

MARCH 24, 2021

# OPERATION BRAZOS COUNTY WALK ACROSS TEXAS 2021

*Celebrating 24 Years of WAT Brazos County*

TEXAS A&M  
AGRI LIFE  
EXTENSION



WALK  
ACROSS TEXAS!  
TEXAS A&M AGRILIFE EXTENSION

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

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

*Walk Across Texas 2021*

OPERATION WALK ACROSS TEXAS

MISSION: POSSIBLE

Whoa! Just like that (insert finger snap)! It is week six! A lot of miles have been covered. More teams were added to the **Mission: Accomplished 833 Club**. A whopping 44 teams to be exact... Thank you for accepting the mission to Walk Across Texas! Three nominees were submitted for Most Inspirational Person. Read all about them next week.

#### IMPORTANT DATES-AT-A-GLANCE

- Proclamation-February 2, 2021 ✓
- Kick Off Event: February 13, 2021 ✓
- **Event Dates: February 13, 2021-April 9, 2021**
- February 13, 2021-February 19, 2021 (Week One) ✓
- February 20, 2021-February 26, 2021 (Week Two) ✓
- February 27, 2021-March 5, 2021 (Week Three) ✓
- March 6, 2021-March 12, 2021 (Week Four) ✓
- March 13, 2021-March 19, 2021 (Week Five) ✓
- **March 20, 2021-March 26, 2021 (Week Six)** ←
- March 27, 2021-April 2, 2021 (Week Seven)
- April 3, 2021-April 9, 2021 (Week Eight)
- Online registration extended deadline: February 24, 2021 ✓
- Weekly virtual workouts: February 24, March 3, March 10, March 17, **March 24**, March 31, and April 8
- The Announcement of Champions: April 28, 2021
- Celebration Event/Prize Patrol: April 28, 2021

March is National  
Nutrition Month

Check out the Dinner Tonight recipe in this newsletter!



Click on this flyer to register.  
THE  
TEXAS A&M  
UNIVERSITY  
SYSTEM



AIRROSTI

TEXAS A&M  
AGRILIFE  
EXTENSION

## **OPERATION WALK ACROSS TEXAS 2021 CHALLENGE**

**MISSION: POSSIBLE 833**

**VIRTUAL WEEKLY INSTRUCTOR LED WORKOUT**

***Should you choose to accept it!***

**FOAM ROLLER STRETCHING CLASS  
WITH AIRROSTI  
MARCH 24, WEDNESDAY  
5:30-6:15 PM**

Register at

**[HTTPS://GO.AIRROSTI.COM/SCHEDULER/EVENT/DX  
WVV3G788J](https://go.airrosti.com/scheduler/event/dxwvv3g788j)**

**HOSTED BY THE TEXAS A&M UNIVERSITY SYSTEM**

Would you like to learn how to improve your flexibility, increase blood flow and circulation, and reduce injuries or pain? Join us for an educational and interactive foam rolling class where you will learn how to use this valuable rehab tool. Let us teach you how using a foam roller can be an integral part of a healthy and active lifestyle.



THE MEMBERS OF TEXAS A&M AGRILIFE WILL PROVIDE EQUAL OPPORTUNITIES IN PROGRAMS AND ACTIVITIES, EDUCATION, AND EMPLOYMENT TO ALL PERSONS REGARDLESS OF RACE, COLOR, SEX, RELIGION, NATIONAL ORIGIN, AGE, DISABILITY, GENETIC INFORMATION, VETERAN STATUS, SEXUAL ORIENTATION OR GENDER IDENTITY AND WILL STRIVE TO ACHIEVE FULL AND EQUAL EMPLOYMENT OPPORTUNITY THROUGHOUT TEXAS A&M AGRILIFE.

## About the weekly e-news blast:

- Team members are encouraged to enter mileage daily. Each week's e-news will cover the Saturday through Friday week preceding the newsletter (Ex. Team and league placing are based on miles walked through week five; March 19.)
- SEND pictures of your team in action, any upcoming team or community fitness events, or stories for the newsletter. PLEASE email them to Flora Williams at [fewilliamseag.tamu.edu](mailto:fewilliamseag.tamu.edu).
- Weekly e-news blast will arrive on or before Thursday of each week.

