

# SPRING INTO HEALTH 2024 HARRIS COUNTY CHALLENGE

**MARCH 3RD - APRIL 27TH**

TEXAS A&M  
**AGRI**LIFE  
EXTENSION

WALK ACROSS TEXAS

## MARCH 13, 2024 CHALLENGE UPDATE

### 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

Last day to report team mileage: May 7, 2024

Announcement of champions/Prize Patrol: May 10, 2024

**WINNER  
WINNER**

**DETAILS ON**

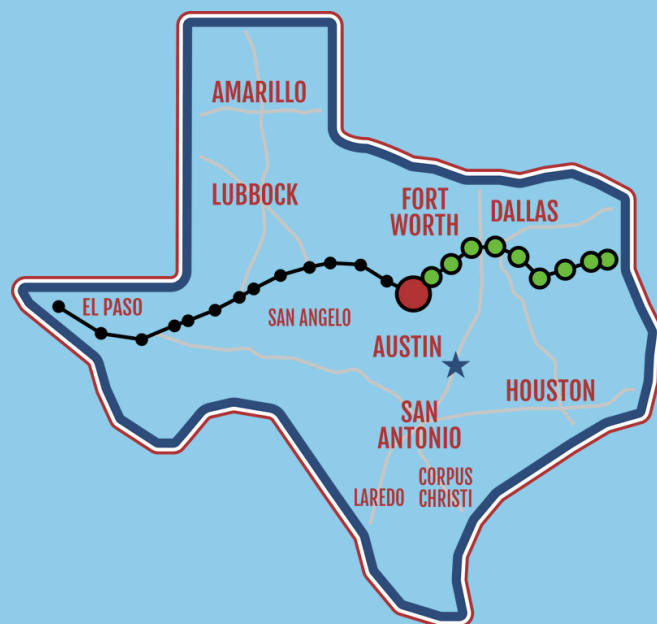
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Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status.

*The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating*

# STATS AFTER WEEK 1

The Ogeez's	433
HARTA Team 1	375.3
CyFARE2	342.92
Insteption	285.4
HARTA Team 4	234.47
HARTA Team 2	234.46
Rolling Ringers	212.49
HARTA 3	199.98
All Around Sports 2024	188.4
SOUL SISTERS	182.54
Cavalcade Movers & Shakers	177.0
Camina30	173.03
Step N Stride	168.54
Texas Jackrabbits	152.29
Miles and Smiles	141.00
WAT -a- GIFT	125.8
FIT Spring Branch	106.68
CyFARE 3	90.7
CyFARE 1	81.26
Houston ToolBank	58.74
Harris County 4-H	56.24
WOP Senior Warriors	43.7
EFL Community Center	40.0
#MyHBCU	25.75
Bellaire Bulldogs	20.02
Walk on Bye	17.59
Solo	15.00
Walk with YDC	4.5
Ramble On	0
Walk It Out	0
<b>TOTAL:</b>	<b>3,661.51</b>

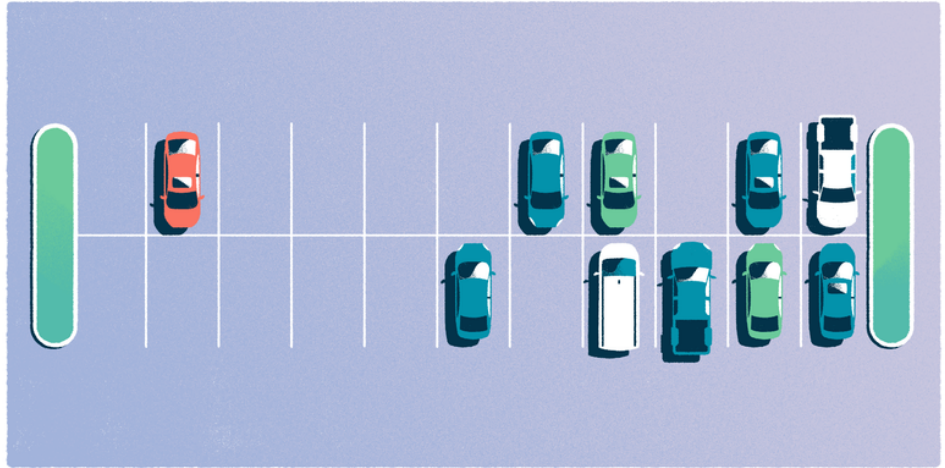


**If you have pictures of your team in action, community fitness events or stories PLEASE email them to Susan Hubert at [susan.hubert@ag.tamu.edu](mailto:susan.hubert@ag.tamu.edu) so they can be included in our newsletter.**

# Fitting in a walk is as easy as finding a bad parking spot.

Make any errand an opportunity to get in extra steps.

Develop some new healthy habits with tips from [MoveItMonday.org](http://MoveItMonday.org)



#MoveItMonday

[MoveItMonday.org](http://MoveItMonday.org)

**MOVE IT MONDAY!**

## Italian Mixed Veggies



### INGREDIENTS

- 1 Roma tomato, diced
- 1 Yellow squash, sliced
- 1 Zucchini, sliced
- 1/2 bell pepper, chopped
- 1/4 cup light Italian dressing
- 1/4 cup reduced-fat parmesan cheese

Try out a new recipe this week.

### DIRECTIONS

1. Wash your hands and clean your cooking area.
2. Mix vegetables and salad dressing together in a microwave safe baking dish.
3. Cook vegetables in the microwave on high for 10 minutes stirring every 2-3 minutes.
4. Sprinkle parmesan cheese over the vegetables and allow cheese to melt before serving.

# 2024 Midwalk Events

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

## Family Nature Walk & Scavenger Hunt



Enjoy **Nature** and **win** prizes!

**March 16th**

10:00 am - 12:00 pm

**Jesse H. Jones Park**

**Nature Center - Pavilion**

**20634 Kenswick Dr.**

**Humble TX 77338**

## 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.

A baby bat screamed in  
Fright!

Turn on the dark,  
I'm afraid of the  
light!

~ Shel Silverstein

**Scan or click QRcode to register:**



**Contact the Extension office**  
with questions: (713) 274-0950



T-shirts were won by .....

**L. Mashburn**

**N. Timothy**

**L. Rhodes**

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

**Check the next newsletter for our next contest!**



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

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

