



WALK ACROSS TEXAS!

TEXAS A&M AGRILIFE EXTENSION

APRIL 13, 2023 HARRIS COUNTY UPDATE

Benefits Of Walking – Inspiration To Move More

Walking for exercise has some amazing health benefits! In fact, studies have shown that walking has the potential for both physical and mental health benefits. Although research is ongoing about the exact frequency, duration, and intensity needed to gain the most benefits, research on walking has demonstrated a myriad of potential physical and mental health benefits.

Click here to read more about the benefits of walking, visit <https://howdyhealth.tamu.edu/benefits-of-walking-inspiration-to-move-more/>



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

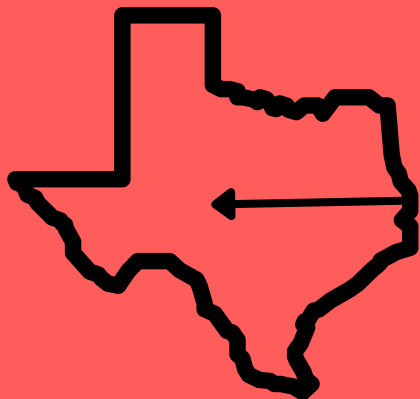


Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status. *The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating*

Current Rankings

ON 4/12/2023

**WOW! SO MANY TEAMS
ARE HALFWAY OR
FARTHER. KEEP IT UP!**



2023 Harris County Walk Across Texas Challenge

<u>Team</u>	<u>Miles</u>
HARTA Team 3	1,490.76
HARTA Team 2	1,447.69
Watershed Walkers	1,122.07
HARTA Team 1	1,120.34
HARTA Team 4	877.49
Ogeez	843.43
Walk-Abouts	814.66
2023 Regina WAT Team	808.58
HARTA Team 7	788.31
HARTA Team 5	785.41
Rolling Ringers	604.22
Making Boss Moves	529.34
Sole Sisters	406.07
Cypresswood Striders	397.90
Mona's Movers	219.98
Ogeez Junior Team	129.00

WALKER SPOTLIGHT



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.

Photos to the left and below
show Team "Walk-Abouts"
earning miles with a Pickleball
game.

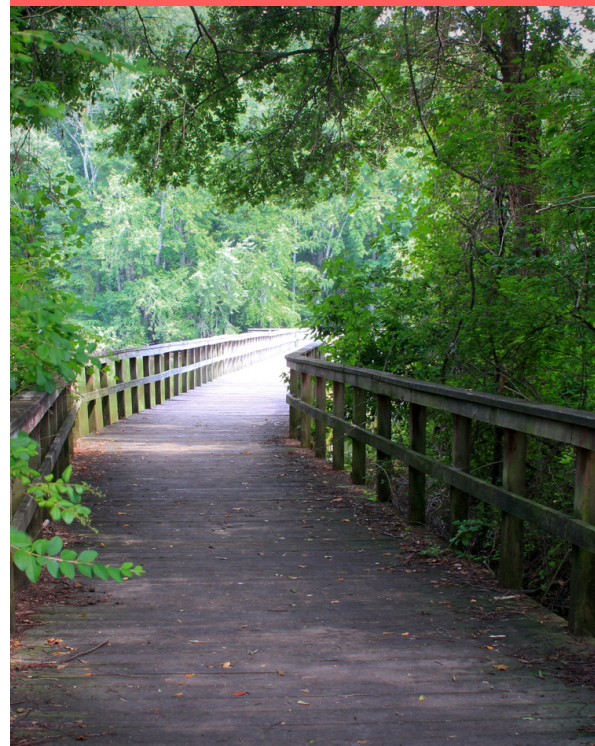


Houston Hiking Trails and Nature Walks

Everyone has their favorite outdoor walking spots. Are any of these trails on your list?

- Jesse H Jones Park & Nature Center
- Houston Arboretum & Nature Center
- Edith L Moore Nature Sanctuary
- Memorial Park
- Armand Bayou Nature Center
- Spring Creek Greenway Nature Center
- Terry Hershey Park
- Sugar Land Memorial Park
- Willow Waterhole Greenway
- George Bush Park

<https://texaswanderers.com/houston-hiking-trails-and-nature-walks/>



Healthy Cooking Tips

Berry season is here! Make the most of your berries by selecting, washing and storing them properly. [Check out tips from the Dinner Tonight program by clicking here.](#)

Lemon Berry Almond Cake

JUNE 17, 2021 BY [DINNER TONIGHT](#)

Looking for a summer treat that is oh so BERRY sweet? Our Lemon Berry Almond Cake combines a light lemony cake topped with fresh Texas berries!



Team members should enter mileage at least weekly. Please enter all miles for the previous week by Mondays at noon.



All participants that have been regularly logging at least weekly will be entered into a random drawing for a PRIZE!

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:

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

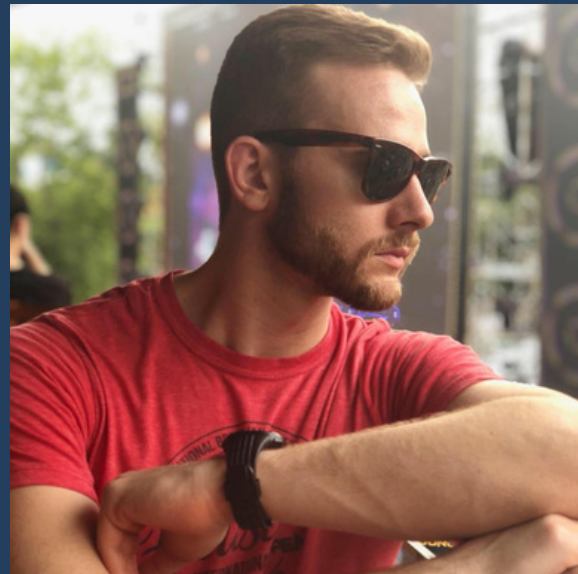
Adapted from Rutgers University Extension: Walk New Jersey Point-to-Point; University of MD Extension: Worcester County 4-H.

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WALK ACROSS TEXAS WORKOUT RECORDINGS

STRETCHING WITH ZACH:

https://youtu.be/Rf2b1j_Xnw8



LINE DANCE WITH LEE:

https://youtu.be/aHRA_P8bIfew

What is your favorite rainy-day workout on YouTube? Share it with me at susan.hubert@ag.tamu.edu.

