

FEBRUARY 23, 2022

OPERATION BRAZOS COUNTY WALK ACROSS TEXAS 2022

Celebrating 25 Years of WAT Brazos County

TEXAS A&M
AGRI LIFE
EXTENSION



WALK
ACROSS TEXAS!
TEXAS A&M AGRILIFE EXTENSION

Walk Across Texas 2022

WHERE WERE YOU 25 YEARS AGO?

In 1997, the Lion King musical made its debut on Broadway during November of 1997. Produced by Disney, the musical was based on the Disney animation film of the same name from 1994...Good times! On this day 25 years later, we have 214 teams signed up for our Walk Across Texas sponsored challenge.

We have 20 leagues and 1,199 individuals signed up. Let's get moving! Do your best each day to accumulate and report. You GOT this! Hakuna Matata!

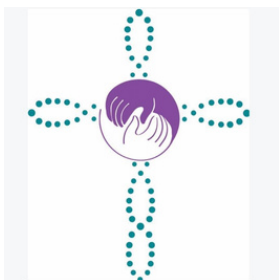
The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive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

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)** ← you are here
- 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

Thank you Sponsors and Partners!



About the weekly e-news blast:

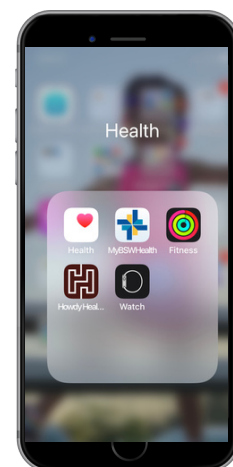
- Each week's e-news will cover the Saturday through Friday week preceding the newsletter (The mileage the next newsletter will be retrieved on Saturday February 26th, PLEASE have miles current on that date.)
- SEND pictures of your team in action, any upcoming team or community fitness events, or stories for the newsletter. PLEASE email them to Flora Williams at fewilliams@ag.tamu.edu.
- Weekly e-news blast will arrive on or before Thursday of each week.



Gamechanger: Add howdyhealth.org to the home screen

(For iPhones)

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



(For Android)

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

(For Samsung)

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



Meet the leagues and league commissioners!

1. The NonAthletic Athletes	Yazmin Reyes	watL-220217-26861
2. Brazos County - BLT	Katie Zender	watL-220119-83272
3. Family League	Gabby Sells	watL-220119-79054
4. WAT Church League	Morgan Bradley	watL-220120-50608
5. Texas A&M University Division of Student Affairs	Brandon Carlson	watL-220121-87744
6. Brazos County Employees	Emily Besser	watL-220124-19750
7. Division of Research (DOR)	Monica Holder	watL-220125-98334
8. Engineer Your Wellness	Todd Cottrell	watL-220125-22500
9. AgriLife Employee Wellness	Dorithie Thomas	watL-220126-70755
10. 2022 TAMU College Edition	Mike Lopez	watL-220126-34304
11. TAMU Vet School	Stacie Grange	watL-220128-91649
12. University Libraries 2022	Stephanie Walker	watL-220131-97352
13. Texas A&M Foundation	Amanda Reynolds	watL-220131-99020
14. Texas A&M University System Offices	Sheri Meyer	watL-220204-51478
15. MYCON General Contractors, Inc	Kayla Titus	watL-220207-98637
16. Ringer Library	Ashley Reed	watL-220207-91541
17. CASAP	Nickie Boutte	watL-220208-66228
18. Bryan ISD Technology Services	Allison Lacey	watL-220209-93431
19. Beast Friends	Diana Gaytan	watL-220210-70607
20. Texas A&M regiSTRIDES	Matthew Johnson	watL-220216-12309




Did you not join a league or join the wrong league? No problem.
Submit a ticket with the helpdesk.



Still Need Help?

If our FAQs or Tutorial Videos don't answer your question, or if you need assistance with your League or Team, please submit a support ticket below:

 **SUBMIT SUPPORT TICKET**

Meet the team captains...



