

MARCH 9, 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

We are well on the way in year 24 of Walk Across Texas in Brazos County. We boast having 16 leagues and 1,228 individuals signed 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

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 three; 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 100 Most Creative Team Names

(Names were sent out for judging. The top 100 Most Creative Team Names are listed below and still in the running for overall most creative name)

- "Four Score and Seven Blisters Ago"
- 16 Feet with Sole
- Becky's Toddling Troup
- Blister Sisters
- Bolls of Steel
- Bringing Healthy Back
- Buns on a Run
- Chafing the Dream
- Chicks with Kicks
- CLLA Maskateers
- Connected by Walk
- Cops & Runners
- Coverage Captains
- Cushing Panthers
- Degree JOG-It
- Don't Stop Til You Step Enough
- DOR - Not fast, Just furious
- DOR-MI"C"-you-on-the-treadmill
- 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
- Feisty Females
- Footloose and Free Range
- Fueled By Caffeine
- Geoscience Trekkers
- Groovy Grape Steppers
- Hort Perennial Posse
- Human Environmental Animal Team (H.E.A.T.)
- I'll Be There Now In A Minute
- JoCo Joggers
- Kickin' Asphalt
- Laps4Laney
- Making Strides
- Mind over Miles
- Motionally Challenged
- ODSL Legs Miserables
- Operation: Kill-O-Meters
- Operation: Sole Survivors
- Peanut Butter & Jelly Legs
- Phage Busters
- Press 'N On
- Radiant Rice Racers
- Rapid Thigh Movement
- RECing The Dream
- Red Hot Chili Steppers
- RELLIS Sole Train
- Rice CRISP(R)ies
- Risky Record Walkers
- Rogue Motion
- Run for Your ResLife!
- Run Forrest Run
- Runs & Roses
- S.W.A.T.T. - Sprinters, Walkers and Trash Talkers
- Search Dog Walkers
- See ya later, aggregator
- Socially Distant Sole Sisters
- 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
- Taco Walk on the Wild Side
- TEES Trotters
- Texas Cruisers
- Texas Two-Steppers
- The Chosen Buns
- The Church of Walkatology
- The Health Planners
- The MEEN Team
- The Perambulators
- The SHS Movers & Shakers
- The ThreadRippers
- The Walkie Talkies
- Three Armadillos
- Tough Engineers Enthusiastically Stepping (TEES)
- 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



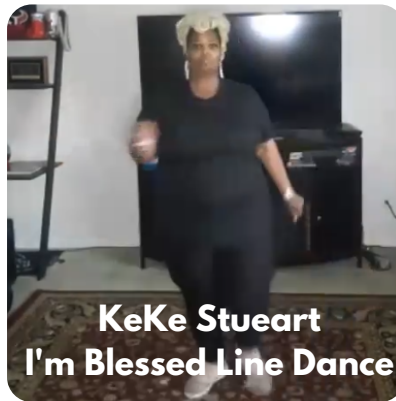
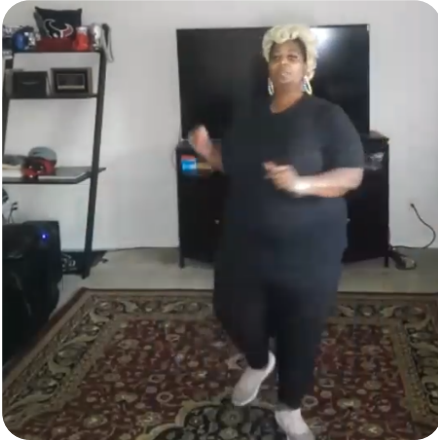
Week Three Highlights

**Thank you to Harris County Master Wellness Volunteer
KeKe Stueart for the Virtual Dance Party March 3, 2021 via Zoom**

If you desire to learn a new line dance, this is an easy one to go back, view, and do.

Learn how to become a Master Wellness Volunteer here.

