

MARCH 16, 2022

OPERATION BRAZOS COUNTY WALK ACROSS TEXAS 2022

Celebrating 25 Years of WAT Brazos County

Walk Across Texas 2022

WHERE WERE YOU 25 YEARS AGO?



Let's stroll back to 25 years ago! The news outlets reported that Mike Tyson bit off the ear of Evander Holyfield in the championship title fight. Ouch! Median household income was \$37,005.00, the cost of a first-class stamp \$0.32, a gallon of regular gas \$1.23, and a dozen eggs \$1.17.



Flash back to the present, 25 years later. At the end of Week 4 of the Walk Across Texas Challenge, we have accumulated 87,041.34 miles of physical activity. That 104 trips across Texas.

Speaking of boxing, this week's Amp it up! event at TruFit will feature a Combo 6 HIIT boxing circuit along with other classes. If you attend, we promise no one will bite your ear off.

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, 2022-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)** ←   **We are here!**
- 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 6
- The Announcement of Champions: April 21, 2022
- Celebration Event/Prize Patrol: April 21, 2021

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*

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 March 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. THANK YOU LRC MILE WALKERS!
- Weekly e-news blast will arrive on or before Thursday of each week.

Spinach, Mushroom and Feta Stuffed Flank Steak

6 medallions

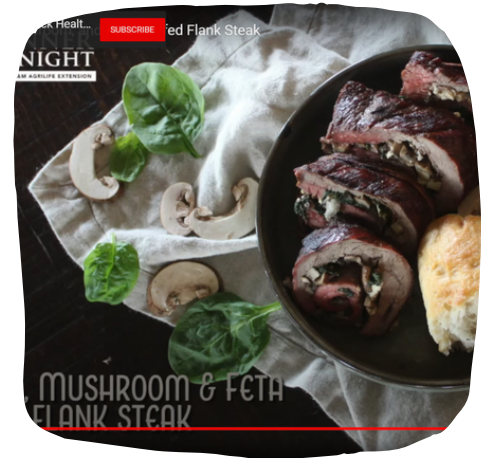
Ingredients

- 1.25 pounds Flank Steak lean and fat trimmed
- 1/2 teaspoon coarse kosher salt
- 2 teaspoons olive oil
- 2 cups mushrooms chopped
- 4 cups fresh spinach
- 2 cloves garlic
- 1/2 cup Fat Free feta cheese Cooking twine

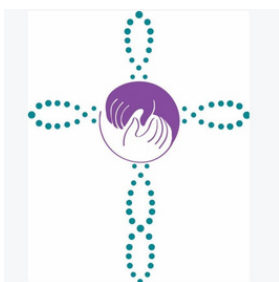
Instructions

1. Wash your hands and clean your preparation area. Rinse fresh vegetables under cool running water.
2. Lay the flank steak on a work surface, cover it with a sheet of plastic wrap. Use a meat mallet or other hard and sanitized kitchen object to tenderize the meat. Once flattened and tenderized a bit, remove the plastic wrap.
3. To butterfly your flank steak using a sharp knife, lay your hand flat on the top of the steak, and slice horizontally to cut the flank steak in half. Cut almost all the way across, leave about 1/2 to 3/4 of an inch intact on the far end of the flank steak. Lay open the flank steak flat like a book.
4. Sprinkle the salt on both sides of the steak and set it aside.
5. In a skillet heat the olive oil over medium-high heat. Once the olive oil is heated saute the mushrooms, spinach, and garlic until softened, wilted, and fragrant. Remove from heat.
6. Spread the spinach mixture across the laid open flank steak, leaving about 1/2 an inch on all sides with no filling. Spread the feta cheese on top of the spinach mixture.
7. Select a long side to begin rolling from, begin by tucking a corner and rolling evenly across the steak, and continue to roll until it is entirely rolled.
8. Using the cooking twine tie around the rolled flank steak to secure the roll and prevent the filling from spilling out.
9. Place the flank steak on a heated grill over direct heat at between 450-500 degrees. Brown on all sides, about 2 minutes per side, then move to indirect heat or turn the temperature down to between 350-400 degrees. Continue to cook for approximately 25 minutes or until steak reaches a minimum internal temperature of 145 degrees F.
10. Remove from heat and let rest for about 5 minutes. Slice into 6 pinwheels, remove string with a knife, or clean scissors before serving.