- \$outh Campus \$tunnas- Priscilla Ofori
- *Boujee Shoes*- Debbie Reed
- *Walk This Way!-GeNae Guye
- 3s Company-David Bacot
- 403 - Holy Walkamolies-Tammisha Farmer
- A Walk to Remember-Cathy Edwards
- Academically Deficient- Edwin Aguilar
- ADR_E -THE Walkie Talkies Allison Ricke
- Ag Development- Mindi Spears
- aggie baddies-Amrita Gabu
- Aggie Life-Kaed Goodrick
- Aggie Rice Racers-Rebecca Pearson
- AgriLife Research Bee-lievers-Erin Haws
- All About That Pace-Lindsey Garza
- All Alone-Amy Epps Martin
- ANSC Heifers-Sarah White
- Are We There Yet?-Brenda Anderson
- Are We There Yet?- Angelica Rios
- Arthurs Aardvarks-Christen Robinson
- Beast Friends-Diana Gaytan
- Becky's Toddling Troup-Krista Van De Flier
- Better Late Than Never!-DEBRA HARGROVE
- Between a Walk and a Hard Pace-Sabrina Allan
- Bibliotrekks-Marisol Moreno
- Booking It!-Victoria Anderson
- Brazos Valley Unitarian Universalists-Allison Faber
- Break-A-Leg-Mary Bryk
- Cache us if you can-Mike Coleman
- Chafing the Dream-Drew McMillen
- Charlie's Ankles-Karen Zwernemann
- Chicken Run-Jasmine Nellums
- Christland Friends-Jasmine Tran
- Close Those Rings-Emily Lankford
- Cooner!-Mallory Mee
- Cushing Panthers-Beth Kilmarx
- CVM Dog Tired-Shelley Drgac
- Degree Jog It, Part 1-Karen Martinez
- Degree JOG-It Part 2-Ramona Stovall
- DMS Steppers-Jacquelin Alexander
- DOR - 16 Feet with Sole-Mia Conrad
- DOR Fit and Thick-Brook Branham
- DOR Red Hot Chili Steppers-Reese Weatherford
- DOR Step by Step-Monica Holder
- DOR Walking Around the Blocker-Tiffany Inbody
- DOR Worst Pace Scenario-Jessica Ramon
- Dynacisers 22-Lynn Reed
- EXTreme Speed-Rudy Ruedas
- FAM-Nancy Christian
- FCH Community Conversations on Health-Katelyn Murphy
- Fermier Favorites-Kristi Dodson
- Fine Fit & Fabulous-Nickie Boutte
- Fire walkers-Dina Nutall
- FL2TX - WAT-Sarah Ascol
- Flesh Fighting Fit Family of Faith-Yvonne Alsandor
- Four Armadillos-Amanda Reynolds
- Fred-Carrie Frederiksen
- gigem oompaloompa-Alanna Layton
- HattFam-Gwen Hattaway
- Hearts and Soles-Malini Natarajarathinam
- Helen's Team-Helen Hunter
- HORT TREKKERS-Gerald Burgner
- Hotty Toddy Aggie-Michael Osborn
- I Wanna Step with Somebody-Hillary Motal
- I'm Gonna Be (832 Miles)-Diane Scasta
- Inclusive Walkers-Morgan Bradley
- Innovation Partners-Beth Deuermeyer
- ISENTropic Athletes-Abbie Vintila
- JET TRACR-Tammie Burlin
- Kailey Roberts-Kailey Scott
- KBTX Squad-Stacy Schneider
- keep on truckin-Kirstin Brekken Shea
- Kendalls Team-Kendall Vines
- Legs Miserables-Carly Rice
- Let's do it!-AAKANSHA SHAJI
- Lets Walk!-Ayesha Nagaria
- Lily's Team-Lily Long
- Lindsie™'s Team-Lindsie Darwin
- Littleburys-Debra Madden
- Low-Fat Retention-John Avila
- LRC Mile Walkers-Dorothy Rainwater

Wait there are more!



Meet the team captains...