Master Wellness Volunteers go through 40 hours of training and give back 40 hours of volunteering to leverage Texas A&M AgriLife Extension Service's outreach and education related to health, nutrition, food safety and family wellbeing in the communities where they live and work.



Basic line dancing steps:



- Cha Cha Cha – A 3 step movement counted to 2 beats. A triple step counted 1 & 2. Usually done on the spot.
- Charleston – A 4 step pattern. Step forward kick or tap, step back, touch behind. Counted 1 2 3 4. Sometimes starts with a tap forward.
- Flick – A low kick using the ankle and flexed knee.
- Grapevine – A four step travelling movement counted 1234. Step to side, step behind, step to side and last step can be either a stomp, brush, kick or hitch. Can also occur with turns.
- Heel Struts – 2 step movement counted 1 2. A heel dig followed by slapping the ball of the foot down onto the floor.
- Hip Bump – To rock the hips in any direction in single or double count action.
- Hold/Hesitation – To pause or sustain the position for 1 or more beats.
- Rocking Chair – Rock forward right foot, replace foot on left and rock backwards right foot and replace weight on left. Can be counted fast 1 & 2 or 1234 which is slow. Also can start on the left.
- Sailor Step – A syncopated step. 3 step movement to 2 counts counted 1 & 2. Cross right behind left take the weight step left to the side take the weight step right to the side take the weight. Can be performed on the other side.
- Shuffle – 3 Step movement taken to 2 beats counted 1 & 2. Can be taken forwards, backwards, sideways or cross shuffle. 2nd step can pass the first or be taken behind (also known as locking step)
- Stomp – To strike the floor with the whole foot to emphasise the sound. With or without a transfer of weight.
- Weave – Step right to the side cross left in front of right take the weight and step right to the right side and cross your left behind right. Can be performed on the other side.

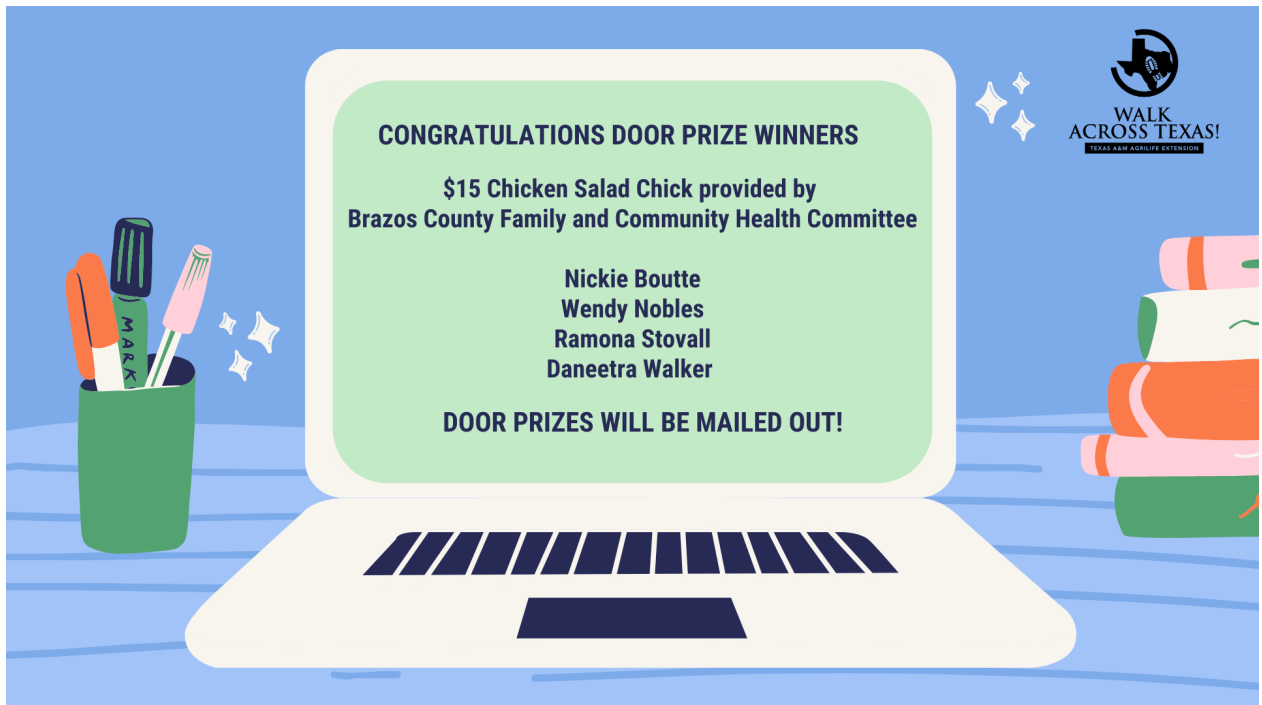
Source: <http://glasgowlinedancing.co.uk/line-dance-basic-steps/>

