



WALK ACROSS TEXAS!

TEXAS A&M AGRILIFE EXTENSION

APRIL 28, 2023 HARRIS COUNTY UPDATE



Stress Awareness Month

Stress is a physical and emotional reaction that people experience as they encounter challenges in life. When you are under stress, your body reacts by releasing hormones that produce the “fight-or-flight” response. Your heart rate, breathing rate, and blood pressure go up, your muscles tense, and you sweat more. Occasional stress is a normal coping mechanism. However, long-term stress (also called chronic stress) may contribute to or worsen a range of health problems including digestive disorders, headaches, sleep disorders, and other symptoms. Recognizing individual signals of a body’s stress responses and learning to respond to those signals in new ways can help build the emotional, intellectual and physical strength that comprise resilience, which can help you tackle future stressors.

Here are several tips to help women as well as men manage stress

1. **Recognize and counter signs of stress.**
2. **Take time for yourself.**
3. **Try new routines.**
4. **Stay connected and make new friends.**
5. **See problems through a different lens.**
6. **Seek help with problems.**
7. **Talk to a health professional if stress is affecting your well-being, you feel you cannot manage the stress you’re experiencing, or stress has caused you to engage in or increase substance use.**

[Click here to read full article: https://orwh.od.nih.gov/in-the-spotlight/all-articles/7-steps-manage-stress-and-build-resilience](https://orwh.od.nih.gov/in-the-spotlight/all-articles/7-steps-manage-stress-and-build-resilience)

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

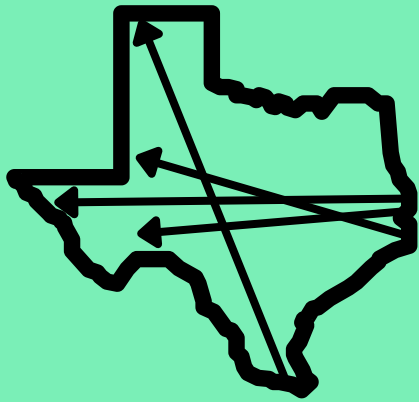
Bear Creek Park



Current Rankings

ON 4/25/2023

YOU GUYS ARE REALLY
RACKING UP THE MILES!



2023 Harris County Walk Across Texas Challenge

<u>Team</u>	<u>Miles</u>
HARTA Team 3	2,048.83
HARTA Team 2	1,999.68
Watershed Walkers	1,755.96
HARTA Team 1	1,528.83
2023 Regina WAT Team	1,290.52
HARTA Team 4	1,268.09
Ogeez	1,248.64
Walk-Abouts	1,225.70
HARTA Team 5	1,086.99
Rolling Ringers	1,069.62
HARTA Team 7	1,067.69
Sole Sisters	688.61
Cypresswood Striders	624.40
Making Boss Moves	623.88
Mona's Movers	327.22
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 at susan.hubert@ag.tamu.edu.



What is your favorite workout on YouTube? Share it with us at susan.hubert@ag.tamu.edu.

CHALLENGE ACCEPTED!

Taking a walk has a significant number of health and wellness benefits, but when you combine that walk with gratitude, those benefits multiply. Here are 9 reasons to take a gratitude walk:

1. You'll be happier.
2. You'll be more present.
3. You'll find beauty in the small things.
4. You'll be more optimistic.
5. You'll breathe more deeply.
6. You'll reduce your stress and burnout.
7. You'll shift your perspective.
8. You'll boost your immune system.
9. You'll sleep better.

