

MARCH 2, 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

*Walk Across Texas 2021*

OPERATION WALK ACROSS TEXAS

MISSION: POSSIBLE

Yippee! The number of teams climbed by a few up to **172 teams**. We are on the move in year 24 of Walk Across Texas in Brazos County. Fifteen leagues and 1,189 individuals signed up.

Heads up! Some teams will be moving to a 16th league in next week's e-news. More of the TAMU teams are linking up. Thank you for accepting the mission to Walk Across Texas! Let's go!

## 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 31, and April 8
- The Announcement of Champions: April 28, 2021
- Celebration Event/Prize Patrol: April 28, 2021

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*

## 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 two; February 26.)
- Reminder: To make reporting easier, add [howdyhealth.org](https://howdyhealth.org) to your phone's home screen. See the instructions below.
- SEND pictures of your team in action, any upcoming team or community fitness events, or stories. PLEASE email them to Flora Williams at [fewilliams@ag.tamu.edu](mailto:fewilliams@ag.tamu.edu). ZERO were received this week.
- Weekly e-news blast will arrive on or before Thursday of each week.



## Adding howdyhealth.org to home screen

### (For iPhones)

1. Open the website: <https://howdyhealth.org/programs/wat>
2. Click the 'Share' icon at the bottom which is the "box with an arrow pointing up"
3. Scroll the icon options and tap 'Add to Home Screen'
4. Click the 'Add' button in the top right corner
5. Tap the WAT! app on the home screen to access the WAT Dashboard and enter mileage



### (For Android)

1. Open the website <https://howdyhealth.org/programs/wat>
2. Click the 3 dot icon in the top right corner
3. Select the option 'Add to Home Screen'
4. Tap the WAT! app on the home screen to access the WAT Dashboard and enter mileage

### (For Samsung)

1. Open the website <https://howdyhealth.org/programs/wat>
2. Click the 3 line "hamburger menu" at the bottom right corner
3. Select the option '+ Add page to'
4. Select "Home screen"
5. Tap the WAT! app on the home screen to access the WAT Dashboard and enter mileage



## Week Two highlights

Thank you to St. Joseph Health for the  
Strengthening and Toning Class  
February 24, 2021  
via Facebook Live

If you need a workout this one is a good one to go back, view, and do.  
**Learn all about what MatureWell Lifestyle Center has to offer here.**  
You will be AMAZED!



**Cathy and Peggy leading  
Working Wednesday Workout**



## Week Two Facebook Live VIPs

See our list of VIPs on the wheel who signed in at the virtual workout!



View in the spinning  
wheel [here](#).

### VIRTUAL DOOR PRIZE WINNERS

Tami McMurry-Team Brazos Valley  
Dina Wiley-Nutall-Brazos County  
Jennifer Pate-Team Brazos Valley  
Amanda Springer-Team Brazos Valley  
Leslie Martinek-WAT  
Nickie Boutte-Brazos County

**Winners will receive a 2020 Walk Across Texas t-shirt, a string backpack, and goodies from St. Joseph Health!**

**Items are ready to be picked up from the Brazos County Extension Office.**

#### MatureWell Lifestyle Center

Clinical Social Worker  
Monthly Newsletter  
Nutrition Services  
Outpatient Therapy Services  
Patient Advocate



#### MatureWell Lifestyle Center

Pool, Gym & Fitness Classes  
Community Insurance  
Disease Management Program  
Health Seminars

**MatureWell Lifestyle Center  
(979) 731-6126  
3989 N Shore Dr Bryan, Texas 77807**



# 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.



WALK  
ACROSS TEXAS!  
TEXAS A&M AGRILIFE EXTENSION



THE  
TEXAS A&M  
UNIVERSITY  
SYSTEM



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TEXAS A&M  
AGRILIFE  
EXTENSION