Week Three Zoom Live VIPs

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



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



Hosted by the
Brazos County Family and Community Health Committee

KICKING IT UP FOR YOUR HEALTH

Whether you prefer to exercise in the privacy of your own home or at a local gym, you will find dancing is a great way to relieve stress and burn calories. The wonderful part about dancing is that you do not have to follow a particular style to reap the health benefits.

If you are looking for a more organized dance, line dancing could be it. Line dancing does have its country and western influence BUT it does not have to be performed to country music. Line dances are usually easy to learn and include repeating steps.

Line dancing can help you lose weight, stay flexible, reduce stress and make new friends.

- Line dancing burns 200 to 375 calories an hour, depending on how fast you dance and how much floor you cover.
- Line dancing can improve your heart health, breathing and overall quality of life.
- Line dancing requires a lot of fast movement and good posture, so frequent dancing will help you stabilize and gain better control of your body.
- Line dancing offers an opportunity to be more social. Being socially engaged leads to increased happiness, reduced stress and a stronger immune system.
- Line dancing builds confidence and boosts memory by learning complex dance sequences. The more energy you put into a dance, the more vigorous your workout will be. A weekly dance program can increase your energy level.
- Line dancing helps improve your balance.
- Line dancing does not require specialized equipment or any prior dance experience. It's a great activity for all ages.



Source: <https://swain.ces.ncsu.edu/2016/03/kicking-it-up-for-your-health/>

TEAM PLACINGS BY LEAGUES THROUGH WEEK THREE

AgriLife Employee Wellness

1. Wandering Wildlanders 928.73
2. The Original Holy Walkamolies 812.58
3. HORT TREKKERS 780.74
4. EXTreme Speed 728.52
5. Making Strides 621.09
6. Hort Perennial Posse 599.75
7. Cancer Warriors 589.66
8. Bolts of Steel 519.71
9. Texas Cruisers 499.47
10. Witness the Fitness 489.21
11. Radiant Rice Racers 487.03
12. If I Had A Boat 483.51
13. Exercise & Compliance 446.97
14. Groovy Grape Steppers 428.03
15. Wild Walkers of the West 407.33
16. HORT FLOWER POWER 399.76
17. Mind over Miles 347.8
18. Bringing Healthy Back 328.01
19. Coverage Captains 284.97
20. Qalankhkan 284.62
21. Show Time 267.87
22. TFS Urban and Community Forestry 260.66
23. Rice CRISP(R)ies 250.18
24. Fat and All That 243.51
25. The Walking Dead 225.05
26. Walking Riceronies 180.04
27. "Four Score and Seven Blisters Ago"
150.23
28. JoCo Joggers 124.22
29. Runs & Roses 113.86
30. The 2 Cobbs 101.6

Laps for Laney

1. LRC Healthy Driven Seniors 661.75
2. Laps4Laney 462.77
3. Laney Bugs 319.62

Brazos County

1. The Tax Squad 549.47
2. Brazos County Walking Warriors 511.5
3. Bomb Squad 502.3
4. Precinct 3 Sole Mates 495.38
5. Brazos DA Team One 457.29
6. County Attorney EZ Team 406.67
7. Red Hot Chili Steppers 390.91
8. Brazos County DA A Team 339.93
9. Cowgirl Up 332.68
10. Risky Record Walkers 306.7

