

FEBRUARY 16, 2022

# OPERATION BRAZOS COUNTY WALK ACROSS TEXAS 2021

*Celebrating 25 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 2022*

## WHERE WERE YOU 25 YEARS AGO?

This year's challenge pays homage to 1997 when CDs were way cooler than cassette tapes. Blowing and shirt-rubbing were both socially-accepted ways to try to make your CDs play without skipping. Fast forward to the age of bluetooth and other handsfree technology...It's been 25 years since Walk Across Texas sponsored challenges began in Brazos County! Shoutout to 161 adult teams registered with the February 12, 2022 start date. We have 18 leagues and 888 individuals signed up. So...that means not all teams have their maximum of eight team members. You can do it! Get those team members registered and teams filled.

### IMPORTANT DATES-AT-A-GLANCE

- Proclamation-February 1, 2022 ✓
- Kick Off Event: February 12, 2022 ✓
- **Event Dates: February 12, 2022-April 8, 2022**
- **February 12, 2021-February 18, 2022 (Week One)** ←
- February 19, 2022-February 25, 2022 (Week Two)
- February 26, 2022-March 4, 2022 (Week Three)
- March 5, 2022-March 11, 2022 (Week Four)
- March 12, 2022-March 18, 2022 (Week Five)
- March 19, 2022-March 25, 2022 (Week Six)
- March 26, 2022-April 1, 2022 (Week Seven)
- April 2, 2022-April 8, 2022 (Week Eight)
- Online registration deadline: February 19, 2022
- Weekly virtual workouts: Feb 23, Mar 2, Mar 9, Mar 16, Mar 23, Mar 28, Apr 7
- The Announcement of Champions: April 21, 2022
- Celebration Event/Prize Patrol: April 21, 2021

## About the weekly e-news blast:

- Each week's e-news will cover the Saturday through Friday week preceding the newsletter (The mileage the next newsletter will be retrieved on Saturday February 19th, PLEASE have miles current on that date.)
- 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](mailto:fewilliams@ag.tamu.edu).
- Weekly e-news blast will arrive on or before Thursday of each week.

## Adding howdyhealth.org to your homescreen

### (For iPhones)

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

### (For Android)

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

### (For Samsung)

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

## Onsite Kickoff Eventers

Alexa Moya  
Allison Herrington  
Amanda Reynolds  
Anna Davidson  
Ao Jiao  
Brandon Prouse  
Brannah Halm  
Bret Humphrey  
Celine Hernandez  
Courtney Reina  
Cristiane Hayuaai Taniguti  
Crystal Rodriguez  
David Herrington  
Dorithie Thomas  
Douglas Schenring  
Emily Moore  
Flora Williams  
Frances Sissamis  
Hannah Willbery  
Heather Humphrey

Janae Cavazos  
Janel Robie  
Janet Pollard  
Jimmy Pollard  
Joe Williams Jr  
Julie Prouse  
Kathy Bounds  
Kayla Titus  
Kershin Landrock  
Kylie Meyers  
Kirstin Brekkon Shea  
Laura Ramsdale  
Cee Ellis  
Lindsey Armstrong  
Lynde Buras  
Mark Haven  
Mary Parrish  
Melisa Freeman  
Michael Seward  
Mila Lupez

Nayelli Lopez  
Nicholas McDaniel  
Nickie Boutte  
Pam Ferro  
Reyna Valdez  
Sara Mendez  
Scarlett Soco  
Shelia Robinson  
Sheri Meyer  
Tamara Garza  
TJ Robie  
Zaundria Warren

## Virtual Kickoff Eventers

Alanna McDaniel  
Alicia Meza  
Ana Lisa Garcia  
April Strickland  
Cathy Edwards  
Debbie Reed  
Dina Nutall  
Dorothy Rainwater  
Karen Giles  
Kristen Riley  
Kristyn Riley  
Lise Sieber  
Megan Azopardi-Peveto  
Morgan Bradley  
Stephany Tionga  
Summer Dubec  
Tina Yount