# TEAM PLACINGS BY LEAGUES THROUGH WEEK TWO

## AgriLife Employee Wellness

1. The Original Holy Walkamolies 501.34
2. EXTreme Speed 458.9
3. Wandering Wildlanders 439.99
4. HORT TREKKERS 437.99
5. Cancer Warriors 408.1
6. Making Strides 378.68
7. Hort Perennial Posse 336.49
8. Bolls of Steel 324.6
9. If I Had A Boat 303.37
10. Radiant Rice Racers 277.6
11. Witness the Fitness 247.18
12. Groovy Grape Steppers 246.28
13. Bringing Healthy Back 242.02
14. Exercise & Compliance 241.49
15. Wild Walkers of the West 189.93
16. Coverage Captains 162.06
17. Mind over Miles 157.9
18. TFS Urban and Community Forestry 151.65
19. Fat and All That 144.18
20. Rice CRISP(R)ies 137.12
21. JoCo Joggers 105.89
22. Walking Riceronies 100.3
23. Show Time 95.66
24. The Walking Dead 78.52
25. Runs & Roses 66.86
26. The 2 Cobbs 64.6
27. "Four Score and Seven Blisters Ago" 31.95

## Laps for Laney

1. Laps4Laney 307.69
2. Laney Bugs 169.68
3. Team Fusion 142.38
4. Laney Boos 47.9

## Brazos County

1. Brazos DA Team One 277.51
2. Red Hot Chili Steppers 262.47
3. Bomb Squad 259.45
4. Brazos County Walking Warriors 252.26
5. County Attorney EZ Team 237.22
6. Precinct 3 Sole Mates 235.95
7. Brazos County DA A Team 223.63
8. Cowgirl Up 175.38
9. Risky Record Walkers 137.19
10. The Tax Squad 97.12

## Diabetes Edition

1. TX Tough/KY Strong 126.75
2. BMW to LMW 89.1

## Health System Planners

1. team pasta 311.9
2. Mavericks 257.66
3. Sydney's Team 205.34
4. Twinkle Toes 134.14
5. Texas Two-Steppers 123.26
6. Happy Feet 92.79
7. swaggies 63.1
8. Gold Diggers 59.51
9. The Majorities 55.35
10. The Health Planners 47.3
11. Cirque Du Sore Legs 32.64
12. Wii Fit 19.78
13. Gimme Bonus 17
14. Studios Strollers 13
15. TAMU Triumph 9
16. HOWDY RUN 3.5
17. Jam & Co. 2

# TEAM PLACINGS BY LEAGUES THROUGH WEEK TWO

## MYCON General Contractors, Inc.

- 1.MYCOOL 260.19
- 2.What is That in Miles? 221.89
- 3.Stone Cold Steppin 204.29
- 4.Butter's Walking Buddies 110.4

## TAMU Division of Research

- 1.DOR SUPER Tribe 318.67
- 2.DOR Mission Accepted 284.85
- 3.DOR- Dream Team 284.76
- 4.DOR - Not fast, Just furious 197.81
- 5.DOR Change Agents 194.45
- 6.DOR Super Tribe - Dorminators 185.28
- 7.DOR-MI"C"-you-on-the-treadmill 162.1
- 8.DOR - ExSports Stars 153.47
- 9.DORMant Dynamites 143.64
- 10.DOR - RUSH 128.61
- 11.DOR COVID CRUSHERS 107.13
- 12.DOR Cirque du Sore Legs 59.84

## Texas A&M Engineering

- 1.Fueled By Caffeine 308.79
- 2.Tough Engineers Enthusiastically Stepping (TEES) 294.45
- 3.The MEEN Team 243.3
- 4.ETID Hearts and Soles 237.5
- 5.Rapid Thigh Movement 227.01
- 6.Blister Sisters 207.23
- 7.Connected by Walk 155.21
- 8.TEES Trotters 131.25
- 9.Engineering IT Step-by-Step 128.9
- 10.Holy Walkamolies 84.75
- 11.EASA Vibe 72
- 12.NESC 39.32
- 13.All Alone 27.85