Diabetes Edition

1. TX Tough/KY Strong 261.26
2. BMW to LMW 177.05

Health System Planners

1. team pasta 467.97
2. Sydney's Team 342.93
3. Texas Two-Steppers 325.07
4. Mavericks 323.97
5. Happy Feet 195.9
6. Twinkle Toes 195.73
7. Gold Diggers 97.22
8. The Majorities 86.75
9. Cirque Du Sore Legs 74.14
10. swaggies 63.1
11. The Health Planners 57.4
12. Wii Fit 19.78
13. Gimme Bonus 17
14. Studios Strollers 13
15. HOWDY RUN 12
16. TAMU Triumph 9
17. Jam & Co. 2

4. Team Fusion 257.07
5. Laney Boos 224.27

TEAM PLACINGS BY LEAGUES THROUGH WEEK THREE

MYCON General Contractors, Inc.

1. MYCOOL 438.24
2. Stone Cold Steppin 340.67
3. What is That in Miles? 330.55
4. Butter's Walking Buddies 188.2

TAMU Division of Research

1. DOR SUPER Tribe 547.8
2. DOR Mission Accepted 498.8
3. DOR Change Agents 427.7
4. DORMant Dynamites 393.07
5. DOR- Dream Team 388.75
6. DOR - Not fast, Just furious 362.61
7. DOR Super Tribe - Dorminators 353.94
8. DOR-MI"C"-you-on-the-treadmill 306.7
9. DOR COVID CRUSHERS 295.82
10. DOR - ExSports Stars 294.16
11. DOR Cirque du Sore Legs 169.28
12. DOR - RUSH 163.41

Texas A&M Engineering

1. Fueled By Caffeine 539.55
2. ETID Hearts and Soles 510
3. Tough Engineers Enthusiastically Stepping (TEES) 486.13
4. The MEEN Team 485.83
5. Blister Sisters 451.77
6. Rapid Thigh Movement 385.72
7. Connected by Walk 270.67
8. Engineering IT Step-by-Step 238.69
9. TEES Trotters 219.98
10. NESC 185.1
11. Holy Walkamolies 172.05
12. EASA Vibe 103.91
13. All Alone 89.55

Texas A&M Division of Student Affairs

1. United Rec Force 1324.78
2. Walk This Way! 1115.87
3. Twisted Blisters 743.37
4. Don't Stop Til You Step Enough 658.97
5. Run for Your ResLife! 657.76
6. The SHS Movers & Shakers 590.86
7. ODSL Legs Miserables 536.93
8. RECing The Dream 475.18
9. ODSL Queens of the Mile 465.64
10. Taco Walk on the Wild Side 460.6
11. Un-STEP-able 454.07
12. What a long strange trip it's been 436.75
13. Holy Walkamolies! 349.32
14. StuAct's New Kids on the Walk 330.36
15. Becky's Toddling Troup 318.04
16. Chafing the Dream 240.92
17. Team ELS 228.92
18. VRSC Mission Possible 227.13
19. Your Pace or Mine? 161.03
20. DMS Steppers 70.89

Texas A&M Foundation

1. Geoscience Trekkers 522.51
2. Holy Walkamolies! 462.21
3. BCS Yard Goats 407.39
4. Three Armadillos 179.32
5. Your Pace or Mine? or "funny name" here 30.76

Texas A&M regiSTRIDES

1. The Walkie Talkies 493.36
2. Degree JOG-It 414.49
3. Buns on a Run 338.42
4. Student Services Stompers 296.1
5. The Chosen Buns 287.21

TEAM PLACINGS BY LEAGUES THROUGH WEEK THREE

Texas A&M Transportation Services

1. Spevtaculars 550.09
2. Walking 9 to 5 (HR) 419.56
3. CS Crew 184.31
4. RELLIS Sole Train 470.43
5. The Church of Walkatology 331.38
6. The Motley Crew 277.5
7. Feisty Females 223.98
8. Sole Beneficiaries 90.35