## Top 50 Most Creative Team Names

(Names were sent out for judging. The top 75 Most Creative Team Names are listed below and still in the running for overall most creative name)

- 16 Feet with Sole
- Blister Sisters
- Bringing Healthy Back
- Buns on a Run
- Chafing the Dream
- Chicks with Kicks
- Cops & Runners
- Don't Stop Til You Step Enough
- DOR - Not fast, Just furious
- Double the Fun Strollers
- Engineering IT Step-by-Step
- Enthusiastics In Sneakers
- ETID Hearts and Soles
- Fat and All That
- Footloose and Free Range
- Geoscience Trekkers
- Groovy Grape Steppers
- Kickin' Asphalt
- Laps4Laney
- Making Strides
- Mind over Miles
- Motionally Challenged
- Operation: Sole Survivors
- Press 'N On
- Rapid Thigh Movement
- RELLIS Sole Train
- Run for Your ResLife!
- Run Forrest Run
- Runs & Roses
- See ya later, aggregator
- Sole Beneficiaries
- Sole Sisters
- Spring in Our Step
- Stone Cold Steppin
- Strictly Business
- StuAct's New Kids on the Walk
- Student Services Stompers
- Studious Strollers
- Texas Two-Steppers
- The Chosen Buns
- The Church of Walkatology
- The ThreadRippers
- The Walkie Talkies
- Twisted Blisters
- Walk Across KBTexas
- Walk It Off
- Walk Ness Monsters
- Walkie Talkies
- Walking 9 to 5 (HR)
- What is That in Miles?
- Wii Fit
- Wild Walkers of the West

## Exciting News

The Brazos County Office of Texas A&M AgriLife Extension Service & Prairie View A&M Cooperative Extension Program are moving. Details coming soon...





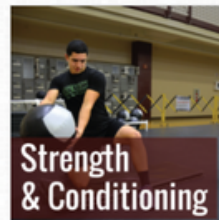
# Week Five Highlights

Thank you to Anna Taggart Minahan for the 45 minute Yoga Practice March 17, 2021 via Zoom

The session was recorded [here](#).

Anna Taggart Minahan is the Fitness Director of the Department of Recreational Sports at Texas A&M University.

Learn more about Texas A&M Rec Sports [here](#).



Rec Sports

## Week Five Yoga Facebook Live VIPs



See our list of VIPs on the wheel who signed in at the virtual practice.



View in the spinning wheel at the end of the practice [here](#).







# Yoga

## Health benefits beyond the mat

### Better Body Image

Focusing inward during yoga helps you be more satisfied with your body and less critical of it.

### Heart Benefits

Yoga can help lower blood pressure, cholesterol, and blood sugar, all of which are good for your heart and blood vessels.

### Overall Fitness

Practicing yoga a couple times a week increases muscle strength and flexibility, boosts endurance, and tunes up your heart, lungs, and blood vessels.

### Mindful Eating

Being more aware of how your body feels carries over to mealtimes as you savor each bite or sip and notice how food smells, tastes, and feels in your mouth.

### Weight Control

Mindfulness developed through yoga can make you more sensitive to cues of hunger and fullness, which help you develop a more positive relationship with food.



# TEAM PLACINGS BY LEAGUES THROUGH WEEK FIVE

## AgriLife Employee Wellness

1. Wandering Wildlanders 1522.98
2. The Original Holy Walkamolies 1443.72
3. HORT TREKKERS 1344.08
4. EXTreme Speed 1122.98
5. Cancer Warriors 1029.09
6. Hort Perennial Posse 1018.87
7. Making Strides 934.84
8. Texas Cruisers 903.45
9. If I Had A Boat 841.07
10. Witness the Fitness 840.85
11. Groovy Grape Steppers 836.09
12. Gel Runners 829.48
13. Bolls of Steel 825.79
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15. HORT FLOWER POWER 774.81
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22. Coverage Captains 493.85
23. Bringing Healthy Back 489.55
24. Rice CRISP(R)ies 440.36
25. Walking Riceronies 388.47
26. The Walking Dead 359.69
27. TFS Urban and Community Forestry 359.29
28. "Four Score and Seven Blisters Ago" 312.34
29. Runs & Roses 233.64
30. JoCo Joggers 226.34
31. The 2 Cobbs 152.45

## Laps for Laney

1. LRC Healthy Driven Seniors 1153.25
2. Laps4Laney 794.84
3. Laney Bugs 627.73
4. Team Fusion 508.19
5. Laney Boos 339.22