## Texas A&M Division of Student Affairs

- 1.United Rec Force 685.28
- 2.Walk This Way! 650.12
- 3.Twisted Blisters 442.22
- 4.Donâ€™t Stop Til You Step Enough 391.64
- 5.Run for Your ResLife! 339.63
- 6.What a long strange trip it's been 263.55
- 7.RECing The Dream 247.8
- 8.ODSL Queens of the Mile 243.32
- 9.The SHS Movers & Shakers 242.28
- 10.Taco Walk on the Wild Side 237.41
- 11.StuAct's New Kids on the Walk 146.17
- 12.Team ELS 141.58
- 13.ODSL Legs Miserables 131.63
- 14.Holy Walkamolies! 122.54
- 15.Chafing the Dream 115.8
- 16.VRSC Mission Possible 91.1
- 17.Becky's Toddling Troup 64.99
- 18.DMS Steppers 33.76
- 19.Your Pace or Mine? 7.95

**\*\*Un-STEP-able UNDETERMINED MILES**

## Texas A&M Foundation

- 1.Geoscience Trekkers 326.24
- 2.Holy Walkamolies! 304.09
- 3.BCS Yard Goats 234.29
- 4.Three Armadillos 114.96
- 5.Your Pace or Mine? or "funny name" here 23.74

## Texas A&M regiSTRIDES

- 1.Degree JOG-It 232.08
- 2.The Walkie Talkies 200.52
- 3.Buns on a Run 183.33
- 4.Student Services Stompers 162.46
- 5.The Chosen Buns 109.43

# TEAM PLACINGS BY LEAGUES THROUGH WEEK TWO

## Texas A&M

## Solo Teams-No League

### Transportation Services

1. Spevtaculars 281.94
2. Walking 9 to 5 (HR) 173.99
3. CS Crew 80.12
4. The Motley Crew 196.42
5. RELLIS Sole Train 155.93
6. The Church of Walkatology 137.17
7. Feisty Females 109.4
8. Sole Beneficiaries 51

### University Libraries

1. Rogue Motion 246
2. Strictly Business 179.33
3. MSL Marvels 126.92
4. The Mandalorian Misfits 105.21
5. Press 'N On 105.2
6. Sole Mates 90.92
7. Cushing Panthers 26.2

### Solo Teams-No League

1. Brazos County 353.03
2. Cops & Runners 336.11
3. Walk Ness Monsters 308.72
4. Operation: Kill-O-Meters 285.89
5. College of Pharmacy - Pharmily 270.19
6. The Perambulators 251.87
7. Dynacisers 21 246.5
8. Operation: Sole Survivors 246.28
9. Operation: Witness the Fitness 240.43
10. HORT FLOWER POWER 234.29
11. 16 Feet with Sole 228.37
12. Double the Fun Strollers 223.21
13. Spring in Our Step 218.67
14. South Campus Poppers 210.68
15. Search Dog Walkers 210.5
16. Phage Busters 196.51

17. CLLA Maskateers 193.71
18. See ya later, aggregator 191.56
19. Sole Sisters 162.63
20. Qalankhkan 158.83
21. S.W.A.T.T. - Sprinters, Walkers and Trash Talkers 156.4
22. Enthusiastics In Sneakers 155.28
23. Southside Superstars 154.48
24. Walkie Talkies 139.03
25. Footloose and Free Range 125.05
26. Socially Distant Sole Sisters 121.75
27. Kickin' Asphalt 106.4
28. Run Forrest Run 104.22
29. Human Environmental Animal Team (H.E.A.T.) 101.87
30. Fantastic FAID 101.54
31. InterLibrary Sensation 84
32. MUPs 69.18
33. The ThreadRippers 66.13
34. Unleashed at CVMBS 66.02
35. Chicks with Kicks 65.43
36. Motionally Challenged 61.93
37. Walk It Off 61.57
38. Peanut Butter & Jelly Legs 59.5
39. Walk Across KBTexas 58.6



# OVERALL TEAM PLACING

Everyone  
moves up one  
spot for this  
week.

