

MARCH 15, 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

Here we are in Week 5! My how time flies when you are being physically active! Quite a few teams were added to the Mission: Accomplished 833 Club. That's big! Thank you for accepting the mission to Walk Across Texas! Keep going.

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

March is National
Nutrition Month

Check out the Dinner Tonight recipe in this newsletter!

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 four; March 5 .)
- 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 fewilliams@ag.tamu.edu.
- Weekly e-news blast will arrive on or before Thursday of each week.


Top 75 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
- Becky's Toddling Troup
- Blister Sisters
- Bringing Healthy Back
- Buns on a Run
- Chafing the Dream
- Chicks with Kicks
- Connected by Walk
- Cops & Runners
- Coverage Captains
- Cushing Panthers
- Degree JOG-It
- Don't Stop Til You Step Enough
- DOR - Not fast, Just furious
- Double the Fun Strollers
- Dynacisers 21
- Engineering IT Step-by-Step
- Enthusiastics In Sneakers
- ETID Hearts and Soles
- Exercise & Compliance
- EXTreme Speed
- Fat and All That
- Footloose and Free Range
- Geoscience Trekkers
- Groovy Grape Steppers
- Hort Perennial Posse
- Kickin' Asphalt
- Laps4Laney
- Making Strides
- Mind over Miles
- Motionally Challenged
- ODSL Legs Miserables
- Operation: Sole Survivors
- Press 'N On
- Radiant Rice Racers
- Rapid Thigh Movement
- RECing The Dream
- Red Hot Chili Steppers
- RELLIS Sole Train
- Run for Your ResLife!
- Run Forrest Run
- Runs & Roses
- See ya later, aggregator
- Sole Beneficiaries
- Sole Sisters
- South Campus Poppers
- Southside Superstars
- Spevtaculars
- Spring in Our Step
- Stone Cold Steppin
- Strictly Business
- StuAct's New Kids on the Walk
- Student Services Stompers
- Studious Strollers
- Texas Cruisers
- Texas Two-Steppers
- The Chosen Buns
- The Church of Walkatology
- The Health Planners
- The ThreadRippers
- The Walkie Talkies
- Twinkle Toes
- Twisted Blisters
- Un-STEP-able
- Walk Across KBTexas
- Walk It Off
- Walk Ness Monsters
- Walk This Way!
- Walkie Talkies
- Walking 9 to 5 (HR)
- Walking Riceronies
- Wandering Wildlanders
- What is That in Miles?
- Wii Fit
- Wild Walkers of the West

Fun facts

How common is your first name among Walk Across Texas team members?

Andrea--6	Courtney--9	Emily--6	Janice--4	Julie--8	Kimberly--6	Maria--6	Nicole--8		
Angela--8	David--5	Erin--5	Jeff--5	Justin--4	Kristen--7	Mary--9	Paul--6		
Ashley--10	Debbie--5	Haley--7	Jennifer--16	Karen--4	Laura--9	Megan--19	Rebecca--7		
Cheryl--4	Debra--5	Heather--9	Jenny--4	Katie--7	Lauren--7	Melissa--8	Rhonda--5		Stephanie--7
Christina--4	Diana--4	Holly--4	Jessica--11	Kelly--11	Leslie--5	Michael--10	Robert--4		Sydney--4
Christine--5	Elizabeth--4	Jake--5	John--6	Kevin--6	Linda--4	Michelle--9	Sarah--12		Tammy--6
Cindy--4	Ellen--6	Janet--4	Josh--5	Kim--8	Lori--7	Monica--5	Stacy--6		Wendy--7



Week Four Highlights

Thank you to Kourtney Bassett for the 45 minute Pilates Workout

March 10, 2021 via Zoom

The session was not recorded.

Kourtney Bassett is the Employee Wellness Coordinator for the Division of Human Resources and Organizational Effectiveness at Texas A&M University. Kourtney is a member of the Flourish at TAMU team.

Learn more about Flourish at Texas A&M University [here](#).

Flourish cultivates employees and helps employees grow and thrive by focusing on overall wellness and work/life integration is the goal of Flourish at Texas A&M University.



Week Four Pilates Zoom Live VIPs

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

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



THINGS YOU SHOULD KNOW ABOUT PILATES

PILATES FOR BEGINNERS: EXPLORE THE CORE

Pilates isn't just for fitness fanatics. It's actually an accessible way to build strength in your core muscles for better posture, balance and flexibility. If you're considering a Pilates class for beginners, here's what you need to know before you head to the gym.