## Brazos County

1. The Tax Squad 1005.61
2. Precinct 3 Sole Mates 916.09
3. Brazos County Walking Warriors 830.65
4. Brazos DA Team One 739.30
5. Bomb Squad 681.14
6. County Attorney EZ Team 651.44
7. Red Hot Chili Steppers 602.39
8. Brazos County DA A Team 587.89
9. Cowgirl Up 552.43
10. Risky Record Walkers 433.26

## Diabetes Edition

1. TX Tough/KY Strong 418.18
2. BMW to LMW 345.36

## Health System Planners

1. team pasta 879.13
2. Sydney's Team 634.40
3. Texas Two-Steppers 606.70
4. Twinkle Toes 450.39
5. Mavericks 435.48
6. Gold Diggers 277.78
7. Cirque Du Sore Legs 277.16
8. Happy Feet 270.72
9. The Majorities 124.05
10. The Health Planners 120.85
11. Wii Fit 76.47
12. Walking with the Kins 69.88
13. swaggies 63.10
14. TAMU Triumph 54.90
15. Gimme Bonus 38.00
16. Studios Strollers 35.00
17. Howdy 34.00
18. HOWDY RUN 23.30
19. Jam & Co. 2.00

# TEAM PLACINGS BY LEAGUES THROUGH WEEK FIVE

## MYCON General Contractors, Inc.

1. MYCOOL 850.67
2. Stone Cold Steppin 649.30
3. What is That in Miles? 626.26
4. Butter's Walking Buddies 441.70

## TAMU Division of Research

1. DOR SUPER Tribe 791.52
2. DOR Mission Accepted 735.71
3. DOR- Dream Team 654.90
4. DOR Super Tribe - Dorminators 581.76
5. DOR Change Agents 570.34
6. DORMant Dynamites 546.00
7. DOR - Not fast, Just furious 433.12
8. DOR-MI"C"-you-on-the-treadmill 420.99
9. DOR COVID CRUSHERS 356.58
10. DOR - ExSports Stars 356.03
11. DOR - RUSH 332.43
12. DOR Cirque du Sore Legs 216.93

## Texas A&M Engineering

1. ETID Hearts and Soles 921.20
2. The MEEN Team 874.18
3. Tough Engineers Enthusiastically Stepping (TEES) 831.86
4. Fueled By Caffeine 793.77
5. Blister Sisters 705.21
6. Rapid Thigh Movement 670.37
7. Connected by Walk 583.04
8. Engineering IT Step-by-Step 414.19
9. Holy Walkamolies 384.76
10. TEES Trotters 328.38
11. NESc 285.45
12. EASA Vibe 217.05
13. All Alone 145.11

## Texas A&M Division of Student Affairs

1. United Rec Force 2218.07
2. Walk This Way! 1757.28
3. Run for Your ResLife! 1222.04
4. Twisted Blisters 1171.22
5. Don't Stop Til You Step Enough 1085.48
6. DOR SUPER Tribe 991.27
7. DOR Mission Accepted 963.30
8. What a long strange trip it's been 909.01
9. ODSL Queens of the Mile 907.61
10. The SHS Movers & Shakers 884.86
11. RECing The Dream 817.02
12. Un-STEP-able 780.09
13. Taco Walk on the Wild Side 764.15
14. DOR- Dream Team 748.92
15. Becky's Toddling Troup 735.76
16. ODSL Legs Miserables 727.12
17. DORMant Dynamites 685.93
18. DOR Super Tribe - Dorminators 647.03
19. DOR Change Agents 608.79
20. Holy Walkamolies! 581.09
21. StuAct's New Kids on the Walk 541.65
22. DOR - Not fast, Just furious 525.36
23. DOR - ExSports Stars 505.73
24. DOR-MI"C"-you-on-the-treadmill 496.07
25. Chafing the Dream 436.19
26. VRSC Mission Possible 435.73
27. Your Pace or Mine? 403.01
28. Team ELS 392.04
29. DOR COVID CRUSHERS 387.18
30. DOR - RUSH 377.42
31. DMS Steppers 278.28
32. DOR Cirque du Sore Legs 246.62

**MISSION:  
POSSIBLE**



# TEAM PLACINGS BY LEAGUES THROUGH WEEK FIVE

## Texas A&M Foundation

1. Geoscience Trekkers 878.02
2. Holy Walkamolies! 830.98
3. BCS Yard Goats 663.09
4. Three Armadillos 341.59
5. Your Pace or Mine? or "funny name" here 56.03