University Libraries

1. Rogue Motion 452.45
2. Strictly Business 351.85
3. MSL Marvels 245.56
4. Press 'N On 221.22
5. The Mandalorian Misfits 193.86
6. Sole Mates 157.5
7. Cushing Panthers 26.2

Solo Teams-No League

1. South Campus Poppers 580.92
2. Brazos County 559.56
3. The Perambulators 508.92
4. Dynacisers 21 467
5. Double the Fun Strollers 433.54
6. Socially Distant Sole Sisters 396.18
7. 16 Feet with Sole 386.91
8. Spring in Our Step 383.01
9. Sole Sisters 346.61
10. Search Dog Walkers 313.4
11. Peanut Butter & Jelly Legs 247.8
12. Run Forrest Run 204.79
13. Southside Superstars 192.98
14. I,Äöll Be There Now In A Minute 187.71
15. MUPs21 158.18
16. Human Environmental Animal Team (H.E.A.T.) 155.99

Solo Teams-No League

17. Chicks with Kicks 155.81
18. Kickin' Asphalt 148.9
19. Walk It Off 120.67
20. InterLibrary Sensation 117
21. Motionally Challenged 108.73
22. The ThreadRippers 107.93
23. Walk Across KBTexas 103.1

We Are All Aggies

1. Cops & Runners 781.82
2. Operation: Kill-O-Meters 536.96
3. Unleashed at CVMBS 523.58
4. Walk Ness Monsters 515.14
5. Operation: Witness the Fitness 504.78
6. Operation: Sole Survivors 494.89
7. College of Pharmacy - Pharmily 485.68
8. See ya later, aggregator 434.73
9. S.W.A.T.T. - Sprinters, Walkers and Trash Talkers 377.06
10. Phage Busters 346.81
11. CLLA Maskateers 314.86
12. Fantastic FAID 286.97
13. Enthusiastics In Sneakers 284.21
14. Walkie Talkies 260.67
15. Footloose and Free Range 258.21



OVERALL TEAM PLACING



1.United Rec Force	1,324.78	
2.Walk This Way!	1,115.87	
3.Wandering Wildlanders	928.73	
4.The Original Holy Walkamolies	812.58	
5.Holy Walkamolies!	811.53	
6.Cops & Runners	781.82	
7.HORT TREKKERS	780.74	
8.Twisted Blisters	743.37	
9.EXTreme Speed	728.52	
10.LRC Healthy Driven Seniors	661.75	
11.Don't Stop Til You Step Enough	658.97	
12.Run for Your ResLife!	657.76	
13.Making Strides	621.09	
14.Hort Perennial Posse	599.75	
15.The SHS Movers & Shakers	590.86	
16.Cancer Warriors	589.66	
17.South Campus Poppers	580.92	
18.Brazos County	559.56	
19.Spevtaculars	550.09	
20.The Tax Squad	549.47	
21.DOR SUPER Tribe	547.80	
22.Fueled By Caffeine	539.55	
23.Operation: Kill-O-Meters	536.96	
24.ODSL Legs Miserables	536.93	
25.Unleashed at CVMBS	523.58	
26.Geoscience Trekkers	522.51	
27.Bolls of Steel	519.71	
28.Walk Ness Monsters	515.14	
29.Brazos County Walking Warriors	511.50	
30.ETID Hearts and Soles	510.00	
31.The Perambulators	508.92	
32.Operation: Witness the Fitness	504.78	
33.Bomb Squad	502.30	
34.Texas Cruisers	499.47	
35.DOR Mission Accepted	498.80	
36.Precinct 3Sole Mates	495.38	
37.Operation: Sole Survivors	494.89	
38.The Walkie Talkies	493.36	
39.Witness the Fitness	489.21	
40.Radiant Rice Racers	487.03	
41.Tough Engineers Enthusiastically Stepping (TEES)	486.13	
42.The MEEN Team	485.83	
43.College of Pharmacy - Pharmily	485.68	
44.If I Had A Boat	483.51	
45.RECing The Dream	475.18	
46. RELLIS Sole Train	470.43	
47. team pasta	467.97	
48. Dynacisers	467.00	
49. ODSL Queens of the Mile	465.64	
50. Laps4Laney	462.77	
51. Taco Walk on the Wild Side	460.60	
52. Brazos DA Team One	457.29	
53. Un-STEP-able	454.07	
54. Rogue Motion	452.45	
55. Blister Sisters	451.77	
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72. DOR- Dream Team	388.75	
73. 16 Feet with Sole	386.91	
74. Rapid Thigh Movement	385.72	
75. Spring in Our Step	383.01	
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77. DOR - Not fast, Just furious	362.61	
78. DOR Super Tribe - Dorminators	353.94	
79. Strictly Business	351.85	
80. Mind over Miles	347.80	
81. Phage Busters	346.81	
82. Sole Sisters	346.61	
83. Sydney's Team	342.93	
84. Stone Cold Steppin	340.67	
85. Brazos County DA A Team	339.93	
86. Buns on a Run	338.42	
87. Cowgirl Up	332.68	
88. The Church of Walkatology	331.38	
89. What is That in Miles?	330.55	
90. StuAct's New Kids on the Walk	330.36	