WHAT EXACTLY IS PILATES?

Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance. Pilates is named for its creator, Joseph Pilates, who developed the exercises in the 1920s.

A Pilates routine generally includes exercises that promote core strength and stability, muscle control, and endurance, including exercises that stress proper posture and movement patterns and balanced flexibility and strength. It can also be helpful in training for sports or in physical rehabilitation.

WHAT ARE THE BENEFITS OF PILATES?

By practicing Pilates regularly, you can achieve a number of health benefits, including:

- Improved core strength and stability
- Improved posture and balance
- Improved flexibility
- Prevention and treatment of back pain.

IS PILATES FOR EVERYONE?

It's a good idea to check with your doctor before starting any new exercise program.

Pilates can be adapted to provide a gentle strength training and stability program, or it can be modified to give a seasoned athlete a challenging workout. If you're just starting out, it's a good idea to go slow at first and gradually increase the intensity of your workout.

Let your instructor know if you have any conditions or previous injuries so he or she can assist you in modifying movements. Because it's essential to maintain the correct form to get the most benefit — and to avoid injuries — beginners should start out under the supervision of an experienced Pilates instructor.

TEAM PLACINGS BY LEAGUES THROUGH WEEK FOUR

AgriLife Employee Wellness

1. Wandering Wildlanders 1101.40
2. The Original Holy Walkamolies 1039.24
3. HORT TREKKERS 1009.60
4. EXTreme Speed 977.79
5. Making Strides 797.09
6. Cancer Warriors 780.11
7. Hort Perennial Posse 773.81
8. Bolls of Steel 726.31
9. Groovy Grape Steppers 712.51
10. If I Had A Boat 664.08
11. Witness the Fitness 662.16
12. Exercise & Compliance 618.14
13. Texas Cruisers 606.97
14. HORT FLOWER POWER 597.04
15. Radiant Rice Racers 589.75
16. Wild Walkers of the West 587.27
17. Gel Runners 570.58
18. Mind over Miles 521.25
19. Show Time 441.11
20. Fat and All That 425.92
21. Bringing Healthy Back 416.04
22. Rice CRISP(R)ies 409.35
23. Coverage Captains 403.47
24. Qalankhkan 369.99
25. TFS Urban and Community Forestry 316.45
26. The Walking Dead 270.53
27. Walking Ricerones 243.45
28. "Four Score and Seven Blisters Ago" 232.86
29. Runs & Roses 208.74
30. The 2 Cobbs 135.90
31. JoCo Joggers 132.45

Laps for Laney

1. LRC Healthy Driven Seniors 943.25
2. Laps4Laney 637.82
3. Laney Bugs 450.90
4. Team Fusion 315.37
5. Laney Boos 294.22

Brazos County

1. The Tax Squad 754.38
2. Precinct 3 Sole Mates 732.07
3. Brazos County Walking Warriors 678.65
4. Bomb Squad 589.76
5. Diabetes Edition 580.36
6. County Attorney EZ Team 576.39
7. Brazos DA Team One 548.29
8. Red Hot Chili Steppers 500.93
9. Cowgirl Up 430.09
10. Brazos County DA A Team 404.62
11. Risky Record Walkers 335.63

Diabetes Edition

1. TX Tough/KY Strong 359.38
2. BMW to LMW 220.98

Health System Planners

1. team pasta 585.77
2. Sydney's Team 465.43
3. Texas Two-Steppers 427.50
4. Mavericks 416.25
5. Twinkle Toes 381.02
6. Happy Feet 266.72
7. Cirque Du Sore Legs 232.18
8. Gold Diggers 205.05
9. The Health Planners 115.85
10. The Majorities 91.65
11. Wii Fit 76.47
12. swaggies 63.10
13. TAMU Triumph 54.90
14. Howdy 34.00
15. Walking with the Kins 18.00
16. Gimme Bonus 17.00
17. HOWDY RUN 13.00
18. Studios Strollers 13.00
19. Jam & Co. 2.00

TEAM PLACINGS BY LEAGUES THROUGH WEEK FOUR

MYCON General Contractors, Inc.

