors on a Rainy Day**

### **1) Bicycle or Walk in Place**

Lay down on the floor and cycle your legs in the air for fifteen minutes as if you were riding a bicycle. Or try a walking in place workout you can find on YouTube.com.

### **2) Stair Climbs**

If you have stairs in your home, or even one stair, just get stepping. You will want to step up and down one stair for a considerable time, again probably anywhere from fifteen minutes to half an hour, so think about turning on some music to help you stay motivated.

### **3) Hallway Lunges**

Find the longest hall in your house and start at one end. Do a forward lunge, but then instead of stepping back, step forward. Then lunge forward with your opposite leg and step forward again. Continue until you reach the end of the hall. Then turn around and come back.

### **4) Calf Raises**

Stand in one spot and reach as high as you can on your tiptoes, or sit in a recliner and move your toes in and out. Calf raises are a simple exercise to strengthen the muscles that help propel the body when walking or running.

### **5) Yoga**

You don't have to join an expensive studio to do yoga. There are free videos online and apps you can download to your phone for customizable sessions. Many gyms like the YMCA offer group classes as well.

# Blueberry and Broccoli Salad

- Course - Side Dishes

## Servings

4 - 2/3 cup

## Ingredients

- 3 cups fresh broccoli, chopped
- 3/4 cup blueberries
- 1/2 cup low sodium mozzarella cheese, diced
- 1/4 cup whole walnuts, chopped
- 1/4 cup sucralose sweetener
- 1 tablespoon apple cider vinegar
- 3/4 cup non-fat plain greek yogurt

## Instructions

1. Clean and prep your area.
2. Wash broccoli and blueberries under cool running water.
3. Chop broccoli and walnuts into small pieces.
4. Dice mozzarella cheese into small pieces.
5. Place chopped broccoli, walnuts, mozzarella cheese and blueberries in a large bowl.
6. In small bowl mix together yogurt, sweetener and vinegar.
7. Toss the dressing into the broccoli salad mixture until well combined.
8. Serve and enjoy!





**GIVEAWAY!**  
**WINNER**

T-shirts were won by .....

**J. Marvin**  
**J. Sustaita**  
**S. Gallegos**

You will receive an email to get sizes and mailing info.

Photo above is team All Around Sports 2024, Getting steps in on the trails at Mercer Botanic Gardens and Arboretum.



HARTA Teams 1 - 2 - 3 - 4 often walk together. Pictured are L to R Nancy Timothy, Dawn Meador, Carolyn Mashburn, Kathy Spirakes, Jane Marvin and Layne Mashburn



**Photos above of Agent Sonja Davis leading a workout at El Franco Lee Senior/Community Center.**

# 2024 Midwalk Event

Anyone can participate, those doing Walk Across Texas and those who are not.

## Bat Chat & Stroll

**April 6th**

6:30 pm - 8:30 pm

## Buffalo Bayou Park

Intersection of Allen Parkway  
& Waugh St. Bridge

Walk starts at 6:30pm

Bat Chat starts at  
7:15pm

### Parking:

- On Allen Parkway
- At Lost Lake Visitor Center (3422 Allen Parkway) then head east to bat bridge.
- Do **NOT** park in the strip across from Whole Foods. Cars will be towed.



**T-shirts are for sale at:**

**<https://square.link/u/qSYt2BQG>**