OVERALL TEAM PLACING

91. Bringing Healthy Back 328.01
92. Texas Two-Steppers 325.07
93. Mavericks 323.97
94. Laney Bugs 319.62
95. Becky's Toddling Troup 318.04
96. CLLA Maskateers 314.86
97. Search Dog Walkers 313.40
98. DOR-MI"C"-you-on-the-treadmill 306.70
99. Risky Record Walkers 306.70
100. Student Services Stompers 296.10
101. DOR COVID CRUSHERS 295.82
102. DOR - ExSports Stars 294.16
103. The Chosen Buns 287.21
104. Fantastic FAID 286.97
105. Coverage Captains 284.97
106. Qalankhkan 284.62
107. Enthusiastics In Sneakers 284.21
108. The Motley Crew 277.50
109. Connected by Walk 270.67
110. Show Time 267.87
111. TX Tough/KY Strong 261.26
112. Walkie Talkies 260.67
113. TFS Urban and Community Forestry 260.66
114. Footloose and Free Range 258.21
115. Team Fusion 257.07
116. Rice CRISP(R)ies 250.18
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118. MSL Marvels 245.56
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120. Chafing the Dream 240.92
121. Engineering IT Step-by-Step 238.69
122. Team ELS 228.92
123. VRSC Mission Possible 227.13
124. The Walking Dead 225.05
125. Laney Boos 224.27
126. Feisty Females 223.98
127. Press 'N On 221.22
128. TEES Trotters 219.98
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153. InterLibrary Sensation 117.00
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156. The ThreadRippers 107.93
157. EASA Vibe 103.91
158. Walk Across KBTexas 103.10
159. The 2 Cobbs 101.60
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167. The Health Planners 57.40
168. Your Pace or Mine? or "funny name" here 30.76
169. Cushing Panthers 26.20
170. Wii Fit 19.78
171. Gimme Bonus 17.00
172. Studious Strollers 13.00
173. HOWDY RUN 12.00
174. TAMU Triumph 9.00
175. Jam & Co. 2.00



SPOTLIGHT



Katie Breland and her K9, Mali walked during the winter storm.

Team

Search Dog Walkers



What did you or your team do?

The Mission: Accomplished 833 Club

Three teams joined the Mission: Accomplished 833 miles club in week three.

- **United Rec Force**
- **Walk This Way!**
- **Wandering Wildlanders**



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

VISIT dinnertonight.tamu.edu *for healthy and tasty recipes!*

Blackberries aren't just for desserts! Otherwise, plain chicken is taken to another level with savory blackberry and chipotle flavors. This recipe looks elegant but it actually really easy and fairly quick to make – give it a try this week!



