



WALK ACROSS TEXAS!

TEXAS A&M AGRILIFE EXTENSION

MARCH 27, 2023 HARRIS COUNTY UPDATE

Howdy!

Thanks for participating in the 2023 Harris County Walk Across Texas Challenge! Although you may be part of a team, this is a personal commitment to benefit your overall health.

Walk Across Texas! is a FREE, 8 week program designed to help Texans establish the habit of regular physical activity. Since 1996, more than 142,000 Texans have completed the program to significantly increase their physical activity level.

After the 8 weeks, we hope that you will continue to be active and reach your goals.

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 Start:

March 12, 2023

Event End:

May 06, 2023

Last day to report mileage:

May 8, 2023

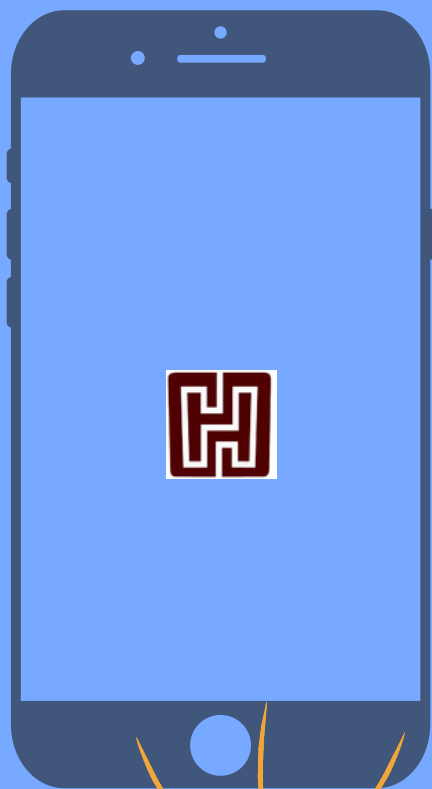
WAT Celebration:

May 13, 2023 at

Bear Creek Park



New



2023 Harris County Walk Across Texas Challenge Teams

HARTA TEAM 1
HARTA TEAM 2
HARTA TEAM 3

HARTA TEAM 4
HARTA TEAM 5
HARTA TEAM 7

OGEEZ
WATERSHED WALKERS
2023 REGINA WAT TEAM
ROLLING RINGERS
SOLE SISTERS
MAKING BOSS MOVES
MONA'S MOVERS
WALK-ABOUTS
CYPRESSWOOD STRIDERS

Adding howdyhealth.org to your phone's homescreen

(For iPhones)

1. Open the website: <https://howdyhealth.org/programs/wat>
2. Click the 'Share' icon at the bottom which is the "box with an arrow pointing up"
3. Scroll the icon options and tap 'Add to Home Screen'
4. Click the 'Add' button in the top right corner
5. Tap the WAT! app on the home screen to access the WAT Dashboard and enter mileage

(For Android)

1. Open the website <https://howdyhealth.org/programs/wat>
2. Click the 3 dot icon in the top right corner
3. Select the option 'Add to Home Screen'
4. Tap the WAT! app on the home screen to access the WAT Dashboard and enter mileage

(For Samsung)

1. Open the website <https://howdyhealth.org/programs/wat>
2. Click the 3 line "hamburger menu" at the bottom right corner
3. Select the option '+ Add page to'
4. Select "Home screen"
5. Tap the WAT! app on the home screen to access the WAT Dashboard and enter

1. Eat Breakfast

Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a parfait with low-fat plain yogurt, fruit and whole grain cereal.

2. Make Half Your Plate Fruits and Vegetables

Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

3. Be Active

Regular physical activity has many health benefits. Start by doing what exercise you can. Adults should get at least two hours and 30 minutes per week. You don't have to hit the gym – take a walk after dinner or put on music and dance at home.



"The Academy of Nutrition and Dietetics provides the latest science-based nutrition information on eatright.org."

Jumping into spring!



Now is a great time to go outside and reap some of the great benefits that nature offers.

Spending time in green spaces, like parks, gardens, woodlands, and forests or blue spaces, like rivers, lakes, wetlands, and beaches can have a great impact on our physical and mental wellbeing. The benefits of nature do not only include the outdoors. When we don't have access to beautiful outdoor surroundings, nature videos or sounds that depict plant and animal wildlife have been shown to reduce stress. According to the American Psychological Association, "people who spent at least two recreational hours in nature during the previous week, reported significantly greater health and well-being."

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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