\*\* Un-STEP-able **MILES UNDETERMNED**

2. Walk This Way! 697.45
3. United Rec Force 685.28
4. The Original Holy Walkamolies 554.26
5. EXTreme Speed 507.8
6. Wandering Wildlanders 505.59
7. Cancer Warriors 453.8
8. Twisted Blisters 450.49
9. HORT TREKKERS 440.89
10. Holy Walkamolies! 426.63
11. Donâ€™t Stop Til You Step Enough 417.84
12. Making Strides 407.98
13. LRC Healthy Driven Seniors 380.75
14. Hort Perennial Posse 372.49
15. Brazos County 367.05
16. Run for Your ResLife! 357.15
17. Bolls of Steel 345.98
18. Laps4Laney 340.4
19. If I Had A Boat 338.9
20. Cops & Runners 336.11
21. team pasta 328.6
22. Geoscience Trekkers 326.24
23. DOR SUPER Tribe 324.41
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34. Mavericks 278.62
35. Radiant Rice Racers 277.6
36. Dynacisers 21 276.5
37. Red Hot Chili Steppers 276.17
38. College of Pharmacy - Pharmily 270.19
39. The Perambulators 268.39
40. What a long strange trip it's been 268.05
41. ODSL Queens of the Mile 267.65
42. Rogue Motion 260.6
43. Operation: Sole Survivors 260.51
44. Bomb Squad 259.45
45. Groovy Grape Steppers 259.43
46. ETID Hearts and Soles 258.5
47. RECing The Dream 258.2
48. Degree JOG-It 254.36
49. Brazos County Walking Warriors 252.26
50. Taco Walk on the Wild Side 250.24
51. BCS Yard Goats 250.09
52. Operation: Witness the Fitness 248.85
53. Bringing Healthy Back 247.44
54. Witness the Fitness 247.18
55. Precinct 3 Sole Mates 245.48
56. What is That in Miles? 242.59
57. The SHS Movers & Shakers 242.28
58. Exercise & Compliance 241.49
59. HORT FLOWER POWER 239.57
60. Rapid Thigh Movement 238.57
61. County Attorney EZ Team 237.22
62. Double the Fun Strollers 233.11
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65. South Campus Poppers 225.98
66. Spring in Our Step 225.64
67. Phage Busters 224.81
68. Brazos County DA A Team 223.63
69. Stone Cold Steppin 217.41
70. Blister Sisters 212.83
71. Sydney's Team 207.34
72. CLLA Maskateers 205.69
73. Wild Walkers of the West 202.93
74. The Walkie Talkies 200.52
75. Strictly Business 200.43
76. Laney Bugs 199.41
77. DOR - Not fast, Just furious 199.11
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79. DOR Change Agents 194.45
80. Buns on a Run 192.36
81. See ya later, aggregator 191.56
82. DOR Super Tribe - Dorminators 189.28
83. Qalankhkan 184.22
84. DOR-MI"C"-you-on-the-treadmill 179.8
85. Cowgirl Up 177.88
86. Student Services Stompers 177.86
87. Walking 9 to 5 (HR) 173.99
88. Coverage Captains 164.06
89. Sole Sisters 162.63
90. RELLIS Sole Train 160.73



# OVERALL TEAM PLACING

91. Mind over Miles 159.9
92. Southside Superstars 158.48
93. DOR - ExSports Stars 158.47
94. Fat and All That 156.68
95. Connected by Walk 156.49
96. S.W.A.T.T. - Sprinters, Walkers and Trash Talkers 156.4
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110. Socially Distant Sole Sisters 133.55
111. ODSL Legs Miserables 131.63
112. MSL Marvels 131.07
113. Engineering IT Step-by-Step 128.9
114. DOR - RUSH 128.61
115. Footloose and Free Range 127.05
116. Texas Two-Steppers 124.56
117. Three Armadillos 119.76
118. Chafing the Dream 115.8
119. Feisty Females 113.5
120. The Chosen Buns 112.93
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130. Run Forrest Run 104.22
131. Fantastic FAID 101.54
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133. Show Time 95.66
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165. Cushing Panthers 26.2
166. Your Pace or Mine? or "funny name" here 23.74
167. Wii Fit 19.78
168. Gimme Bonus 17
169. Studious Strollers 13
170. TAMU Triumph 9
171. Your Pace or Mine? 7.95
172. HOWDY RUN 3.5