- MAggies-Madison Edgar
- Making Strides-Stephen Searcy
- Maroon & White Interns Fight!-GabbySells
- Matagorda Mooovers-Nicole Pilson
- MEEN in Motion-Megan Simison
- MightyCoolFunny Ramblers-Yordanos Bisrat
- Moves Like Jagger-Dana Ethridge
- MSL Marvels-Therese Corte
- Myles Family-Ann Miles
- Myles Miles Team-Lyuba Chechik
- Name-Mike Lopez
- Nerd Herd-Elyssa Garza
- New Sneaker Champions (NSC)-Donna Rios
- No Ubers In Sight, Call me a Cab-Mark Matusek
- Not Today Heifer-Lacey Richards
- Ocho Amigos-Ariel Tesch
- ODSL Team 2-Suzanne Swierc
- ODSL Trekkin' for Tacos-Alex Hersperger
- Office Heroes-Elizabeth Requenez
- Over Extended Work Family-Flora Williams
- Pace Makers-Diana Cover
- PACE- People Ambulating Competitively Everyday-Gabbey Tharp
- Passionate Professionals Dedicated to Purposeful Perspiration-Torie Noellsch
- Pedominators-Kristina Waller
- Public Health Squad-Sara Mendez
- Pumped Pedestrians-Andrea Sesock
- Rachel's™ Texas Trotters-Rachel Dishongh
- Rec This Way-Miranda Price
- Red Hot Chili Steppers-Kathryn Libby
- Red Hot Chilli Steppers-Reese Errington
- Ringer Library-Ashley Reed
- Roadrunners - Mind over Miles-Tanya Baker
- Rudder Theatre Complex-Benjamin Leonido
- Run for Your ResLife!-Brandon Carlson
- Running Part Time Sucks (RPTS)-Alexandra Skrocki
- Russell Pecina-Russell Pecina
- Saw Em Off- Bailey Blair
- SCOMotion-Kayla Duncan
- Scrambled Legs-Sarah Rodriguez
- Sentries to a Major-Bonnie Bustos-Rios
- Seven Ragged Sapiens-Lyndal Arceneaux
- shalom-Paige Phan
- She made me do it-Ann Willaert
- Snacks on the Tracks-Joani Groce
- Snap, Crackle, Pop-Ali Dorsey
- Soiled Rotten-Joseph Burke
- Sole Beneficiaries-Sheri Meyer
- Sole Sisters-Jeannette Templeton
- Star Spangled Strutters-Ashley Drake
- Step Up-Judy Kurtz
- Steppin' Right, Left, Right- Montaigne Long
- Super Steppers-Carly Teichman
- Sweeney-Christina Sweeney
- Taking Life in Stride-Katie Turnbull
- TAMF Star-Spangled Patriots-Mary Rakestraw
- TAMU Engineering [Fitness] Development Across Texas-Anna Norville
- TAMU Onco- Regina Hayburn
- TAMU Vet School - Large Animal Enthusiasts-Jeannette Bayer
- Tax Walkoffs-Sabrina Lee
- TEAM FP&C-Jessica Lane
- Team Z-Marissa Flores
- TechBuy-Anna Davidson
- Techie Trekkers-Alicia Meza
- Texas Travelers-John Rokenbrod
- Texas Two-Steppers-Frances Miller
- The Ag EC Team-Shannon Prescott
- The aMAYSing Race-Mark Toler
- The Book Trailers-Thom Lemmons
- The Future-Irene Bessette
- The Informers-Rachel Rose
- The Lollygagging Lobbyists-Kerry Kinirons
- The Mighty Stampede-Summer Dubec
- The Motley Crew-Elizabeth Morris
- The Oak-ay Walkers-Erin Davis
- The Original Holy Walkamolies-Kati Stoddard
- The Pharm Posse-Shelia Robinson
- The Pheidips-Janet Pollard

Wait there are more!



Meet the team captains...