## Texas A&M regiSTRIDES

1. Texas A&M Transportation Services 1731.33
2. The Walkie Talkies 852.67
3. Degree JOG-It 796.10
4. Student Services Stompers 618.81
5. Buns on a Run 597.92
6. The Chosen Buns 595.08

## Texas A&M Transportation Services

1. Spevtaculars 760.77
2. Walking 9 to 5 (HR) 688.42
3. CS Crew 282.14

## Texas A&M University System Offices

1. The Motley Crew 990.70
2. RELLIS Sole Train 884.48
3. The Church of Walkatology 574.97
4. Feisty Females 493.36
5. Sole Beneficiaries 250.78



## Texas A&M Division of Student Affairs

1. Holy Walkamolies! 740.18
2. Geoscience Trekkers 627.57
3. BCS Yard Goats 522.62
4. Three Armadillos 313.30
5. Your Pace or Mine? or "funny name" here 47.12

## University Libraries

1. Rogue Motion 629.15
2. Strictly Business 584.25
3. Press 'N On 471.19
4. MSL Marvels 421.95
5. The Mandalorian Misfits 307.56
6. Sole Mates 276.02
7. Cushing Panthers 95.05

## We Are All Aggies

1. Cops & Runners 1127.31
2. College of Pharmacy - Pharmily 919.13
3. Operation: Kill-O-Meters 900.32
4. Walk Ness Monsters 876.14
5. Unleashed at CVMBS 857.70
6. Operation: Sole Survivors 853.61
7. Operation: Witness the Fitness 808.72
8. S.W.A.T.T. - Sprinters, Walkers and Trash Talkers 626.05
9. Enthusiastics In Sneakers 623.36
10. Phage Busters 610.11
11. See ya later, aggregator 594.42
12. CLLA Maskateers 578.99
13. Run Forrest Run 553.59
14. Fantastic FAID 521.27
15. Walkie Talkies 510.65
16. Footloose and Free Range 438.81
17. I'll Be There Now In A Minute 387.00

# TEAM PLACINGS BY LEAGUES THROUGH WEEK FIVE AND STATEWIDE SURVEY

## Solo Teams-No League

1. CVM Dog Tired 1082.09
2. South Campus Poppers 1029.84
3. Brazos County 905.19
4. Search Dog Walkers 855.60
5. Dynacisers 21 854.10
6. 16 Feet with Sole 817.26
7. The Perambulators 783.24
8. Peanut Butter & Jelly Legs 660.05
9. Sole Sisters 642.92
10. Spring in Our Step 640.32
11. Double the Fun Strollers 640.28
12. Socially Distant Sole Sisters 617.29
13. Human Environmental Animal Team (H.E.A.T.) 595.03
14. Kickin' Asphalt 589.43
15. Southside Superstars 414.64
16. Walk It Off 399.27
17. MUPs21 342.63
18. Chicks with Kicks 336.26
19. The ThreadRippers 210.90
20. Motionally Challenged 209.93
21. InterLibrary Sensation 208.00
22. Walk Across KBTexas 181.41



## WHAT IS TEXAS SPEAKS?

TexasSpeaks is a state-wide online survey conducted by Texas A&M AgriLife Extension Service with the purpose of listening to Texas citizens as they identify the strengths and needs of their communities.

Data from the survey will be aggregated at local levels and provided to local stakeholders. Additionally, statewide data will be aggregated and made available to state agencies and decision makers.

## WHAT IS THE GOAL?

To engage as many Texas citizens as possible to create the most accurate and helpful data to support Texas communities at both the state and local levels.



## QUICK FACTS ABOUT THE SURVEY

- Online
- Open to the public
- Anonymous
- Takes 10 minutes
- Includes an opportunity to collect open-ended feedback