To continue reading visit:

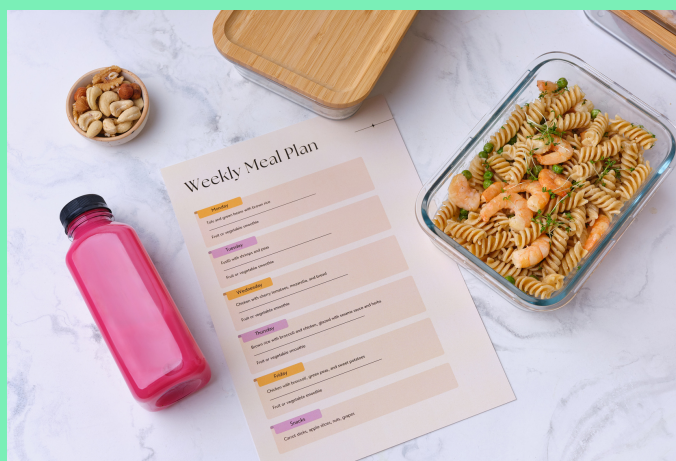
<https://www.99walks.fit/blog/2021/11/15/9-reasons-to-take-a-gratitude-walk>



We would like to challenge everyone this week to take a Gratitude Walk.
****The first 3 people to send pictures will receive a t-shirt****



TAKE CONTROL WITH MEAL PLANNING



Meal planning is a small activity that gives big results. Take a few minutes each week to plan the meals and dishes you will make. This way you eat healthier, stress less, and spend more time preparing food instead of thinking about what to prepare.

HOW TO PLAN MEALS

1. **Look at what you have.** If you have lettuce in your refrigerator and it may go bad soon, include it in a salad or tacos earlier in the week.
2. **Know your schedule.** If you know that you have a long day on Wednesday, plan ahead to use a slow cooker to prepare dinner that day. This saves you from buying fast food.
3. **Plan to make larger batches.** You can double or triple recipes and freeze them in individual containers. Use them throughout the week to create different meals.
4. **Leftovers are great staples.** Tonight's roast chicken can be used tomorrow in a stir-fry, garden salad, or chicken chili. This way you don't have to throw out leftovers.
5. **Include your family.** Ask family members to help you plan your meals and use as many suggestions as possible.



Great Job Logging Miles!

The three winners from our last newsletter contest are...

Bill Beard.....Hope Bellar.....Kimberly Walls

Please send your mailing address to susan.hubert@ag.tamu.edu so we can mail you a Walk Across Texas T-shirt.

Check out these places!



Jesse H. Jones Park & Nature Center

Jesse H. Jones Park is part of a 312-acre nature preserve located along Spring Creek. This park features traditional park amenities such as a playground, restrooms, eight miles of paved pedestrian trails, and several unpaved primitive trails. It also includes a variety of plant and wildlife species, swamps with century-old cypress trees, and a Nature Center to educate anyone looking to learn more about the local environment. Nestled in the woods, visitors can also find the Redbud Hill Homestead and Akokisa Indian Village to learn more about what life was like many, many years ago.

Numerous educational programs and events are hosted at Jones Park are free of charge, and their success is supported by the Jesse Jones Park Volunteers.

*Pets are permitted on Jones-Bender Trail, Judy Bell Trail, and Spring Creek Greenway.

Visit their website for a list of up coming events: <https://www.pct3.com/JJP>

Check out these places!



WOODLANDS TAI CHI

PRESENTS:



WORLD TAI CHI DAY

APRIL SATURDAY 29TH 2023
9:00 AM - 12:00 PM

PUBLIC INVITED
DEMONSTRATIONS
MINI LESSONS

woodlandstaichi.com

WITH THE
SPECIAL GUEST: *Lotus*
TAI CHI

MARKET STREET - THE WOODLANDS
9595 SIX PINE DR. THE WOODLANDS TEXAS, 77380

Design by GDX2 DESIGN STUDIO • GDX2.US

Coming up...

2023 Harris County Walk Across Texas Wrap-Up Celebration

TUTUS & TENNIS SHOES

Saturday, May 13th, 9:00-11:00 am



BRING THE FAMILY OUT FOR A FUN CELEBRATION WITH
DANCING, STRETCHING, HYDRATION & PARKING LOT GAMES!

**Bear Creek Park
Pavilion #6
3535 War Memorial Drive
Houston, TX 77084**



Register by 5/9 for the
Party Here:
<https://bit.ly/3NovsaJ>

TEXAS A&M
AGRILIFE
EXTENSION

FAMILY &
COMMUNITY HEALTH

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.