# LEAGUE SPOTLIGHT **Laps for Laney**



This league is walking in memory of

**Delaney Claire Robison**

March 30, 2017–February 7, 2021



**Delaney at the  
February 2020  
Kickoff Event**

If you attended any of the Walk Across Texas sponsored events, you most likely met Delaney. She participated in Walk Across Texas every year since she was in her mother's womb. Laney attended events while her mother pushed her in a stroller during her infant/toddler years. Last year she walked the first mile with us on her own. This year she's walking with us in our hearts.

## **Laney Bugs**

Cindy Myles  
Ann Miles  
Monique Lee  
Donneshia Maxey  
Ashley Richardson  
Kimberly Maxey  
Denise Denise  
Chris Richardson

## **Teams Laps4Laney**

Julie Prouse  
Katina Williams  
Brittany Williams  
Jamie Myles  
Cierra Robison  
Sonya Lakes  
Flora Williams  
Brandon Prouse

## **Team Fusion**

Darlene Hold  
Marilyn Humphreys  
Charisse Humphreys  
Megan Swonke  
Kaci Paden  
Matt Humphreys  
Stephen Humphreys  
Shaun Swonke

## **Laney Boos**

Jessica Buster  
Tosha Mable  
Ronda Miles  
Janet Davis

## **LRC Healthy Driven Seniors**

Ara Begum  
Jean Pruitt Newby  
Dorothy Rainwater  
Donna Artis-Rice  
Chanda Ellis  
Debbra Broadus  
Eleanor Colvin  
Mary Childs



**Delaney with the  
taskforce at the  
March 2020 Amp  
it Up! Event**

# Convert your physical activity to "miles walked"



**WALK  
ACROSS TEXAS!**  
TEXAS A&M AGRILIFE EXTENSION

## 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

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

### 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:*

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

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)

# Weekly virtual workout schedule

## Dance Party

March 3, 2021; Wednesday  
6:00 pm via Facebook Live

## Pilates

March 10, 2021, Wednesday  
11:45 a.m.-12:30 p.m. via Zoom  
[https://tamu.zoom.us/j/94931734106?](https://tamu.zoom.us/j/94931734106?pwd=U29OWjl6OWdvTU54YXF2VVJKZUVEIdz09)  
[pwd=U29OWjl6OWdvTU54YXF2VVJKZUVEIdz09](https://tamu.zoom.us/j/94931734106?pwd=U29OWjl6OWdvTU54YXF2VVJKZUVEIdz09)

## Yoga

March 17, 2021, Wednesday  
12:00 noon via Facebook Live

## Foam Roller Stretching

March 24, 2021, Wednesday  
5:30 pm via Airrosti.com scheduler  
[https://go.airrosti.com/scheduler/event/DXW](https://go.airrosti.com/scheduler/event/DXWVV3G788J)  
[VV3G788J](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 Facebook Live



## Get Fit So You Can Do More!



Exercise and be active every day so you can keep doing what's most important to you.

Practice all 4 types of exercise for the most benefits.

### 1 Endurance

So you can



climb steps

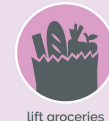


dance the night away



### 2 Strength

So you can



lift groceries



carry grandchildren



### 3 Balance

So you can prevent falls and related injuries



TIP: Use a chair or the wall for support.



### 4 Flexibility

So you can



drive



get dressed



Get exercise ideas, motivational tips, and more from the National Institute on Aging at NIH.