**Contact**  
Dr. Scott Cummings  
s-cummings@tamu.edu  
979-229-3187

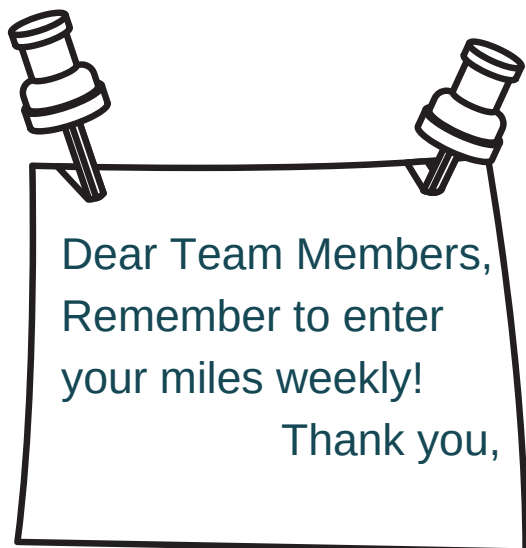
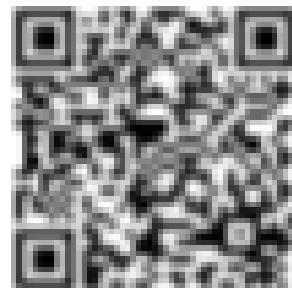


**PARTICIPATE TODAY!**  
<http://tx.ag/texasspeaks>



track the progress >> [TEXASSPEAKS.TAMU.EDU](http://TEXASSPEAKS.TAMU.EDU)

**Feedback is needed from Texas residents.  
Please take a few minutes to complete the  
survey.**



# OVERALL TEAM PLACING

11. United Rec Force 2218.07
2. Walk This Way! 1757.28
3. Texas A&M Transportation Services 1731.33
4. Wandering Wildlanders 1522.98
5. The Original Holy Walkamolies 1443.72
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160. Runs & Roses 233.64
161. JoCo Joggers 226.34
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179. Howdy 34.00
180. HOWDY RUN 23.30
181. Jam & Co. 2.00



**SPOTLIGHT**  
**FOUR OF UNITED REC FORCE**  
**TEAM MEMBERS**  
*putting the steps in at*  
*6:15 am!!!*



**Mark Haven**



**Christina Richards,  
Sachi Carr and  
Evelyn Dorsey**



## SPOTLIGHT

LRC HEALTHY DRIVEN  
SENIORS AT LINCOLN  
RECREATION CENTER

*Line Dancing  
Walking and Stretching*



**Mary Ann  
Childs**



**Debra Broadus**



**Dorothy Rainwater**



**Dorothy Rainwater, Mary Ann Childs,  
and Cee Ellis**



# The Mission: Accomplished 833 Club

44 teams joined the Mission: Accomplished 833 miles club in week five

- Brazos County
- Cancer Warriors
- College of Pharmacy - Pharmily
- Cops & Runners
- CVM Dog Tired
- Don't Stop Til You Step Enough
- DOR Mission Accepted
- DOR SUPER Tribe
- Dynacisers 21
- ETID Hearts and Soles
- EXTreme Speed
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- team pasta
- Texas A&M Transportation Services
- Texas Cruisers
- The MEEN Team
- The Motley Crew
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- The Walkie Talkies
- Twisted Blisters
- United Rec Force
- Unleashed at CVMBS
- Walk Ness Monsters
- Walk This Way!
- Wandering Wildlanders
- What a long strange trip it's been
- Witness the Fitness



**VISIT [dinnertonight.tamu.edu](https://dinnertonight.tamu.edu)** *for healthy and tasty recipes!*

## Roasted Rosemary Sweet Potatoes

### Ingredients

- 3 lbs.(6 cups) sweet potatoes, peeled and cut into 1-inch cubes
- 1/4 cup olive oil
- 4 sprigs rosemary, chopped
- 3 cloves garlic, minced
- 1 red onion, sliced

### Instructions

1. Wash your hands and clean your cooking area. Preheat saute pan to medium heat on the stove top.
2. Combine sweet potatoes and olive oil in the pan and saute until potatoes are bright and tender.
3. Add rosemary to the pan and continue stirring.
4. Add garlic and onion, and cook until soft and aromatic.



