

SPRING INTO HEALTH 2024 HARRIS COUNTY CHALLENGE

MARCH 3RD - APRIL 27TH

TEXAS A&M
AGRILIFE
EXTENSION

WALK ACROSS TEXAS

MARCH 25, 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

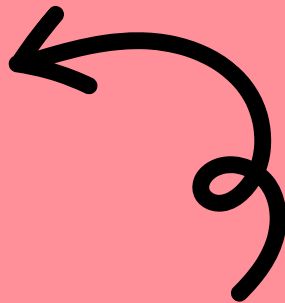
Week 6: April 7 - April 13

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



GIVEAWAY!

DETAILS ON

PAGE 5!

**Enter
to Win**



STATS AS OF 3/25/24

TEAM NAME	TEAM MILEAGE
HARTA Team 1	812.14
The Ogeez's	806.56
All Around Sports 2024	711.58
CyFARE2	692.68
Insteption	617.47
HARTA 3	522.47
HARTA Team 4	504.43
HARTA Team 2	489.53
Texas Jackrabbits	458.24
Walk It Out	409.77
Camina30	356.12
Step N Stride	346.64
Cavalcade Movers & Shakers	345.00
Rolling Ringers	324.02
SOUL SISTERS	315.28
FIT Spring Branch	303.32
WAT -a- GIFT	249.17
Walk on Bye	249.14
CyFARE 1	213.17
Houston ToolBank	206.63
HCAAA Aging Steppers	191.94
Ramble On	176.07
CyFARE 3	159.83
#MyHBCU	149.67
Miles and Smiles	141.00
Harris County 4-H	104.71
EFL Community Center	91.00
WOP Senior Warriors	90.68
Bellaire Bulldogs	43.16
Solo	15.00
Walk with YDC	4.50
TOTAL:	9,050.68

Don't forget to log all your Bonus Activities when you log your miles/steps.

Who's been active in the garden?

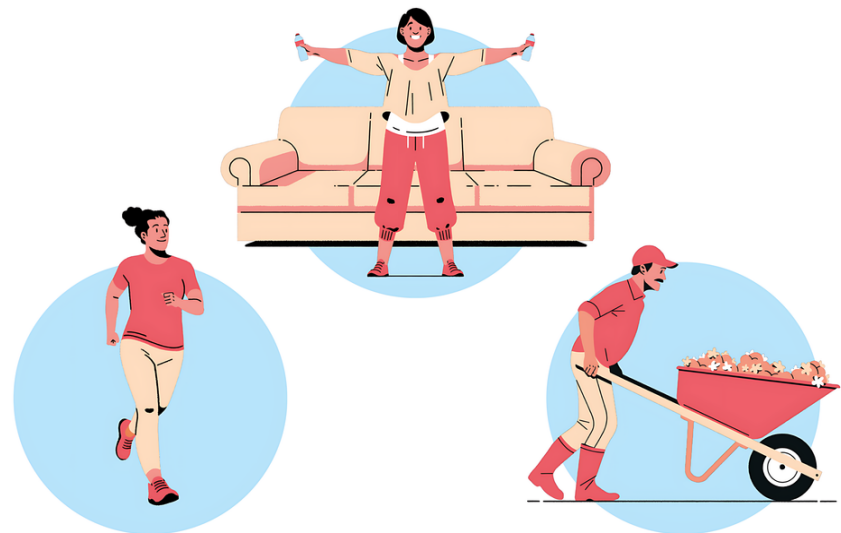
★ Category	Please select
★ Bonus Activity	Please select
★ Time Spent (Minutes)	Bicycling
Bonus Mileage	Conditioning Exercise
	Dancing
	Lawn and Garden
	Running
	Sports
	Water Activities



How to Stay Active for a Healthy Heart

A number of factors affect your heart health, with physical activity being one of the most important. Your heart is a muscle, and just like your biceps and quadriceps, it too benefits from a weekly workout. Because when your heart doesn't get the care and attention it requires, problems can develop.

So how much exercise do you need to help your heart thrive? Not much!



#MoveItMonday

MoveItMonday.org

**MOVE IT
MONDAY!**

The American Heart Association recommends that adults get around 150 minutes per week of moderate-intensity aerobic activity. Some examples of moderate intensity workouts include fast-paced walking, water aerobics, dancing, gardening (it can make you happier, too), tennis (doubles), or biking. High-intensity aerobics, such as running, swimming laps, and hiking, are also beneficial, but make sure to consult with your physician before incorporating these exercises into your physical-activity routine.

Another important point to remember is that you don't have to be "exercising" to stay active. Small adjustments to your day-to-day life, like sitting less or taking a few extra laps around the house, can contribute positively to your heart health. A great way to do this is to "habit stack," or incorporate extra movement into your normal routine. Waiting for the coffee to brew? Walk up and down the stairs, do a quick set of squats, or get in a quick stretch.

This Monday, set a goal of getting in 30 minutes of physical activity, and try to keep it up for the rest of the week. If you don't reach the 150-minute mark, don't sweat it. You can always refresh your intentions the following Monday. Your heart will thank you.

Develop some new healthy habits with tips from MoveItMonday.org

Sunshine Corn and Bell Pepper Salad

Servings

8-1 cup servings

Ingredients

Dressing

- 1/4 cup olive oil
- 1/4 cup diced red onion
- 1/4 cup white wine vinegar
- 1/4 cup cilantro chopped
- 1/4 teaspoon black pepper
- 1/4 teaspoon smoked paprika

Salad

- 4 cups Corn, off the cob or frozen (defrosted)
- 1 cup cherry tomatoes, sliced
- 1 green bell pepper, diced
- Zest of 1 lemon, about 3 tablespoons
- juice of 1 lemon, about 3 tablespoons
- 1/2 avocado, diced
- 1/3 cup green onion, diced

Instructions

1. Wash hands and clean preparation area.
2. Combine all dressing ingredients into a bowl and mix. Set aside.
3. In a large bowl combine all other salad ingredients.
4. Pour mixed dressing over other salad ingredients and mix well.
5. Serve immediately.



Eager for more recipes? Visit <https://dinnertonight.tamu.edu/>.

**Enter
to Win**

GIVEAWAY!

**Send a picture of you and/or your team in action to
susan.hubert@ag.tamu.edu.**

**Please give names of everyone in picture. All will be
entered into drawing for 3 more Walk Across Texas t-
shirts.**



Photo above is Team: Camina 30

2024 Midwalk Events

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>