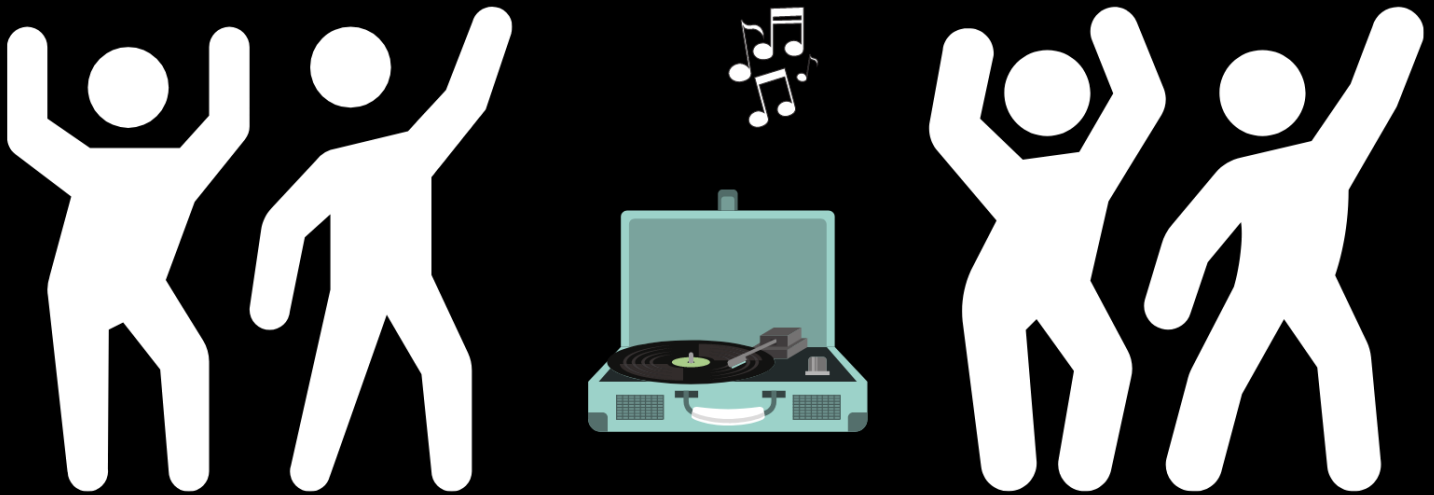
Visit [nia.nih.gov/health/exercise](https://nia.nih.gov/health/exercise)

**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.**

**MARCH 3, 2021, WEDNESDAY @ 6:00 PM**

**FACEBOOK LIVE**

**@WALK.ACROSS.TEXAS.BV**



**WALK ACROSS TEXAS 2021 CHALLENGE**

**MISSION: POSSIBLE 833**

**VIRTUAL WEEKLY INSTRUCTOR LED WORKOUT**

**Should you choose to accept it!**

# ***DANCE PARTY***

**This dance party instruction will include 3-4 different dances, spanning a range of genres. The instructor will break down steps, answer questions, and then lead the class through a group “performance” of the routine. Hosted by the Brazos FCH/BLT Committee.**







TEXAS A&M  
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EXTENSION



**WALK ACROSS TEXAS 2021 CHALLENGE**

**MISSION: POSSIBLE 833**

**VIRTUAL WEEKLY INSTRUCTOR LED WORKOUT**

**SHOULD YOU CHOOSE TO ACCEPT IT!**



## **PILATES CLASS**

**MARCH 10, 2021, WEDNESDAY**  
**11:45 A.M.-12:30 P.M. VIA ZOOM**

<https://tamu.zoom.us/j/94931734106?pwd=U29OWjl6OWdvTU54YXF2VVJKZUVIdz09>

This Pilates mat session includes classical floor exercises that strengthen and lengthen all the muscles of the body. Plus increases flexibility and enhances posture. No prior Pilates experience is needed, this is geared to all levels of fitness. Comfortable workout attire and no shoes recommended. Hosted by Flourish at TAMU.

# OPERATION WALK ACROSS TEXAS 2021 CHALLENGE

## MISSION: POSSIBLE 833

### VIRTUAL WEEKLY INSTRUCTOR LED WORKOUT

Should you choose to accept it!



**YOGA**

TEXAS A&M  
**AGRILIFE**  
EXTENSION

# YOGA

## MARCH 17, 2021

## WEDNESDAY

## 12:00 NOON

## FACEBOOK LIVE

@WALK.ACROSS.TEXAS.BV

Join us for a lunchtime  
relax & restore yoga.