Blackberry Chipotle Chicken

Ingredients

Chicken

- 1 pound chicken breast boneless, skinless and cut into 4 individual cutlets
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Chipotle Blackberry Sauce

- 4 teaspoons olive oil extra virgin
- 1 medium shallot or sweet onion diced
- 2 cups fresh blackberries
- 1 chipotle pepper in adobe sauce (canned), diced
- 2 teaspoons brown sugar
- 1 Tablespoon balsamic vinegar
- 1 Tablespoon mint leaves minced

Instructions

1. Wash your hands and clean your preparation area. Preheat the oven to 375°F. Rinse any fresh fruits and herbs under cool running water to remove debris.
2. Sprinkle the salt and pepper on the chicken. In a nonstick pan heat up 2 teaspoons of the olive oil over medium-to-medium high heat. Place the chicken in the skillet and let brown for 3-5 minutes. Place chicken, browned side up, on a baking sheet.
3. Bake for 20-25 minutes or until internal temperature has reached 165°F.
4. While chicken is cooking in the oven, heat a 3-quart saucepan on medium-high heat. Add 2 teaspoons of olive oil and the diced shallots. Sauté for 3-4 minutes or until soft. Add blackberries, chipotle pepper, brown sugar, and balsamic vinegar. Bring to a boil, reduce heat, cover and simmer for 10 minutes.
5. Remove sauce from heat and let cool for 5 minutes. Serve the sauce over the chicken and top with mint leaves.

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

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=U29OWjl6OWdvTU54YXF2VVJKZUVldz09)

[pwd=U29OWjl6OWdvTU54YXF2VVJKZUVldz09](https://tamu.zoom.us/j/94931734106?pwd=U29OWjl6OWdvTU54YXF2VVJKZUVldz09)



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 Zoom

[https://urldefense.proofpoint.com/v2/url?u=https-](https://urldefense.proofpoint.com/v2/url?u=https-3A_zoom.us_j_93947796745-3Fpwd-3DSWtGeEpmdzBLdCtQRfZBeHBISDd1dz09&d=DwlFaQ&c=r_tSStIHV2ie60z4DgB-pQ&r=bFhz88Vr6-B9t5V0PW8Xoj5GY34nCc0H5RF9nCpmuks&m=Sg72s8lIGOnTrSZ4VyK83arTNtHKRATHInT05-aUKYg&s=J9bflXr6D5a74s--lNlAVP0kX4DTu57ounLyHE7cltY&e=Passcode: Zumba)

[3A_zoom.us_j_93947796745-3Fpwd-](https://urldefense.proofpoint.com/v2/url?u=https-3A_zoom.us_j_93947796745-3Fpwd-3DSWtGeEpmdzBLdCtQRfZBeHBISDd1dz09&d=DwlFaQ&c=r_tSStIHV2ie60z4DgB-pQ&r=bFhz88Vr6-B9t5V0PW8Xoj5GY34nCc0H5RF9nCpmuks&m=Sg72s8lIGOnTrSZ4VyK83arTNtHKRATHInT05-aUKYg&s=J9bflXr6D5a74s--lNlAVP0kX4DTu57ounLyHE7cltY&e=)

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[B9t5V0PW8Xoj5GY34nCc0H5RF9nCpmuks&m=Sg72s8lIGOnTrSZ4VyK83arTNtH](https://urldefense.proofpoint.com/v2/url?u=https-3A_zoom.us_j_93947796745-3Fpwd-3DSWtGeEpmdzBLdCtQRfZBeHBISDd1dz09&d=DwlFaQ&c=r_tSStIHV2ie60z4DgB-pQ&r=bFhz88Vr6-B9t5V0PW8Xoj5GY34nCc0H5RF9nCpmuks&m=Sg72s8lIGOnTrSZ4VyK83arTNtHKRATHInT05-aUKYg&s=J9bflXr6D5a74s--lNlAVP0kX4DTu57ounLyHE7cltY&e=)