## Onsite and Virtual Door Prize Winners

Alanna McDaniel  
Amanda Reynolds  
Anna Davidson  
Brandon Prouse  
Bret Humphrey  
Cee Ellis  
Celine Hernandez  
Courtney Reina  
Dina Nutall  
Dorothy Rainwater  
Douglas Scheuring  
Joe Williams Jr.  
Karen Giles

Kathy Bounds  
Kylie Meyer  
Laura Ramsdale  
Lynae Buras  
Mark Haven  
Megan Azopardi-Pereto  
Michael Seward  
Morgan Bradley  
Sara Mendez  
Shelia Robinson  
Sheri Meyer  
Stephany Toinga  
Tina Hines Tount







# Snapshots from the Kick Off





## TEAMS REGISTERED SO FAR

- \*Boujee Shoes\*
- \*Walk This Way!
- \$outh Campus \$tunnas
- .
- 403 - Holy Walkamolies
- Academically Deficient
- ADR\_E - THE Walkie Talkies
- AgriLife Research Bee-lievers
- All Alone
- ANSC Heifers
- Are We There Yet?
- Are We There Yet?
- Arthurs Aardvarks
- A Walk to Remember
- Beast Friends
- Becky's Toddling Troup
- Bibliotrekkers
- Booking It!
- Brazos Valley Unitarian Universalists
- Cache us if you can
- Chafing the Dream
- Charlie's Ankles
- Christland Friends
- Close Those Rings
- Cooner!
- Cushing Panthers
- CVM Dog Tired
- DMS Steppers
- DOR - 16 Feet with Sole
- DOR Fit and Thick
- DOR Red Hot Chili Steppers
- DOR Step by Step
- DOR Walking Around the Blocker
- DOR Worst Pace Scenario
- Dynacisers 22
- EXTreme Speed
- FCH Community Conversations on Health
- Fermier Favorites
- Fine Fit & Fabulous
- Fire walkers
- FL2TX - WAT
- Four Armadillos
- gigem oompaloompas
- gigem oompaloompas
- Hearts and Soles
- Helen's Team
- HORT TREKKERS
- Hotty Toddy Aggies
- I Wanna Step with Somebody
- I'm Gonna Be (832 Miles)
- Inclusive Walkers
- ISENTropic Athletes
- JET TRACR
- Kailey Roberts
- KBTX Squad
- Kendalls Team
- Lets Walk!
- Lily's Team
- Lindsieâ€™s Team
- Low-Fat Retention
- Making Strides
- Maroon & White Interns Fight!
- Matagorda Mooovers
- MEEN in Motion
- MightyCoolFunny Ramblers
- Moves Like Jaggaer
- MSL Marvels
- Myles Family
- Myles Miles Team
- Name
- New Sneaker Champions (NSC)
- No Ubers In Sight, Call me a Cab
- Ocho Amigos
- ODSL Team 2
- ODSL Trekkin' for Tacos
- Over Extended Work Family
- Pace Makers
- PACE- People Ambulating Competitively Everyday
- Passionate Professionals Dedicated to Purposeful Perspiration
- Public Health Squad
- Rachelâ€™s Texas Trotters
- Rec This Way
- Red Hot Chili Steppers
- Red Hot Chilli Steppers

