

APRIL 7, 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

Well! Week seven concluded with 181 of our teams recording 169,405.94 miles! Fun fact: according to NASA, the distance to the moon is 238,855 miles from earth. Beyond walking across Texas, we are well over half way to the moon. Wahoo! More teams were added to the **Mission: Accomplished 833 Club**. This week, we congratulate 107 teams.

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

Walk Across Texas
celebrates turning 25 in
Texas this year!

25
YEARS

About the weekly e-news blast:

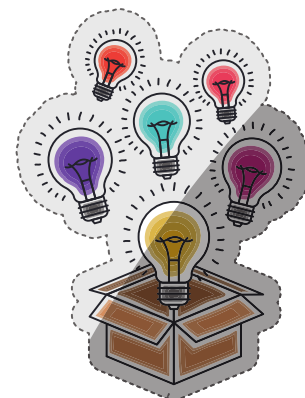
- Team members are encouraged to enter mileage daily. Each week's e-news will cover the Saturday through Friday week preceding the newsletter (Ex. Team and league placing are based on miles walked through week seven; April 2.)
- SEND pictures of your team in action, any upcoming team or community fitness events, or stories for the newsletter. PLEASE email them to Flora Williams at fewilliams@ag.tamu.edu.
- Weekly e-news blasts are coming to an end. There will be two final editions.



Top 15 Most Creative Team Names

Names were sent out for judging. The top 15 Most Creative Team Names are listed below and still in the running for overall most creative name

- 16 Feet with Sole
- Bringing Healthy Back
- Buns on a Run
- Cops & Runners
- Don't Stop Til You Step Enough
- Geoscience Trekkers
- Kickin' Asphalt
- Making Strides
- Mind over Miles
- Motionally Challenged
- Run for Your ResLife!
- The Chosen Buns
- The ThreadRippers
- Twisted Blisters
- Walk Across KBTexas



Wrapping Up Operation Walk Across Texas

Just a few more days until Closeout Participation
Wrap-up Button Will Enable On: 2021-04-09 on your dashboard



Our Program Start Date: 2021-02-13
Our Program End Date: 2021-04-09
Final Mileage and **Wrap-up survey** Due By: 2021-04-19
Program Will Reset On: 2021-04-20



Week Seven Highlights

Thank you to Texas A&M Rec Sports for the 30 minutes of Brain Break Activities

March 31, 2021 via Facebook Live

The recorded session is available. Check it out on our Facebook page at

https://fb.watch/4lyD_hYn0s/



This awesome session and door prizes were provided by Texas A&M AgriLife Extension Service.

Learn more about our host

Texas A&M AgriLife Extension Service

here:

<https://agrilifeextension.tamu.edu/>



TEXAS A&M
AGRI
LIFE
EXTENSION



The Texas A&M AgriLife Extension Service is a unique education agency with a statewide network of professional educators, trained volunteers, and county offices. It reaches into every Texas county to address local priority needs. Some of our major efforts are in mitigating drought impacts; conserving water use in homes, landscapes, and production agriculture; improving emergency management; enhancing food security; and protecting human health through education about diet, exercise, and disease prevention and management.

AgriLife Extension demonstrates the latest technology and best practices to improve the state's food and fiber system, which serves all Texas consumers and contributes nine percent of the gross domestic product. Texas 4-H, our primary youth program, engages some 600,000 youth every year in learning projects, leadership development, and community service.

— Week Seven Virtual Workout VIPs and Door Prize Winners —



CONGRATULATIONS DOOR PRIZE WINNERS

Prizes provided by Texas A&M AgriLife Extension

Folding Pedal Exerciser-Karli Kessler

Seat Cushion-Dina Nutall

Gaiam Classic Balance Ball Chair-Cheryl Landry

WINNERS WILL BE CONTACTED ABOUT DOOR PRIZES VIA EMAIL.



View the spinning wheel [here](#) at the 26 minute mark.



TAKING BREAKS



Zoom fatigue. Eye strain. Body aches. Working remotely can create challenges for your body and mind. We get tired, stiff, stressed and can feel burned-out. Finding time to take breaks throughout the day can help alleviate stress, improve your mood and boost work performance.

Effective and beneficial breaks

The most effective breaks are dependent on what works best for you. The type of break you take can change depending on the type of work you are doing, who you are working with or even the change in seasons. Taking breaks is a learned behavior. Building positive habits requires repetition. By taking effective breaks, it can help you look forward to returning to your work just as much as you look forward to your breaks.