[KRATHInT05-aUKYg&s=J9bflXr6D5a74s--lNlAVP0kX4DTu57ounLyHE7cltY&e=](https://urldefense.proofpoint.com/v2/url?u=https-3A_zoom.us_j_93947796745-3Fpwd-3DSWtGeEpmdzBLdCtQRfZBeHBISDd1dz09&d=DwlFaQ&c=r_tSStIHV2ie60z4DgB-pQ&r=bFhz88Vr6-B9t5V0PW8Xoj5GY34nCc0H5RF9nCpmuks&m=Sg72s8lIGOnTrSZ4VyK83arTNtHKRATHInT05-aUKYg&s=J9bflXr6D5a74s--lNlAVP0kX4DTu57ounLyHE7cltY&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.



TEXAS A&M
AGRILIFE
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=U29OWjl6OWdvTUUs4YXF2VVJKZUVIdzo9>

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

TEXAS A&M
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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)**

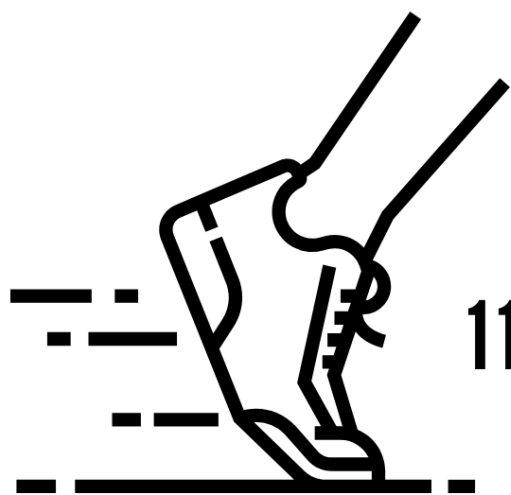
HOSTED BY THE TEXAS A&M UNIVERSITY SYSTEM

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.



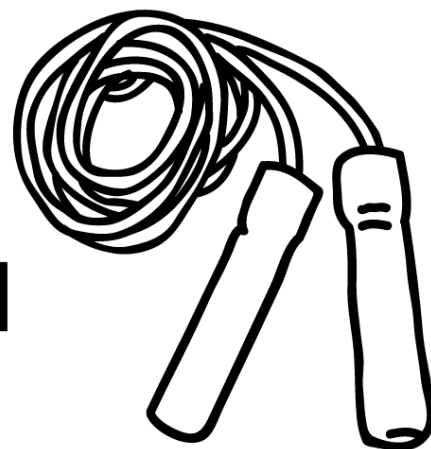
THE MEMBERS OF TEXAS A&M AGRILIFE WILL PROVIDE EQUAL OPPORTUNITIES IN PROGRAMS AND ACTIVITIES, EDUCATION, AND EMPLOYMENT TO ALL PERSONS REGARDLESS OF RACE, COLOR, SEX, RELIGION, NATIONAL ORIGIN, AGE, DISABILITY, GENETIC INFORMATION, VETERAN STATUS, SEXUAL ORIENTATION OR GENDER IDENTITY AND WILL STRIVE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



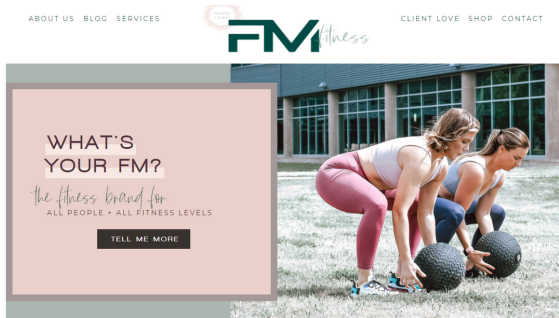
The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive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



WALK
ACROSS TEXAS!
TEXAS A&M AGRILIFE EXTENSION



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AIRROSTI



TEXAS A&M
AGRILIFE
EXTENSION

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 26 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