*Hosted by*  
**Texas A&M University Rec Sports**



THE  
TEXAS A&M  
UNIVERSITY  
SYSTEM



AIRROSTI

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

**MISSION: POSSIBLE 833**

**VIRTUAL WEEKLY INSTRUCTOR LED WORKOUT**

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

**REGISTER BY MARCH 19 AT  
[HTTPS://GO.AIRROSTI.COM/SCHEDULER/EVENT/DX  
WVV3G788J](https://go.airrosti.com/scheduler/event/dxwvv3g788j)**

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

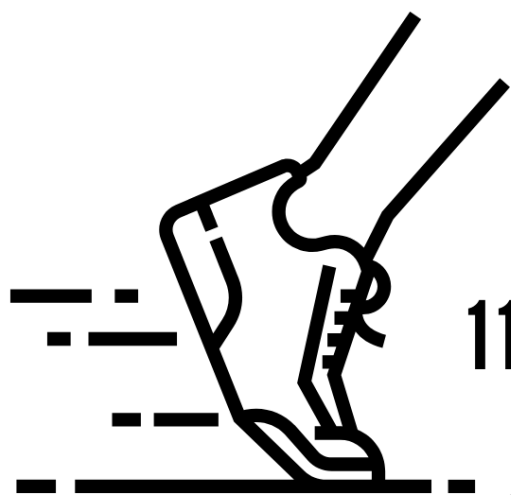
Would you like to learn how to improve your flexibility, increase blood flow and circulation, and reduce injuries or pain? Join us for an educational and interactive foam rolling class where you will learn how to use this valuable rehab tool. Let us teach you how using a foam roller can be an integral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

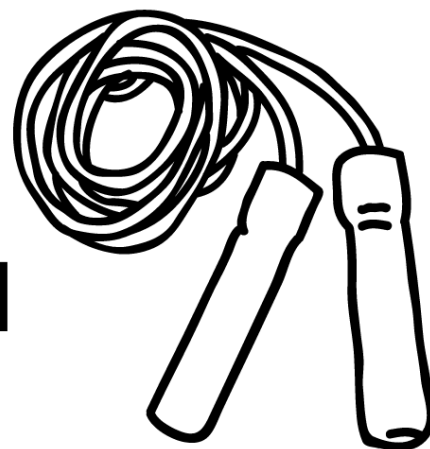


***OPERATION WALK ACROSS TEXAS 2021 CHALLENGE***  
***MISSION: POSSIBLE 833***  
***VIRTUAL WEEKLY INSTRUCTOR LED WORKOUT***  
***Should you choose to accept it!***



**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.**

**FACEBOOK LIVE**

@walk.across.texas.bv

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.

TEXAS A&M  
**AGRI LIFE**  
EXTENSION





## 2021 Awards and Recognition

Weekly Drawings

Most Inspirational Person

Most Creative Team Name

Top Teams/Hall of Fame

Random Drawing of Finishing Teams

## Most Inspirational Person Nomination Process

Send an explanation along with a picture of why a team member has been an inspiration to you and your team to [fewilliams@ag.tamu.edu](mailto:fewilliams@ag.tamu.edu) by March 20, 2021

## 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

Brazos County Extension Office

2619 Highway 21 West

Bryan, Texas

979-823-0129

Contact: Flora Williams at  
[fewilliams@ag.tamu.edu](mailto: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



# Thank you Taskforce!

### Chair

Lindsey Dauer-CHI St. Joseph Health

### 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

Contact:  
Brazos County Extension Office  
Texas A&M AgriLife Extension Service

2619 Highway 21 West  
Bryan, Texas 77803

Phone: 979-823-0129  
Fax: 979-775-3768

For more information about  
Family & Community Health  
Walk Across Texas

contact  
Flora Williams  
E-mail: [fewilliams@ag.tamu.edu](mailto:fewilliams@ag.tamu.edu)