1. MYCOOL 732.27
2. What is That in Miles? 560.36
3. Stone Cold Steppin 479.70
4. Butter's Walking Buddies 359.70

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
1. United Rec Force 1878.84
2. Walk This Way! 1336.68
3. Twisted Blisters 1040.13
4. Run for Your ResLife! 967.67
5. Don't Stop Til You Step Enough 862.62
6. The SHS Movers & Shakers 770.22
7. What a long strange trip it's been 709.88
8. ODSL Queens of the Mile 702.71
9. Becky's Toddling Troup 629.82
10. Taco Walk on the Wild Side 621.55
11. Un-STEP-able 611.23
12. RECing The Dream 590.84
13. ODSL Legs Miserables 567.62
14. Holy Walkamolies! 469.01
15. StuAct's New Kids on the Walk 464.48
16. Chafing the Dream 382.40
17. VRSC Mission Possible 329.73
18. Team ELS 304.77
19. Your Pace or Mine? 272.76
20. DMS Steppers 158.31

Texas A&M Engineering

1. Tough Engineers Enthusiastically Stepping (TEES) 720.62
2. ETID Hearts and Soles 687.90
3. The MEEN Team 677.13
4. Fueled By Caffeine 674.89
5. Blister Sisters 582.42
6. Rapid Thigh Movement 563.73
7. Connected by Walk 407.05
8. Engineering IT Step-by-Step 340.43
9. Holy Walkamolies 322.56
10. TEES Trotters 269.38
11. NESC 229.21
12. EASA Vibe 168.99
13. All Alone 119.50

Texas A&M Foundation

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

Texas A&M regiSTRIDES

1. The Walkie Talkies 561.97
2. Degree JOG-It 499.43
3. Buns on a Run 472.99
4. Student Services Stompers 428.55
5. The Chosen Buns 389.16

TEAM PLACINGS BY LEAGUES THROUGH WEEK FOUR

Texas A&M Transportation Services

1. Spevtaculars 686.91
2. Walking 9 to 5 (HR) 529.29
3. CS Crew 243.50

Texas A&M University System Offices

1. The Motley Crew 954.81
2. RELLIS Sole Train 648.78
3. The Church of Walkatology 425.63
4. Feisty Females 362.81
5. Sole Beneficiaries 170.10

University Libraries

1. Rogue Motion 553.55
2. Strictly Business 469.72
3. Press 'N On 407.14
4. MSL Marvels 372.19
5. The Mandalorian Misfits 263.86
6. Sole Mates 195.39
7. Cushing Panthers 95.05

Solo Teams-No League

1. South Campus Poppers 805.70
2. Brazos County 729.78
3. Dynacisers 21704.95
4. 16 Feet with Sole 653.32
5. The Perambulators 637.91
6. Spring in Our Step 528.46
7. Sole Sisters 519.79



Solo Teams-No League

8. Human Environmental Animal Team (H.E.A.T.) 516.07
9. Double the Fun Strollers 515.18
10. Peanut Butter & Jelly Legs 506.95
11. Socially Distant Sole Sisters 506.79
12. Search Dog Walkers 496.50
13. Kickin' Asphalt 470.00
14. Run Forrest Run 355.18
15. I,Äöll Be There Now In A Minute 289.86
16. Southside Superstars 248.59
17. MUPs21 214.81
18. Chicks with Kicks 212.15
19. InterLibrary Sensation 194.00
20. Motionally Challenged 171.83
21. Walk Across KBTexas 149.02
22. Walk It Off 146.47
23. The ThreadRippers 130.95

We Are All Aggies

1. Cops & Runners 983.21
2. Operation: Kill-O-Meters 753.12
3. Operation: Sole Survivors 716.35
4. Walk Ness Monsters 694.80
5. College of Pharmacy - Pharmily 694.37
6. Unleashed at CVMBS 692.05
7. Operation: Witness the Fitness 661.60
8. See ya later, aggregator 542.47
9. Enthusiastics In Sneakers 522.12
10. S.W.A.T.T. - Sprinters, Walkers and Trash Talkers 487.01
11. CLLA Maskateers 463.02
12. Fantastic FAID 457.18
13. Phage Busters 442.56
14. Walkie Talkies 439.07
15. Footloose and Free Range 350.81