- The Rec-ing Business Crew-Arranna Bennett
- The Road Scholars-Donna Sullins
- The roomies-Anna Robichaux
- The stepping stones-Linda Fillip
- The Walkaholics-BrettSebastian
- The Walkers-Juan Jimenez
- The Walkie Talkies-Carol Williamson
- The Wandering Vagabonds-Julie Prouse
- The Wolf Pack-Oscar Lopez
- The Yolk Folks-DeEtte Mills
- The Zoomie-Karen Giles
- TheGoodnightGains-Meagan Hodges
- These Roots Were Made For Walking-Brendan Mormile
- Tick Tick BOOM-Angela Throne
- TTI Arlington WATch Crew-Carol Court
- Two4WAT- Katyla Boykin
- TX Crawlers-Pam Ferro
- TX-CO-LA -Kristen Loewe
- United Rec Force Victory Lap Hall of Fame 2021-Mark Haven
- Unleashed-Stacie Grange
- Un-STEP-able-Megan Culpepper
- URPN- Mercy Ramirez
- urpn 370 baddies- julianne lowy
- Vet Students Stayin' Alive-Nicole Huette
- Vice President for Student Affairs-Catherine Halverson
- Wacky Walk don't run-Kerstin Landrock
- Wacky Walkers-Collette Champagne
- Waco Walks It Out!-April Strickland
- Walk for the Win-Sarah Voon
- walk it to the top!-DeLynn Michalsky
- Walk This Way-Chrissi Erwin
- Walk this Way-Tonya Carter
- Walkathon-Sydney Harjo
- Walkie Talkies-Franchesca Esquivel
- Walkie Talkies-Tina Yount
- Walking aedes-Hitoshi Tsujimoto
- Walking Legionnaires-TJ Robie
- Walking Miss Daisy-Summer Wilson
- Walking Spuds-Douglas Scheuring
- Walking through life-Lauren Noto
- walking trees-Chloe Bush
- Walking Warriors-Emily Besser
- Walking with Purpose-Bryan Lara
- Walsh Lab-Alex Walsh
- Wandering Wildlanders-kelly reeves
- WAT Are We Doing-CatharynSchmidtke
- We Can DoIT-Justin Carter
- We Can DoIT Too-Omar Valenzuela
- We Don't Talk About Cardio-Matthew Johnson
- We MEEN Business- Regina Muir
- Wellness Warriors- Anna Gutierrez
- What is That in Miles?-Kayla Titus
- What! WAT!-Megan Azopardi
- Wild Rice-Megan Enard
- Worst Pace Scenario-Diana North
- YAYAYAYAYA-Jenny Nguyen
- You want me to do WAT!?-Mac Martin



THANK
YOU

to our 214 team captains!

Team Mileage by Leagues

2022 TAMU College Edition

1. keep on truckin 226.18
2. gigem oompaloompas 107.87
3. aggie baddies 107.67
4. Lily's Team 87.7
5. Name 74.17
6. Break-A-Leg 57.27
7. Roadrunners - Mind over Miles 56.45
8. Better Late Than Never! 55.06
9. Walk This Way 47.72
10. Super Steppers 47.18
11. Red Hot Chilli Steppers 40.4
12. Innovation Partners 38
13. Walkie Talkies 35.31
14. Scrambled Legs 34.32
15. Nerd Herd 33.36
16. Lets Walk! 26.3
17. Lindsie's Team 26
18. Office Heroes 20.17
19. shalom 18.96
20. FAM 16.91
21. Cooner! 14.9
22. urpn 370
23. baddies 13.79
24. Saw Em Off 12.64
25. The Wolf Pack 12.26
26. Walking with Purpose 11.8
27. Not Today Heifer 11.35
28. Helen's Team 10.3
29. The Walkers 8
30. Fred 7.7
31. Aggie Life 4
32. MAggies 3.52
33. Walk for the Win 2
34. Close Those Rings 0
35. Rachel's Texas Trotters 0
36. Kendalls Team 0
37. Russell Pecina 0
38. Walking through life 0
39. TheGoodnightGains 0
40. Let's do it! 0
41. Walkathon 0
42. Red Hot Chili Steppers 0
43. ARP! 0