## TEAMS REGISTERED SO FAR

- Ringer Library
- Rudder Theatre Complex
- Run for Your ResLife!
- Running Part Time Sucks (RPTS)
- Russell Pecina
- Saw Em Off
- SCOMotion
- Scrambled Legs
- Sentries to a Major
- She made me do it
- Snacks on the Tracks
- Soiled Rotten
- Sole Beneficiaries
- Sole Sisters
- Star Spangled Strutters
- Steppin' Right, Left, Right
- Sweeney
- TAMU Engineering [Fitness] Development Across Texas
- TAMU Vet School - Large Animal Enthusiasts
- Tax Walkoffs
- TEAM FP&C
- Team Name Pending
- TechBuy
- Techie Trekkers
- Texas Travelers
- Texas Two-Steppers
- The Ag EC Team
- The aMAYSing Race
- The Book Trailers
- The Future
- The Informers
- The Lollygagging Lobbyists
- The Mighty Stampede
- The Motley Crew
- The Oak-ay Walkers
- The Original Holy Walkamolies
- The Pharm Posse
- The Pheidips
- The Rec-ing Business Crew
- The Road Scholars
- The Wandering Vagabonds
- The Yolk Folks
- The Zoomies
- These Roots Were Made For Walking
- Tick Tick BOOM
- TTI Arlington WATch Crew
- Two4WAT
- TX Crawlers
- TX-CO-LA
- United Rec Force Victory Lap Hall of Fame 2021
- Unleashed
- Un-STEP-able
- URPN
- Vet Students Stayin' Alive
- Vice President for Student Affairs
- Wacky Walk don't run
- Wacky Walkers
- Waco Walks It Out!
- walk it to the top!
- Walkie Talkies
- Walking aedes
- Walking Legionnaires
- Walking Miss Daisy
- Walking Spuds
- Walking Warriors
- Walk this Way
- Walsh Lab
- Wandering Wildlanders
- WAT Are We Doing
- We Can DoIT
- We Can DoIT Too
- We MEEN Business
- Wellness Warriors
- What! WAT!
- Worst Pace Scenario

Thank you Sponsors and Partners! They came through in a big way. You will hear all about it over the coming weeks.





# Convert your physical activity to "miles walked".



## 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

**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)

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

# WEEKLY WORKOUT SCHEDULE



*See flyers for details!*

**Feb 23 @ 12:15 pm**

Virtual Strengthening and Toning

**Mar 2 @ 6:00 pm**

Group Fitness at Lion Pride Sports

**Mar 9 @ 12:00 pm**

Virtual Health at Your Desk

**Mar 16 @ 5:30 & 6:30 pm**

Group Fitness at TruFit

**Mar 23 @ 6:00 pm**

Virtual Line dancing

**Mar 28 @ 12:00 pm**

Virtual Zumba

**Apr 7 @ 12:15 pm**

Virtual Chair Yoga



# VIRTUAL STRENGTHENING AND TONING WORKOUT

Instructor:

Dr. Kirstin Brekken-Shea  
Texas A&M University

February 23, 2022

12:15 pm via Zoom

[facebook.com/walk.across.texas.bc/live/](https://facebook.com/walk.across.texas.bc/live/)





BRING YOUR FAMILY AND TEAM MATES

# LION PRIDE SPORTS



Join us for a group fitness workout!

**MARCH 2, 2022 @ 6:00 PM**

1910 Greenfield Plaza, Bryan, TX 77802



sign up by February 28, 2022 at

<https://www.signupgenius.com/go/20F0545A8AA22A2FB6-lions>

Hosted by Brazos County Health District



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# VIRTUAL HEALTH AT YOUR DESK

**Session focused on strategies to avoid aches and pains associated with prolonged sitting.**

**MARCH 9, 2022 12:00 PM**

**Register by March 7, 2022  
at**

**[HTTPS://AIRROSTI.ZOOM.US/WEBINAR/REGISTER/WN\\_QYHJ\\_OX-QJKFDXKWONTNSG](https://airrosti.zoom.us/webinar/register/WN_QYHJ_OX-QJKFDXKWONTNSG)**



**Hosted by Texas A&M University System Employee Wellness**

# GROUP FITNESS AT TRUFIT

Combo \* Cycling \* Yoga \* Zumba



**March 16, 2022**

**5:30 pm & 6:30 pm sessions**

**2412 TEXAS AVE SOUTH,**

**College Station TX 77840**



**Bring your team members and friends!**

**Sign up coming soon!**

*Hosted by AgriLife Employee Wellness*



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# VIRTUAL ZUMBA

March 28, 2022  
12:00 pm  
Via Zoom



Sign up coming  
soon!