Make the most of your breaks

There are breaks that contribute to healthy behavior and those that are less beneficial. Smoking, eating junk food or taking breaks that turn off your brain are not recommended. Instead of watching television, find a break that turns on your brain but takes you away from the work you were doing. Take a break that stimulates your brain and your body.

Beneficial break ideas:

- Taking a 10-minute walk and getting physical activity has wonderful benefits for your body and your mood.
- Working a crossword or solving a puzzle are both great ways to keep your brain working.
- Choosing a short task, like cleaning or organizing, also can create a sense of accomplishment which stimulates your brain in different ways.
- Taking a short nap, 10 to 20 minutes, can boost memory and attention span.
- Every 20 minutes look at least 20 feet away for 20 minutes to reduce eye fatigue.
- Breathe. For two minutes just sit quietly and listen to your breath. Mindful breathing practices can decrease stress, improve mood and mental acuity.
- Use an app to help you take breaks. There are apps available to remind you to get up and walk around or meditate.
- Change your scenery. Moving away from your desk can make a big difference.



TEAM PLACINGS BY LEAGUES THROUGH WEEK SEVEN

AgriLife Employee Wellness

1. Wandering Wildlanders 2360.72
2. The Original Holy Walkamolies 1989.99
3. HORT TREKKERS 1914.9
4. Cancer Warriors 1749.94
5. EXTreme Speed 1413.13
6. Making Strides 1321.74
7. Gel Runners 1321.14
8. Hort Perennial Posse 1310.72
9. Texas Cruisers 1302.18
10. If I Had A Boat 1297.78
11. Witness the Fitness 1288.74
12. Bolls of Steel 1239.74
13. HORT FLOWER POWER 1219.11
14. Groovy Grape Steppers 1210.71
15. Mind over Miles 1190.95
16. Wild Walkers of the West 1172.14
17. Exercise & Compliance 1153.07
18. Radiant Rice Racers 1097.28
19. Qalankhkan 887.52
20. Fat and All That 837.24
21. Coverage Captains 731.64
22. Show Time 721.86
23. The Walking Dead 636.01
24. Bringing Healthy Back 614.66
25. Rice CRISP(R)ies 576.41
26. Walking Riceronies 539.17
27. "Four Score and Seven Blisters Ago" 503.01
28. TFS Urban and Community Forestry 489.06
29. The 2 Cobbs 298.7
30. JoCo Joggers 293.88
31. Runs & Roses 286.28

65%

Laps for Laney

1. LRC Healthy Driven Seniors 2573.24
2. Laps4Laney 1267.75
3. Laney Bugs 962.51
4. Laney Boos 640.94
5. Team Fusion 612.58

60%

Brazos County

1. The Tax Squad 1482.34
2. Precinct 3 Sole Mates 1370.93
3. Brazos County Walking Warriors 1328.57
4. Bomb Squad 1101.5
5. Brazos DA Team One 1054.6
6. Cowgirl Up 965.77
7. County Attorney EZ Team 936.92
8. Brazos County DA A Team 816.26
9. Red Hot Chili Steppers 800.64
10. Risky Record Walkers 732.86

70%

Diabetes Edition

1. TX Tough/KY Strong 643.8
2. BMW to LMW 441.31

Health System Planners

1. Texas Two-Steppers 1268.69
2. Mavericks 936.34
3. team pasta 900.63
4. Sydney's Team 852.14
5. Twinkle Toes 631.37
6. Happy Feet 473.63
7. Cirque Du Sore Legs 449.16
8. Gold Diggers 400.3
9. The Health Planners 383.65
10. TAMU Triumph 282.5
11. The Majorities 189.35
12. Studios Strollers 98
13. Walking with the Kins 92.88
14. Wii Fit 76.47
15. Witness the Fitness 75
16. Howdy 64
17. swaggies 63.1
18. HOWDY RUN 39.5
19. Gimme Bonus 38
20. Jam & Co. 2
21. Healthy Homies 0
22. Healthy Heroes 0
23. shelbys 0
24. The karDASHians 0

17%

TEAM PLACINGS BY LEAGUES THROUGH WEEK SEVEN

MYCON General Contractors, Inc.