AgriLife Employee Wellness

1. HORT TREKKERS 503.89
2. These Roots Were Made For Walking 391.52
3. EXTreme Speed 353.58
4. AgriLife Research Bee-lievers 342.48
5. TX Crawlers 311.72
6. Wandering Wildlanders 294.17
7. Wacky Walk don't run 293.96
8. The Pheidips 289.15
9. Walking aedes 284.93
10. You want me to do WAT!? 276.68
11. The Wandering Vagabonds 272.43
12. Running Part Time Sucks (RPTS) 269.33
13. The Oak-ay Walkers 233.07
14. The Road Scholars 231.42
15. What! WAT! 213.64
16. South Campus \$tunnas 198.34
17. Walking Spuds 198.33
18. Myles Miles Team 195.51
19. Making Strides 182.33
20. The Original Holy Walkamolies 181.68
21. Soiled Rotten 176.89
22. Red Hot Chili Steppers 171.8
23. Walkie Talkies 170.06
24. Waco Walks It Out! 158.12
25. The Ag EC Team 148.69
26. Are We There Yet? 141.72
27. Inclusive Walkers 116.87
28. TechBuy 110.26
29. Fire walkers 95.54
30. ANSC Heifers 85.88
31. Step Up 85.12
32. Over Extended Work Family 79.93
33. Walking Miss Daisy 75.95
34. The Yolk Folks 73.5
35. Aggie Rice Racers 52.76
36. Matagorda Mooovers 45.2
37. Wild Rice 30.73
38. Chicken Run 25.46
39. Kailey Roberts 13



Team Mileage by Leagues

Brazos County - BLT

1. Flesh Fighting Fit Family of Faith 26.6

Brazos County Employees

1. Tax Walkoffs 237.6
2. Public Health Squad 206.42
3. Beast Friends 140.33
4. Walking Warriors 137.35
5. *Boujee Shoes* 134.93
6. The Future 91.29

Bryan ISD Technology Services

1. Are We There Yet? 136.12
2. Cache us if you can 124.29
3. Texas Travelers 67.29

CASAP

1. Fine Fit & Fabulous 209.69
2. TX-CO-LA 101.88

Division of Research (DOR)

1. DOR - 16 Feet with Sole 150.38
2. DOR Worst Pace Scenario 115.45
3. DOR Step by Step 114.07
4. DOR Red Hot Chili Steppers 109.39
5. DOR Walking Around the Blocker 85.22

Family League

1. Pedominators 180.07
2. Pumped Pedestrians 128.52
3. Myles Family 67.7

MYCON General Contractors, Inc

1. The Mighty Stampede 209.05
2. The Walkie Talkies 165.45
3. What is That in Miles? 150.09
4. JET TRACR 94.12
5. The Walkaholics 73



Engineer Your Wellness

1. Hearts and Soles 398.3
2. Wellness Warriors 314.32
3. Walsh Lab 262.21
4. ISENTropic Athletes 261.64
5. The Informers 237.94
6. 403 - Holy Walkamolies 215.66
7. Academically Deficient 192.56
8. Fermier Favorites 179.69
9. Charlie's Ankles 170.12
10. We MEEN Business 144.91
11. MEEN in Motion 104.61
12. MightyCoolFunny Ramblers 85.15
13. walk it to the top! 77.5
14. Sentries to a Major 76.25
15. Moves Like Jagger 66
16. Ocho Amigos 52.56
17. Low-Fat Retention 0
18. All Alone 0
19. New Sneaker Champions (NSC) 0

TAMU Vet School

1. CVM Dog Tired 227.46
2. Pace Makers 185.87
3. Unleashed 121.36
4. Vet Students Stayin' Alive 120.56
5. The stepping stones 45.84

Texas A&M Foundation

1. Hotty Toddy Aggies 257.54
2. The aMAYSing Race 246.6
3. Sole Sisters 236.37
4. Tick Tick BOOM 214.87
5. I'm Gonna Be (832 Miles) 180.75
6. Four Armadillos 180.71
7. TAMU Engineering [Fitness]
Development Across Texas 179.65
8. Passionate Professionals Dedicated
to Purposeful Perspiration 146.5
9. TAMF Star-Spangled Patriots 144.3
10. Ag Development 75.76
11. 3s Company 75.58