OVERALL TEAM PLACING

1.United Rec Force	1878.84
2.Walk This Way!	1336.68
3.Wandering Wildlanders	1101.40
4.Twisted Blisters	1040.13
5.The Original Holy Walkamolies	1039.24
6.HORT TREKKERS	1009.60
7.Cops & Runners	983.21
8.EXTreme Speed	977.79
9.Run for Your ResLife!	967.67
10.The Motley Crew	954.81
11.LRC Healthy Driven Seniors	943.25
12.Don't Stop Til You Step Enough	862.62
13.South Campus Poppers	805.70
14.Making Strides	797.09
15.DOR SUPER Tribe	791.52
16.Cancer Warriors	780.11
17.Hort Perennial Posse	773.81
18.The SHS Movers & Shakers	770.22
19.The Tax Squad	754.38
20.Operation: Kill-O-Meters	753.12
21.Holy Walkamolies!	740.18
22.DOR Mission Accepted	735.71
23.MYCOOL	732.27
24.Precinct 3Sole Mates	732.07
25.Brazos County	729.78
26.Bolls of Steel	726.31
27.Tough Engineers Enthusiastically Stepping (TEES)	720.62
28.Operation: Sole Survivors	716.35
29.Groovy Grape Steppers	712.51
30.What a long strange trip it's been	709.88
31.Dynacisers 21	704.95
32.ODSL Queens of the Mile	702.71
33.Walk Ness Monsters	694.80
34.College of Pharmacy - Pharmily	694.37
35.Unleashed at CVMBS	692.05
36.ETID Hearts and Soles	687.90
37.Spevtaculars	686.91
38.Brazos County Walking Warriors	678.65
39.The MEEN Team	677.13
40.Fueled By Caffeine	674.89
41.If I Had A Boat	664.08
42.Witness the Fitness	662.16
43.Operation: Witness the Fitness	661.60
44.DOR- Dream Team	654.90
45.16 Feet with Sole	653.32

46. RELLIS Sole Train	648.78
47. The Perambulators	637.91
48. Laps4Laney	637.82
49. Becky's Toddling Troup	629.82
50. Geoscience Trekkers	627.57
51. Taco Walk on the Wild Side	621.55
52. Exercise & Compliance	618.14
53. Un-STEP-able	611.23
54. Texas Cruisers	606.97
55. HORT FLOWER POWER	597.04
56. RECing The Dream	590.84
57. Bomb Squad	589.76
58. Radiant Rice Racers	589.75
59. Wild Walkers of the West	587.27
60. team pasta	585.77
61. Blister Sisters	582.42
62. DOR Super Tribe - Dorminators	581.76
63. Diabetes Edition	580.36
64. County Attorney EZ Team	576.39
65. Gel Runners	570.58
66. DOR Change Agents	570.34
67. ODSL Legs Miserables	567.62
68. Rapid Thigh Movement	563.73
69. The Walkie Talkies	561.97
70. What is That in Miles?	560.36
71. Rogue Motion	553.55
72. Brazos DA Team One	548.29
73. DORMant Dynamites	546.00
74. See ya later, aggregator	542.47
75. Walking 9 to 5 (HR)	529.29
76. Spring in Our Step	528.46
77. BCS Yard Goats	522.62
78. Enthusiastics In Sneakers	522.12
79. Mind over Miles	521.25
80. Sole Sisters	519.79
81. Human Environmental Animal Team (H.E.A.T.)	516.07
82. Double the Fun Strollers	515.18
83. Peanut Butter & Jelly Legs	506.95
84. Socially Distant Sole Sisters	506.79
85. Red Hot Chili Steppers	500.93
86. Degree JOG-It	499.43
87. Search Dog Walkers	496.50
88. S.W.A.T.T. - Sprinters, Walkers and Trash Talkers	487.01
89. Stone Cold Steppin	479.70
90. Buns on a Run	472.99