1. MYCOOL 1456.93
2. What is That in Miles? 1084.79
3. Stone Cold Steppin 956.39
4. Butter's Walking Buddies 441.7

75%

TAMU Division of Research

1. DOR Mission Accepted 1403.18
2. DOR SUPER Tribe 1334.37
3. DOR- Dream Team 1194.67
4. DOR Change Agents 1192.34
5. DOR Super Tribe - Dorminators 1144.22
6. DORMant Dynamites 1000.87
7. DOR-MI"C"-you-on-the-treadmill 779.76
8. DOR - RUSH 740.37
9. DOR - ExSports Stars 733.46
10. DOR - Not fast, Just furious 712.74
11. DOR COVID CRUSHERS 481.22
12. DOR Cirque du Sore Legs 343.81

50%

Texas A&M Engineering

1. ETID Hearts and Soles 1596.2
2. The MEEN Team 1346.56
3. Fueled By Caffeine 1286.54
4. Tough Engineers Enthusiastically Stepping (TEES) 1270.78
5. Blister Sisters 1169.14
6. Rapid Thigh Movement 1038.21
7. Connected by Walk 871.18
8. Engineering IT Step-by-Step 653.53
9. NESC 645.17
10. TEES Trotters 533.96
11. Holy Walkamolies 463.46
12. EASA Vibe 447.08
13. All Alone 201.89
14. Unstable atoms 0

50%

Texas A&M Division of Student Affairs

1. United Rec Force 3112.44
2. Walk This Way! 2459.32
3. Run for Your ResLife! 1840.15
4. Twisted Blisters 1813.48
5. Don't Stop Til You Step Enough 1530.25
6. The SHS Movers & Shakers 1351.92
7. ODSL Queens of the Mile 1340.87
8. RECing The Dream 1263.62
9. What a long strange trip it's been 1258.11
10. Taco Walk on the Wild Side 1145.03
11. Becky's Toddling Troup 1110.04
12. ODSL Legs Miserables 1087.03
13. Un-STEP-able 1058.26
14. Holy Walkamolies! 952.25
15. Chafing the Dream 936.32
16. StuAct's New Kids on the Walk 926.95
17. Your Pace or Mine? 882.08
18. DMS Steppers 657.32
19. VRSC Mission Possible 619.53
20. Team ELS 586.65

90%

Texas A&M Foundation

1. Holy Walkamolies! 1349.16
2. Geoscience Trekkers 1192.53
3. BCS Yard Goats 1005.89
4. Three Armadillos 648.22
5. Your Pace or Mine? or "funny name" here 81.47

60%



TEAM PLACINGS BY LEAGUES THROUGH WEEK SEVEN

Texas A&M regiSTRIDES

1. The Walkie Talkies 1141.06
2. Degree JOG-It 982.82
3. Buns on a Run 959.66
4. Student Services Stompers 867.78
5. The Chosen Buns 736.54

80%

Texas A&M Transportation Services

1. Spevtaculars 1247.3
2. Walking 9 to 5 (HR) 1066.91
3. CS Crew 394.56

67%

Texas A&M University System Offices

1. The Motley Crew 2045.37
2. RELLIS Sole Train 1201.93
3. The Church of Walkatology 1153.59
4. Feisty Females 724.86
5. Sole Beneficiaries 433.42

60%

Solo Teams-No League

1. CVM Dog Tired 1826.17
2. South Campus Poppers 1405.43
3. Search Dog Walkers 1344.6
4. Brazos County 1264.71
5. 16 Feet with Sole 1191.5
6. Dynacisers 21 1176.3
7. The Perambulators 1095.98
8. Double the Fun Strollers 1070.08
9. Socially Distant Sole Sisters 1023.84
10. Spring in Our Step 1000.43
11. Sole Sisters 966.79
12. Peanut Butter & Jelly Legs 951.52
13. Walk It Off 890.53
14. Human Environmental Animal Team (H.E.A.T.) 836.28

61%

We Are All Aggies

1. Cops & Runners 1659.23
2. College of Pharmacy - Pharmily 1409.3
3. Operation: Kill-O-Meters 1349.41
4. Unleashed at CVMBS 1287.55
5. Operation: Sole Survivors 1271.65
6. Walk Ness Monsters 1239.06
7. Operation: Witness the Fitness 1171.37
8. CLLA Maskateers 1014.51
9. Enthusiastics In Sneakers 1010.07
10. S.W.A.T.T. - Sprinters, Walkers and Trash Talkers 958.16
11. Fantastic FAID 903.09
12. Phage Busters 891.51
13. Walkie Talkies 831.35
14. See ya later, aggregator 810.02
15. Run Forrest Run 756.24
16. I'll Be There Now In A Minute 631.83
17. Footloose and Free Range 540.11