Team Mileage by Leagues

Texas A&M regiSTRIDES

1. Snap, Crackle, Pop 90.7
2. We Don't Talk About Cardio 74.32
3. Degree Jog It, Part 1- 48.82
4. Degree JOG-It Part 2- 0

Texas A&M University

Division of Student Affairs

1. **United Rec Force Victory Lap Hall of Fame 2021** 518.41
2. WAT Are We Doing 271.46
3. Run for Your ResLife! 268.71
4. ODSL Trekkin' for Tacos 249.38
5. Chafing the Dream 245.08
6. The Rec-ing Business Crew 186.7
7. SCOMotion 177.97
8. Rudder Theatre Complex 152.11
9. Steppin' Right, Left, Right 151.19
10. *Walk This Way! 147.27
11. I Wanna Step with Somebody 132.74
12. Worst Pace Scenario 128.79
13. No Ubers In Sight, Call me a Cab 124.37
14. Snacks on the Tracks 118.75
15. We Can DoIT 111.81
16. We Can DoIT Too 110.74
17. Vice President for Student Affairs 95.94
18. Legs Miserables 87.37
19. Un-STEP-able 80.85
20. PACE- People Ambulating Competitively Everyday 75.69
21. ODSL Team 2- 59.87
22. DMS Steppers 42.3
23. Becky's Toddling Troup 30.5
24. Rec This Way 22.81

University Libraries 2022

1. Bibliotrekkers 284.02
2. Cushing Panthers 197.54
3. Booking It! 70.15
4. MSL Marvels 61.28

WAT Church League

1. Brazos Valley Unitarian Universalists 14.5

Texas A&M University System Offices

1. TEAM FP&C 355.29
2. The Motley Crew 304.78
3. All About That Pace 216.97
4. A Walk to Remember 170.25
5. Texas Two-Steppers 155.29
6. Sole Beneficiaries 154.47
7. Techie Trekkers 119.23
8. TTI Arlington WATCh Crew 44.07
9. The Lollygagging Lobbyists 4

Solo Teams-Unleaged

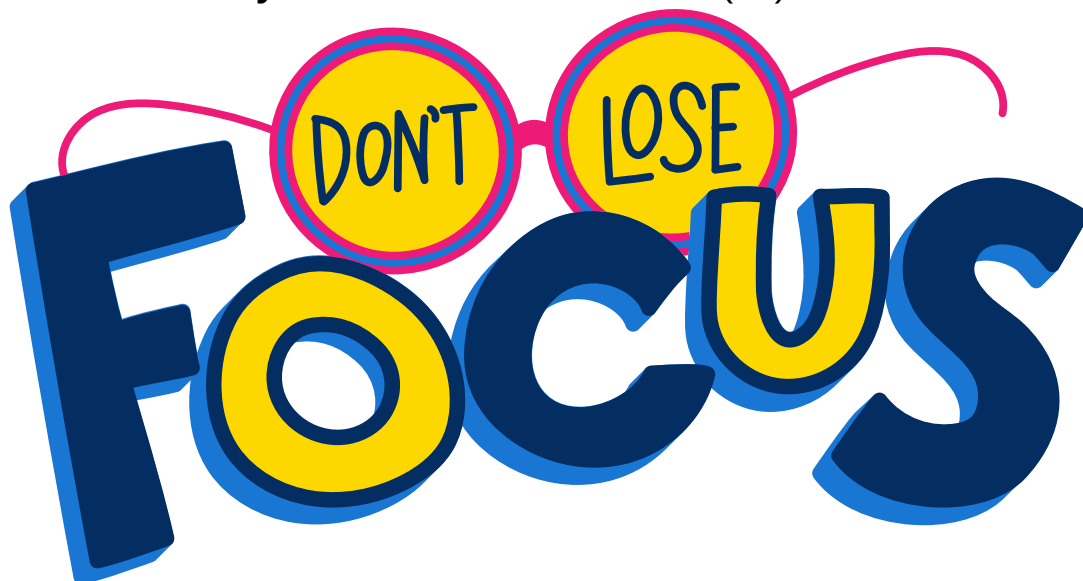
1. Dynacisers 22- 261.14
2. Ringer Library 230.05
3. TAMU Vet School - Large Animal Enthusiasts 159.72
4. Two4WAT 156.72
5. Arthurs Aardvarks 148.88
6. LRC Mile Walkers 137
7. ADR_E - THE Walkie Talkies 135.65
8. The Pharm Posse 114.32
9. Walking Legionnaires 111.77
10. Christland Friends 108.27
11. Maroon & White Interns Fight! 106.37
12. She made me do it 93.1
13. FCH Community Conversations on Health 40.22
14. The Book Trailers 24.2
15. URPN 0