# Convert your physical activity to "miles walked". See updated table

## 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	2,250 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

**To view a clear image of this chart, [click here.](#)**

If your exercise of choice is not listed:

- Use a fitness device to measure miles
- Use the conversion of 20 minutes equals 1 mile (for moderate) or 15 minutes equals one mile (intense)

### 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:*

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

# Weekly virtual workout schedule

## Foam Roller Stretching

March 24, 2021, Wednesday

5:30 pm via Airrosti.com scheduler

<https://go.airrosti.com/scheduler/event/DXWVV3G788J>

## Brain Breaks

March 31, 2021; Wednesday

11:45 a.m. via Facebook Live

## Zumba

April 8, 2021; Thursday

12:00 noon via Zoom

[https://urldefense.proofpoint.com/v2/url?u=https-3A\\_zoom.us\\_j\\_93947796745-3Fpwd-3DSWtGeEpmdzBLdCtQRFZBeHBISDdldz09&d=DwlFaQ&c=r\\_tSStIHV2ie60z4DgB-pQ&r=bFhz88Vr6-B9t5V0PW8Xoj5GY34nC0H5RF9nCpmuks&m=Sg72s8llGOnTrSZ4VyK83arTNtHKRATHlnT05-aUKYg&s=J9bflXr6D5a74s--lN1AVP0kX4DTu57ounLyHE7cltY&e=](https://urldefense.proofpoint.com/v2/url?u=https-3A_zoom.us_j_93947796745-3Fpwd-3DSWtGeEpmdzBLdCtQRFZBeHBISDdldz09&d=DwlFaQ&c=r_tSStIHV2ie60z4DgB-pQ&r=bFhz88Vr6-B9t5V0PW8Xoj5GY34nC0H5RF9nCpmuks&m=Sg72s8llGOnTrSZ4VyK83arTNtHKRATHlnT05-aUKYg&s=J9bflXr6D5a74s--lN1AVP0kX4DTu57ounLyHE7cltY&e=)

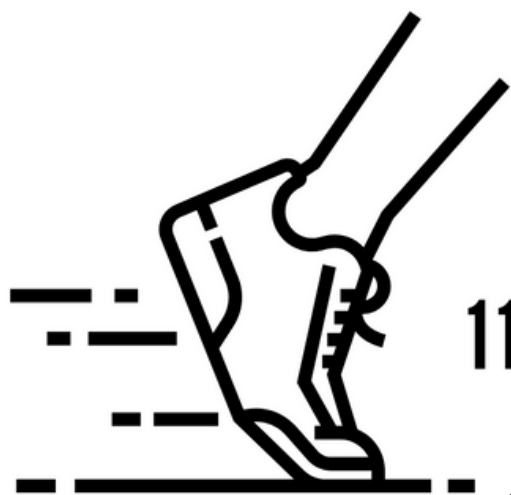
**Passcode: Zumba**



**Tune in weekly for fun workouts and great door prizes! Some classes require pre-registration. See individual class details on next page.  
Please attend as many as your schedule permits.**



**OPERATION WALK ACROSS TEXAS 2021 CHALLENGE**  
**MISSION: POSSIBLE 833**  
**VIRTUAL WEEKLY INSTRUCTOR LED WORKOUT**  
*Should you choose to accept it!*



**BRAIN BREAKS**  
**MARCH 31, 2021**  
**WEDNESDAY**  
**11:45 AM - 12:15 PM**  
**FACEBOOK LIVE**

@WALK.ACROSS.TEXAS.BV



**Learn multiple short activities that  
will incorporate fun, movement and  
mindfulness into your day!**

*Hosted by*  
**Texas A&M AgriLife Extension Service**



## **OPERATION WALK ACROSS TEXAS 2021 CHALLENGE**

**MISSION: POSSIBLE 833**

**VIRTUAL WEEKLY INSTRUCTOR LED WORKOUT**

***Should you choose to accept it!***

# **ZUMBA**

## **APRIL 8, 2021**

## **THURSDAY**

## **12:00 – 12:40 P.M.**

## **ZOOM CLASS**

[https://urldefense.proofpoint.com/v2/url?u=https-3A\\_\\_zoom.us\\_j\\_93947796745-3Fpwd-3DSWtGeEpmdzBLdCtQRFZBeHBISDdldz09&d=DwlFaQ&c=r\\_tSSiHV2ie60z4DgB-pQ&r=bFhz88Vr6-B9t5V0PW8Xoj5GY34nCc0H5RF9nCpmuks&m=Sg72s8llGOnTrSZ4VyK83arTNtHKRATHInT05-aUKYg&s=J9bflXr6D5a74s--INIAVP0kX4DTu57ounLyHE7cltY&e=](https://urldefense.proofpoint.com/v2/url?u=https-3A__zoom.us_j_93947796745-3Fpwd-3DSWtGeEpmdzBLdCtQRFZBeHBISDdldz09&d=DwlFaQ&c=r_tSSiHV2ie60z4DgB-pQ&r=bFhz88Vr6-B9t5V0PW8Xoj5GY34nCc0H5RF9nCpmuks&m=Sg72s8llGOnTrSZ4VyK83arTNtHKRATHInT05-aUKYg&s=J9bflXr6D5a74s--INIAVP0kX4DTu57ounLyHE7cltY&e=)

passcode ZUMBA

**hosted by AgriLife Employee Wellness**

*Zumba*—The class that started the dance–fitness revolution and changed the way we look at a “workout” forever. It’s fun, effective, there’s great music, easy to learn dance moves and best of all... it’s made for everyone.