OVERALL TEAM PLACING

91. Kickin' Asphalt 470.00
92. Strictly Business 469.72
93. Holy Walkamolies! 469.01
94. Sydney's Team 465.43
95. StuAct's New Kids on the Walk 464.48
96. CLLA Maskateers 463.02
97. Fantastic FAID 457.18
98. Laney Bugs 450.90
99. Phage Busters 442.56
100. Show Time 441.11
101. Walkie Talkies 439.07
102. DOR - Not fast, Just furious 433.12
103. Cowgirl Up 430.09
104. Student Services Stompers 428.55
105. Texas Two-Steppers 427.50
106. Fat and All That 425.92
107. The Church of Walkatology 425.63
108. DOR-MI"C"-you-on-the-treadmill 420.99
109. Mavericks 416.25
110. Bringing Healthy Back 416.04
111. Rice CRISP(R)ies 409.35
112. Press 'N On 407.14
113. Connected by Walk 407.05
114. Brazos County DA A Team 404.62
115. Coverage Captains 403.47
116. The Chosen Buns 389.16
117. Chafing the Dream 382.40
118. Twinkle Toes 381.02
119. MSL Marvels 372.19
120. Qalankhkan 369.99
121. Feisty Females 362.81
122. Butter's Walking Buddies 359.70
123. TX Tough/KY Strong 359.38
124. DOR COVID CRUSHERS 356.58
125. DOR - ExSports Stars 356.03
126. Run Forrest Run 355.18
127. Footloose and Free Range 350.81
128. Engineering IT Step-by-Step 340.43
129. Risky Record Walkers 335.63
130. DOR - RUSH 332.43
131. VRSC Mission Possible 329.73
132. Holy Walkamolies 322.56
133. TFS Urban and Community Forestry 316.45
134. Team Fusion 315.37
135. Three Armadillos 313.30
136. Team ELS 304.77
137. Laney Boos 294.22
138. I'll Be There Now In A Minute 289.86
139. Your Pace or Mine? 272.76
140. The Walking Dead 270.53
141. TEES Trotters 269.38
142. Happy Feet 266.72
143. The Mandalorian Misfits 263.86
144. Southside Superstars 248.59
145. CS Crew 243.50
146. Walking Riceronies 243.45
147. "Four Score and Seven Blisters Ago" 232.86
148. Cirque Du Sore Legs 232.18
149. NESC 229.21
150. BMW to LMW 220.98
151. DOR Cirque du Sore Legs 216.93
152. MUPs21 214.81
153. Chicks with Kicks 212.15
154. Runs & Roses 208.74
155. Gold Diggers 205.05
156. Sole Mates 195.39
157. InterLibrary Sensation 194.00
158. Motionally Challenged 171.83
159. Sole Beneficiaries 170.10
160. EASA Vibe 168.99
161. DMS Steppers 158.31
162. Walk Across KBTexas 149.02
163. Walk It Off 146.47
164. The 2 Cobbs 135.90
165. JoCo Joggers 132.45
166. The ThreadRippers 130.95
167. All Alone 119.50
168. The Health Planners 115.85
169. Cushing Panthers 95.05
170. The Majorities 91.65
171. Wii Fit 76.47
172. swaggies 63.10
173. TAMU Triumph 54.90
174. Your Pace or Mine? or "funny name" here 47.12
175. Howdy 34.00
176. Walking with the Kins 18.00
177. Gimme Bonus 17.00
178. HOWDY RUN 13.00
179. Studious Strollers 13.00
180. Jam & Co. 2.00



SPOTLIGHT

Two Walk Across Texas team members completed a rowing half-marathon at Row House last week! What an accomplishment!



Blister Sisters

Members:

Allie Prejean

Michelle Parker



*Good
vibes*

**Check Cara out
getting her miles
and having fun at
Row House for
team enthusiasts in
sneakers.**



Cara Horcica



The Mission: Accomplished 833 Club

12 teams joined the Mission: Accomplished 833 miles club in week four

- Cops & Runners
- Don't Stop Til You Step Enough
- EXTreme Speed
- HORT TREKKERS
- LRC Healthy Driven Seniors
- Run for Your ResLife!
- The Motley Crew
- The Original Holy Walkamolies
- Twisted Blisters
- United Rec Force
- Walk This Way!
- Wandering Wildlanders



Let's see how many teams will join them next week.

Don't forget to wear your green, and eat spinach on St. Patrick's Day! Enjoy this creamy spinach as a side to any pork, beef, or chicken entrée!

Creamy Spinach

Ingredients

- 1/2 pound baby spinach leaves
- 2 teaspoons olive oil
- 1/2 teaspoon garlic clove chopped
- 1/4 Tablespoon butter unsalted
- 1/4 cup shallots chopped
- 1/8 teaspoon kosher salt
- 1/8 teaspoon black pepper
- 1/4 cup 2% milk
- 1 ounce lowfat cream cheese



Instructions

1. Wash your hands and clean your countertops. Rinse produce under cool running water before slicing.
2. Saute spinach and chopped garlic clove in olive oil. Saute until spinach is wilted. Move spinach to a separate bowl to stop the cooking process.
3. Add chopped shallot to the heated pan with butter. Allow the shallot to cook until translucent.
4. Make a sauce by adding salt, pepper, milk, and cream cheese to the dish. Allow time for the sauce to simmer and thicken, about 2 minutes.
5. Add spinach back to the pan and stir.
6. Serve warm.