Over the next week we will work on getting leagues organized. Team captains watch your emails. Some leagues may be merging. Stay tuned!

WELCOME TO **The Kid's Zone Team Mileage** **Week One**

1. The Awesome Kids (12) 283.95 miles
2. Kyle Field Becky **Gates Children's Center** (12) 6 miles
3. Spirit of Agglieland **Becky Gates Children's Center** (12) 5.6 miles
4. Reveille Classroom **Becky Gates Children's Center** (16) 2.53 miles
5. Maroon & Whaite **Becky Gates Children's Center** (17) 2.33 miles
6. WHOOP!! (17) 0 miles
7. Gig'Em **Becky Gates Children's Center** (12) 0 miles
8. WHOOP!!! **Becky Gates Children's Center** (17) 0 miles
9. Century Tree **Becky Gates Children's Center** (12) 0 miles
10. Aggie Ring **Becky Gates Children's Center** (9) 2 miles
11. Aggies **Becky Gates Children's Center** (14) 0 miles
12. 12th Man Class (16) 0 miles
13. Howdy **Becky Gates Children's Center** (6) 0
14. TBD TBD (1) 0 miles
15. Hullabaloo **Becky Gates Children's Center** (16) 0 miles
16. 12th Man Class **Becky Gates Children's Center** (15) 0 miles





25 FUN VEGETABLE FACTS



- Adults should have 2-3 cups/day of veggies
- Frozen veggies are just as nutritious as fresh veggies
- Most of the nutrients in a potato reside just below the outer layer.
- Made a mistake while writing or drawing? The outer waxy coating of a cucumber can remove ink!
- The tomato is a fruit. However, tomatoes were declared a vegetable by a ruling of the Supreme Court in 1893.
- Diets rich in potassium may help to maintain healthy blood pressure
- Choose a variety of colorful fresh, frozen, and canned vegetables.
- Buy fresh vegetables in season when they have peak flavor and are available at a good price
- Short on time? Buy vegetables that are easy to prepare such as pre-bagged salads, baby carrots, or grape tomatoes.
- Add grated carrots or zucchini into your favorite pasta sauce, casserole, chili or meatloaf for some extra nutrients.
- Throw some vegetables on the grill at the next BBQ
- Try spicing up your carrots, celery, or broccoli by dipping them into hummus, spiced yogurt, salsa
- Put 1-2 cups of leafy greens (spinach and romaine are the mildest) in an average smoothie- no taste!
- Most vegetables can easily be grown in containers including tomatoes, peppers, green onions, beans, lettuce, and squash!
- USDA's MyPlate encourages filling 1/2 a plate w/veggies
- Diets high in fruits & veggies protect against cancer, Type 2 Diabetes & hear
- great source of dietary fiber, a type of carbohydrate that helps pass food through your digestive system.
- Carrots are a great source of beta-carotene, so they are great for your eyes and general immunity
- CDC found that only one in 10 adults are eating the recommended amount of fruits and vegetables
- 1 cup of raw spinach provides an adult's full daily requirement of vitamin K as well as high amounts of vitamin A, vitamin C, magnesium, folate, iron, and calcium.
- 1 cup raw or cooked vegetables, 2 cups of raw leafy greens, 1 cup cooked dry beans or peas or 1 cup of 100% vegetable juice count as 1 cup of vegetables.
- When purchasing frozen vegetables, look for ice on the outside of the package- could pose a food safety risk.
- Bag fresh vegetables separately from meat, poultry, and seafood products
- Drink a 6oz glass of low-sodium vegetable juice instead of soda- 1 full serving of vegetables w/o the sugar
- The more a child is exposed to a new vegetable, the more likely they are to eat it. Researchers recommend exposing the child to a specific vegetable at least 8-10 times.