WALK  
ACROSS TEXAS!  
TEXAS A&M AGRILIFE EXTENSION

JOIN US ON FACEBOOK LIVE  
FOR A

# CHAIR YOGA CLASS

[facebook.com/walk.across.texas.bc/live/](https://facebook.com/walk.across.texas.bc/live/)

**APRIL 7, 2022**

**12:15 PM**



**INSTRUCTOR**  
**ANNA TAGGART MINAHAN**  
**DEPARTMENT OF RECREATIONAL SPORTS**  
**TEXAS A&M UNIVERSITY**





*Each week we will share 25 fun facts.  
This week we share fun fruit facts!*

## 25 Fruit Fun Facts

- In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered 1 cup from the Fruit Group.
- More than 7,000 varieties of apples are grown around the globe.
- Fruit is rich in fiber and high in water content.
- There are 200 seeds in an average strawberry.
- Strawberries are the only fruit with seeds on the outside.
- All forms of fruit count – fresh, frozen, canned, dried, or 100% fruit juice.
- MyPlate.gov recommends half of the recommended fruit come from whole fruit.
- Not all oranges are orange!
- A half-cup of figs has as much calcium as a half-cup of milk.
- Oranges, apricots, blueberries, pineapples, and kiwis are high in Vitamin C.
- Watermelons can be a source of hydration.
- Watermelon are more than 90% water!
- In Latin, pomegranate means “apple with many seeds”.
- One large pomegranate yields between one-fourth to one-half cup of juice.
- Adding fruit can help increase intake of fiber and potassium.
- Canned fruit CAN be a great way to save money when your favorite fruit is out of season!
- Pair fruit with whole grain or protein for the ultimate snack! Try nut butter on apple slices, low-fat cheese, grapes, banana slices on whole-grain toast, strawberries, and low-fat yogurt, or a dried fruit and nut mix.
- Keep fruit where you can see it, so you reach for it when you’re hungry! Place several ready-to-eat washed whole fruits in a bowl on the counter or store chopped fruit in clear containers in the refrigerator.
- Cutaway any damaged or bruised areas on fresh fruits before preparing and/or eating.
- Fresh fruit going bad? Put it in a freezer safe container and in the freezer to be added to smoothies and extend its life!
- Explore the produce aisle and choose something new! Remember: we should eat a variety of different types and colors of fruit to receive all of the nutrients we need to be healthy.
- Keep some frozen grapes and bananas on hand for a cool snack on those hot summer days!
- Add fruit to your whole-grain cereal for a breakfast boost!
- In baked goods, you can substitute half of the oil with applesauce or canned pumpkin.
- Fruit skewers or a colorful fruit platter for a delicious and nutritious way to please the crowd!



# 2022 Awards and Recognition

Workout Weekly Drawings  
"25th of the month" Drawings

Most Inspirational Person  
Most Creative Team Name

Top Teams/Hall of Fame  
Random Drawing of Finishing Teams

## Merchandise

**(Sizes available Small through 3X-Large) \$15 per shirt**

Brazos County Extension Office  
4153 County Park Court  
Bryan, Texas 77802  
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



**Previous years' shirts  
\$5 each or 2 for \$8**

## Thank you Taskforce!

Chair

Nickie Boutte-CASAP - Community Alcohol &  
Substance Awareness Partnership

Treasurer:

Lindsey Armstrong-St. Joseph Health  
Sara Mendez-Brazos County Health District

Secretary/Extension Agent/Advisor:

Katie Zender-Texas A&M AgriLife

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

Members:

Andi Bednorz-Texas A&M University System

Diana Gaytan-Brazos County Health District

Dorithie Thomas-Texas A&M AgriLife

Judy Kurtz-Texas A&M AgriLife Extension

Mary Parrish- Brazos County Health District

Sheri Meyer-Texas A&M University System

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

4153 County Park Court  
Bryan, Texas 77802

Phone: 979-823-0129

For more information about  
Family & Community Health  
Walk Across Texas

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

or  
Katie Zender  
E-mail: [katie.zender@ag.tamu.edu](mailto:katie.zender@ag.tamu.edu)