VISIT dinnertonight.tamu.edu

for healthy and tasty recipes!

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

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/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-B9t5V0PW8Xoj5GY34nCc0H5RF9nCpmuks&m=Sg72s8lIGOnTrSZ4VyK83arTNtHKRATHInT05-aUKYg&s=J9bflXr6D5a74s--IN1AVP0kX4DTu57ounLyHE7cltY&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!



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

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

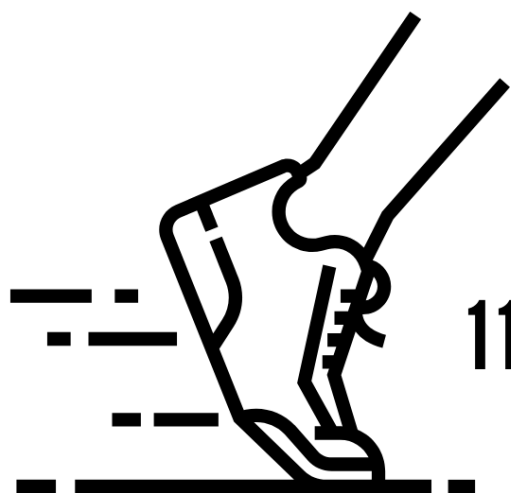
HOSTED BY THE TEXAS A&M UNIVERSITY SYSTEM

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.



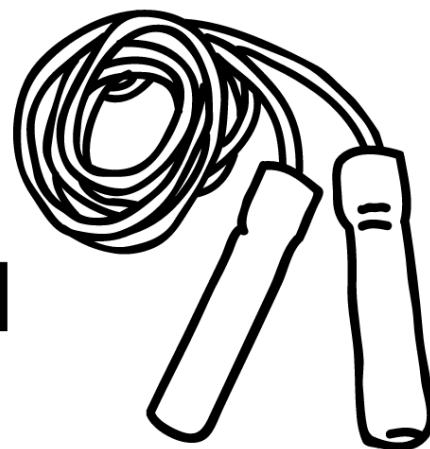
THE MEMBERS OF TEXAS A&M AGRILIFE WILL PROVIDE EQUAL OPPORTUNITIES IN PROGRAMS AND ACTIVITIES, EDUCATION, AND EMPLOYMENT TO ALL PERSONS REGARDLESS OF RACE, COLOR, SEX, RELIGION, NATIONAL ORIGIN, AGE, DISABILITY, GENETIC INFORMATION, VETERAN STATUS, SEXUAL ORIENTATION OR GENDER IDENTITY AND WILL STRIVE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

ZOOM CLASS

https://urldefense.proofpoint.com/v2/url?u=https-3A__zoom.us_j_93947796745-3Fpwd-3DSWtGeEpmdzBLdCtQRfZBeHBISDdldz09&d=DwlFaQ&c=r_tSStIHV2ie60z4DgB-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.

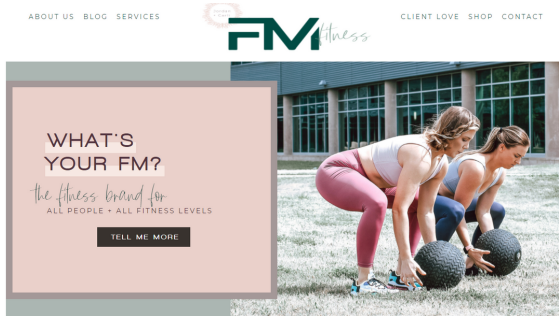


The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive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

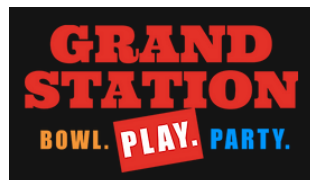
We specialize in custom awards, trophies, promotional products as well as personalized gifts. We can create that special award for your hard working employee. We can also create that personal gift for a friend or loved one including many items that can have a full color photo on them.



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

Selling out fast!

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

(No more Large shirts available.)

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

Thank you Taskforce!

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 by March 20, 2021



ONLY 20 LEFT

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