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



The members of Texas A&M AgLife 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 AgLife.

LION PRIDE SPORTS



**WALK
ACROSS TEXAS**
TEXAS A&M AGRI-LIFE EXTENSION

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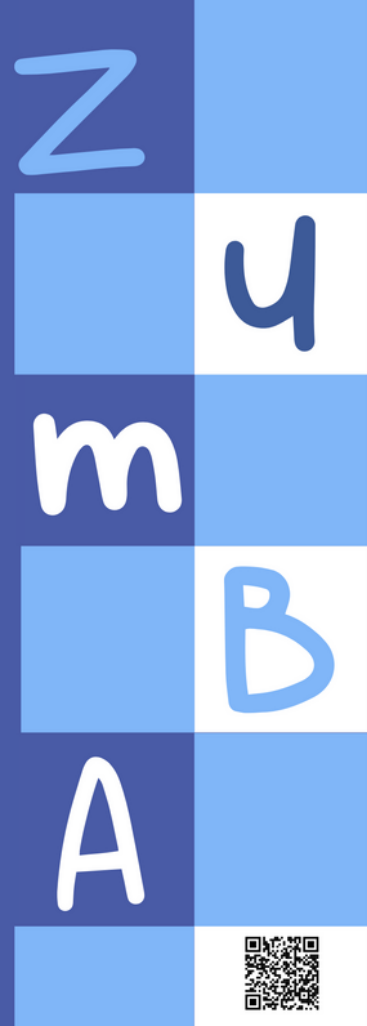
A woman in athletic wear is running on a treadmill. In the background, a large screen displays the text "COLLEGE FITNESS" and "TRU". Below the screen, the text "LIVE FIT > TRU FIT" is visible.




<https://www.signupgenius.com/go/20F0545A8AA22A2FB6-group>
Hosted by AgriLife Employee Wellness

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

VIRTUAL ZUMBA

March 28, 2022
12:00 pm
Via Zoom



Sign up
<https://www.signupgenius.com/go/20F0545A8AA22A2FB6-virtual>

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JOIN US ON
FACEBOOK LIVE FOR A

CHAIR YOGA CLASS

facebook.com/walk.across.texas.bc/live/

**APRIL 7, 2022
12:15 PM**



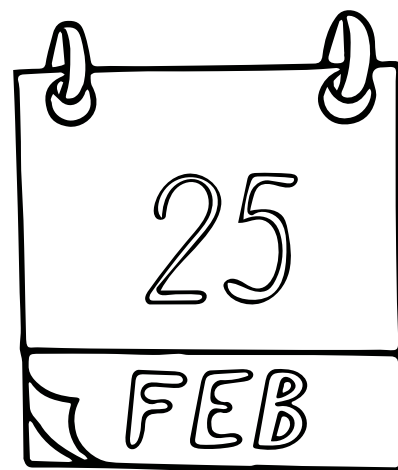
INSTRUCTOR
ANNA TAGGART MINAHAN
DEPARTMENT OF RECREATIONAL SPORTS
TEXAS A&M UNIVERSITY

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In honor of 25 years of Brazos WAT Challenges...

- Two Facebook Live anniversary drawings
- February 25 and March 25
- 10:00 a.m.

Everyone who has entered mileage is eligible to win! This Friday we will draw for a 60 minute massage gift certificate from Blessed Hands Chiropractic, PLLC



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



**We need
your
support.
Please buy
a shirt.**

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
or
Katie Zender
E-mail: katie.zender@ag.tamu.edu