71%

University Libraries

1. Rogue Motion 1050.6
2. Strictly Business 885.26
3. Press 'N On 629.37
4. MSL Marvels 629.1
5. The Mandalorian Misfits 480.53
6. Sole Mates 396.72
7. Cushing Panthers 161.15

29%

Solo Teams-No League

15. Kickin' Asphalt 695.43
16. Motionally Challenged 576.95
17. Chicks with Kicks 531.19
18. Southside Superstars 506.63
19. MUPs21 481.48
20. InterLibrary Sensation 335
21. The ThreadRippers 299.1
22. Walk Across KBTexas 260.95
23. Howdy 0

OVERALL TEAM PLACING

1. United Rec Force 3112.44
2. LRC Healthy Driven Seniors 2573.24
3. Walk This Way! 2459.32
4. Wandering Wildlanders 2360.72
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33. Texas Cruisers 1302.18
34. If I Had A Boat 1297.78
35. Witness the Fitness 1288.74
36. Unleashed at CVMBS 1287.55
37. Fueled By Caffeine 1286.54
38. Operation: Sole Survivors 1271.65
39. Tough Engineers Enthusiastically Stepping (TEES) 1270.78
40. Texas Two-Steppers 1268.69
41. Laps4Laney 1267.75
42. Brazos County 1264.71
43. RECing The Dream 1263.62
44. What a long strange trip it's been 1258.11
45. Spevtaculars 1247.3
46. Bolls of Steel 1239.74
47. Walk Ness Monsters 1239.06
48. HORT FLOWER POWER 1219.11
49. Groovy Grape Steppers 1210.71
50. RELLIS Sole Train 1201.93
51. DOR- Dream Team 1194.67
52. Geoscience Trekkers 1192.53
53. DOR Change Agents 1192.34
54. 16 Feet with Sole 1191.5
55. Mind over Miles 1190.95
56. Dynacisers 21 1176.3
57. Wild Walkers of the West 1172.14
58. Operation: Witness the Fitness 1171.37
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61. Exercise & Compliance 1153.07
62. Taco Walk on the Wild Side 1145.03
63. DOR Super Tribe - Dorminators 1144.22
64. The Walkie Talkies 1141.06
65. Becky's Toddling Troup 1110.04
66. Bomb Squad 1101.5
67. Radiant Rice Racers 1097.28
68. The Perambulators 1095.98
69. ODSL Legs Miserables 1087.03
70. What is That in Miles? 1084.79
71. Double the Fun Strollers 1070.08
72. Walking 9 to 5 (HR) 1066.91
73. Un-STEP-able 1058.26
74. Brazos DA Team One 1054.6
75. Rogue Motion 1050.6
76. Rapid Thigh Movement 1038.21
77. Socially Distant Sole Sisters 1023.84
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80. BCS Yard Goats 1005.89
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82. Spring in Our Step 1000.43
83. Degree JOG-It 982.82
84. Sole Sisters 966.79
85. Cowgirl Up 965.77
86. Laney Bugs 962.51
87. Buns on a Run 959.66
88. S.W.A.T.T. - Sprinters, Walkers and Trash Talkers 958.16
89. Stone Cold Steppin 956.39
90. Holy Walkamolies! 952.25