The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

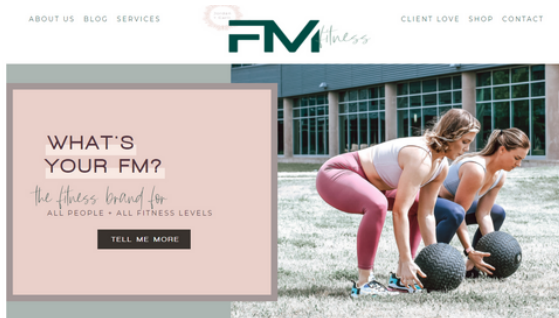


# Meet the sponsors and hosts

If viewing electronically, click on the images to learn more about each sponsor or host.



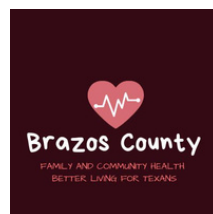
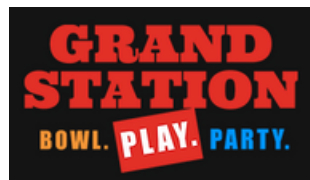
We specialize in custom awards, trophies, promotional products as well as personalized gifts. We can create that special award for your hard working employee. We can also create that personal gift for a friend or loved one including many items that can have a full color photo on them.



We designed this brand for ALL people and ALL fitness levels. Our workouts, our environment, community, and mostly our "tribe" are all what sets us apart.



Mobile tire service specializing in flat repairs and tire changes on 18 wheelers, tractors, RVs, lawn and garden. Fleet checks with air pressure and tread depth. Only spare tire change services are offered for cars, SUVs, and light trucks.



## 2021 Awards and Recognition

- Virtual Workout Weekly Drawings
- Most Inspirational Person
- Most Creative Team Name
- Top Teams/Hall of Fame
- Random Drawing of Finishing Teams

## Most Inspirational Person Nomination Process

Thank you for the nominations! Nominees will be in next week's newsletter.

*thank you*

## Merchandise

Mission: Possible Themed T-shirts

Short-sleeve only

S-XL \$12.00; 2X-3X \$14.00

2020 Yellow Shirts

S-XL \$5; XL-2X \$7

**(Sizes available 3XL, 2XL, XL, M and S)**

Brazos County Extension Office

2619 Highway 21 West

Bryan, Texas

979-823-0129

Contact: Flora Williams at  
fewilliams@ag.tamu.edu

Payable to Brazos WAT

*(Delivery available in Bryan and College Station)*

Payment methods: exact change (in-person), check, credit or debit card



*Selling out fast!*

# Thank you Taskforce!

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### Treasurer:

Sara Mendez-Brazos County Health District

### Secretary:

Pat Pierson-Texas A&M AgriLife Master Wellness Volunteer

### FCH County Extension Agent/Advisor:

Flora Williams-Texas A&M AgriLife Extension

### Advisors:

Alice Kirk-Texas A&M AgriLife Extension

Michael Lopez-Texas A&M AgriLife Extension

Brian Faries- Texas A&M AgriLife Extension

### Members:

Andi Bednorz-Texas A&M University System

Diana Gaytan-Brazos County Health District

Dorithie Thomas-Texas A&M AgriLife

Jessica Palacios-Texas A&M University System

JJ Macias-Texas A&M University System

Judy Kurtz-Texas A&M AgriLife Extension

Kelley Melcher-Blue Cross Blue Shield

Leslie Martinek-CHI St. Joseph

Mary Parrish- Brazos County Health District

Nickie Boutte-CASAP - Community Alcohol & Substance Awareness Partnership

Sheri Meyer-Texas A&M University System



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For more information about  
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Walk Across Texas

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Flora Williams  
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