49.7%

OVERALL TEAM PLACING

91. Strictly Business 794.56
92. Cowgirl Up 789.99
93. Human Environmental Animal Team (H.E.A.T.) 789.45
94. Sydney's Team 781.70
95. Your Pace or Mine? 780.08
96. Sole Sisters 777.25
97. Phage Busters 776.71
98. See ya later, aggregator 773.44
99. Laney Bugs 759.55
100. CLLA Maskateers 752.01
101. Qalankhkan 722.97
102. Connected by Walk 716.03
103. Fantastic FAID 714.09
104. Walkie Talkies 707.83
105. The Chosen Buns 690.99
106. Brazos County DA A Team 688.88
107. DOR - RUSH 686.12
108. Run Forrest Run 675.19
109. Mavericks 667.53
110. Show Time 666.37
111. DOR - ExSports Stars 658.56
112. Kickin' Asphalt 658.43
113. Red Hot Chili Steppers 658.26
114. DOR - Not fast, Just furious 644.58
115. Texas Two-Steppers 642.70
116. Fat and All That 641.78
117. Coverage Captains 636.32
118. StuAct's New Kids on the Walk 610.25
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120. I,Äöll Be There Now In A Minute 585.44
121. DOR-MI"C"-you-on-the-treadmill 585.37
122. Bringing Healthy Back 583.86
123. Risky Record Walkers 574.61
124. MSL Marvels 559.33
125. Team ELS 558.18
126. Press 'N On 557.99
127. Team Fusion 556.92
128. Motionally Challenged 556.06
129. Rice CRISP(R)ies 552.81
130. Laney Boos 543.92
131. Engineering IT Step-by-Step 535.98
132. Twinkle Toes 521.99
133. TX Tough/KY Strong 518.65
134. VRSC Mission Possible 518.13
135. Three Armadillos 477.77
136. Footloose and Free Range 476.31
137. The Walking Dead 474.81
138. Motionally Challenged 576.95
139. Rice CRISP(R)ies 576.41
140. Footloose and Free Range 540.11
141. Walking Riceronies 539.17
142. TEES Trotters 533.96
143. Chicks with Kicks 531.19
144. Southside Superstars 506.63
145. "Four Score and Seven Blisters Ago" 503.01
146. TFS Urban and Community Forestry 489.06
147. MUPs21 481.48
148. DOR COVID CRUSHERS 481.22
149. The Mandalorian Misfits 480.53
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154. Butter's Walking Buddies 441.7
155. BMW to LMW 441.31
156. Sole Beneficiaries 433.42
157. Gold Diggers 400.3
158. Sole Mates 396.72
159. CS Crew 394.56
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161. DOR Cirque du Sore Legs 343.81
162. InterLibrary Sensation 335
163. The ThreadRippers 299.1
164. The 2 Cobbs 298.7
165. JoCo Joggers 293.88
166. Runs & Roses 286.28
167. TAMU Triumph 282.5
168. Walk Across KBTexas 260.95
169. All Alone 201.89
170. The Majorities 189.35
171. Cushing Panthers 161.15
172. Studious Strollers 98
173. Walking with the Kins 92.88
174. Your Pace or Mine? or "funny name" here 81.47
175. Wii Fit 76.47
176. Witness the Fitness 75
177. Howdy 64
178. swaggies 63.1
179. HOWDY RUN 39.5
180. Gimme Bonus 38
181. Jam & Co. 2

The Mission: Accomplished 833 Club

107 teams joined the Mission: Accomplished 833 miles club

16 Feet with Sole
BCS Yard Goats
Becky's Toddling Troup
Blister Sisters
Bolls of Steel
Bomb Squad
Brazos County
Brazos County Walking Warriors
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Buns on a Run
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CLLA Maskateers
College of Pharmacy - Pharmily
Connected by Walk
Cops & Runners
County Attorney EZ Team
Cowgirl Up
CVM Dog Tired
Degree JOG-It
Don't Stop Til You Step Enough
DOR Change Agents
DOR- Dream Team
DOR Mission Accepted
DOR SUPER Tribe
DOR Super Tribe - Dorminators
DORMant Dynamites
Double the Fun Strollers
Dynacisers 21
Enthusiastics In Sneakers
ETID Hearts and Soles
Exercise & Compliance
EXTreme Speed
Fantastic FAID
Fat and All That
Fueled By Caffeine

Gel Runners
Geoscience Trekkers
Groovy Grape Steppers
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HORT FLOWER POWER
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HORT TREKKERS
Human Environmental Animal
Team (H.E.A.T.)
If I Had A Boat
Laney Bugs
Laps4Laney
LRC Healthy Driven Seniors
Making Strides
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Mind over Miles
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ODSL Legs Miserables
ODSL Queens of the Mile
Operation: Kill-O-Meters
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Operation: Witness the Fitness
Peanut Butter & Jelly Legs
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Precinct 3 Sole Mates
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Radiant Rice Racers
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S.W.A.T.T. - Sprinters, Walkers
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Search Dog Walkers
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Sole Sisters

South Campus Poppers
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Student Services Stompers
Sydney's Team
Taco Walk on the Wild Side
team pasta
Texas Cruisers
Texas Two-Steppers
The Church of Walkatology
The MEEN Team
The Motley Crew
The Original Holy Walkamolies
The Perambulators
The SHS Movers & Shakers
The Tax Squad
The Walkie Talkies
Tough Engineers
Enthusiastically Stepping
(TEES)
Twisted Blisters
United Rec Force
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Witness the Fitness
Your Pace or Mine?

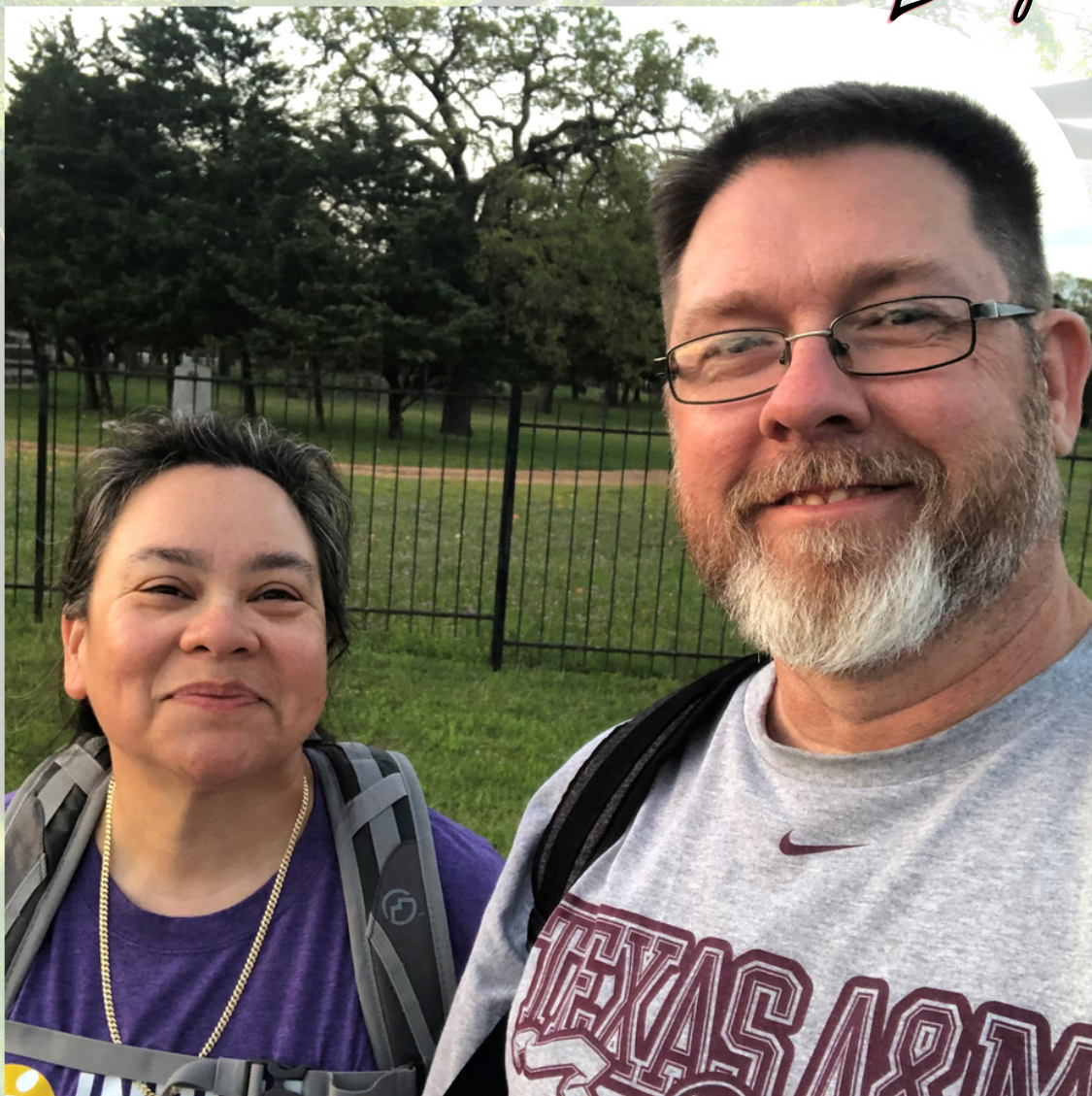


SPOTLIGHT

Meet

**Julie & Brandon Prouse
of the Laps4Laney Team**

*Laps for Laney
League*



**This couple used walking to
the grocery store to get their
steps in! Way to go!**

SUCCESS STORY

A Texas-Sized Graduation

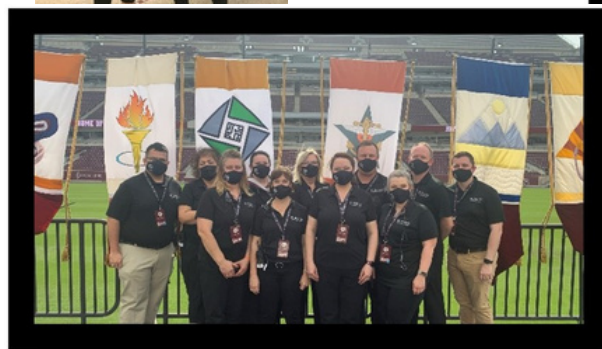
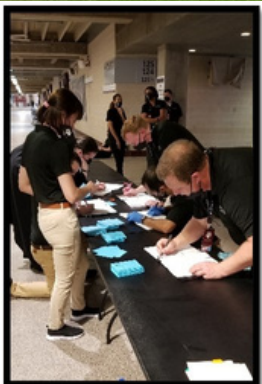
regiSTRIDES league

Staff from the Office of the Registrar, along with several gracious volunteers, were tasked with providing three days of make-up Commencement ceremonies in early March for Texas A&M University degree candidates whose ceremonies from May and August 2020 were postponed due to the pandemic.



Many of those who worked the ceremonies are participating in Walk Across Texas 2021, with several being members of the regiSTRIDES league. Individuals averaged over 7,000 steps per ceremony across those three days; some individuals obtained over 18,000 steps a day!

In total, the combined steps of staff and volunteers who set up and worked the five make-up ceremonies was over 900 miles! The Office of the Registrar would like to thank all of those whose help and support allowed the university to honor its recent graduates.



MOST INSPIRATIONAL PERSON NOMINEES

Nominee gifts

Thank you to the generosity of Robert "Skip" Richter this year's nominees received pepper plants to commemorate being nominated. Skip Richter is the County Extension Agent- Horticulturist at the Brazos County Office of Texas A&M AgriLife Extension. Skip and the Brazos County Master Gardeners are a phone call or email away for any gardening questions.



Evelyn Dorsey



**Not pictured:
Cee Ellis**



Monica Holder

MOST INSPIRATIONAL PERSON NOMINATION

2020 WALK ACROSS TEXAS

HALL OF FAME

A blast from the past

Team: Walk this Way!

League: Texas A&M Division of
Student Affairs

Mileage: 4.523.81

Members: Christian Falconer, GeNae
Welch, Ron Robison, Monica Colson,
Jerri McSloy, Ashley Ramirez, Iris
Cahill Casiano, Hannah Kovar

The 2020 Walk Across Texas Challenge was the inaugural sponsored event where we instituted the **Walk Across Texas Hall of Fame**. This honor is the top honor that can be bestowed on a team and can only be received once.

Once a team earns this honor, they are welcomed to compete again. In order to win the honor again they must do so with a different team of at least four new team members.

Walk Across Texas Hall of Famers

Weekly virtual workout schedule

Only one more left!

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--INIAVP0kX4DTu57ounLyHE7cltY&e=)

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[TNtHKRATHInT05-aUKYg&s=J9bflXr6D5a74s--](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--INIAVP0kX4DTu57ounLyHE7cltY&e=)

[INIAVP0kX4DTu57ounLyHE7cltY&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--INIAVP0kX4DTu57ounLyHE7cltY&e=)



Passcode: Zumba

AgriLife Wellness will give away
10 door prizes to attending
through a drawing.



If you have a problem logging on to the Zoom session, call the Extension Office at 979-823-0129 or check Brazos Valley Facebook page for updates. We do not anticipate any problems.

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--lNIAVP0kX4DTu57ounLyHE7cltY&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.

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:

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

Meet the sponsors and hosts

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



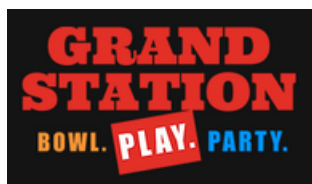
We specialize in custom awards, trophies, promotional products as well as personalized gifts. We can create that special award for your hard working employee. We can also create that personal gift for a friend or loved one including many items that can have a full color photo on them.



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

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

Thank you Taskforce!

Most Inspirational Person Nomination Thank You

Thank you for taking the time to nominate such deserving candidates.

thank you



time is running out!

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