For delicious and nutritious meal ideas visit dinnertonight.tamu.edu Watch this recipe at <https://youtu.be/FoeYXn547ZI>

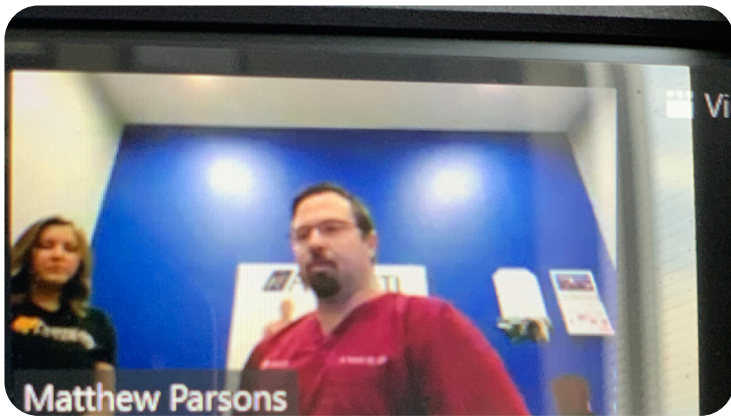
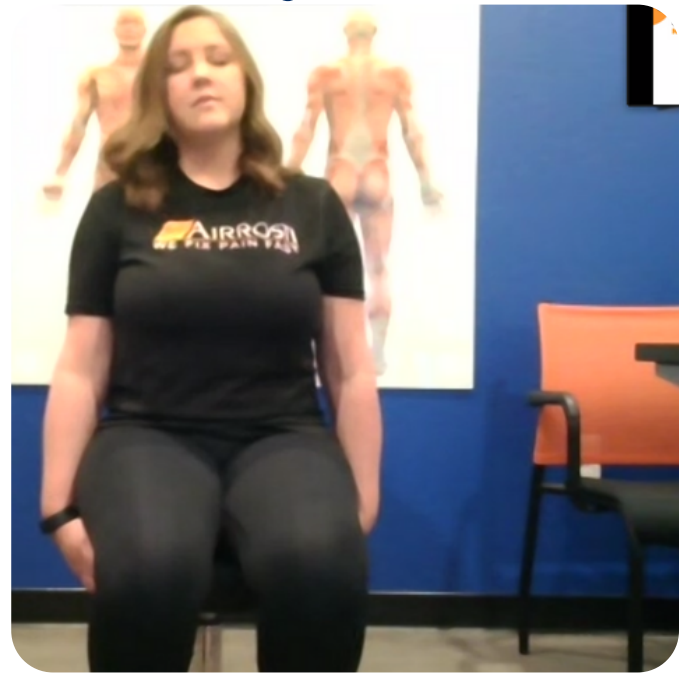


Thank you Sponsors and Partners!



Virtual Workout/Webinar 3 Highlights

On March 9, 2022 instructed by Airrosti



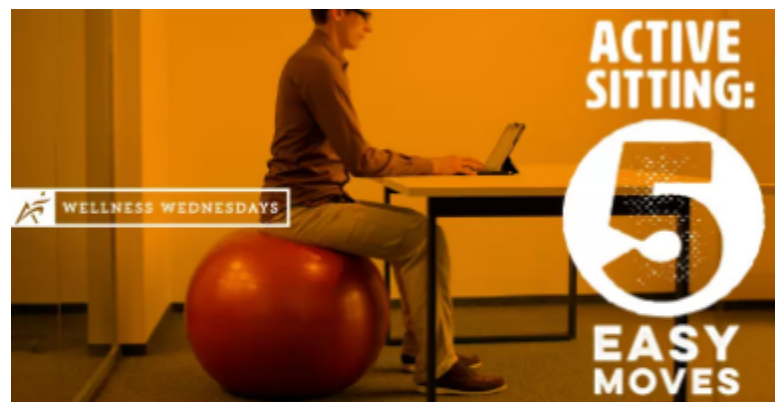
Thank you Dr. Parsons and Ashley Burgamy!

Over the past few years, scientists have linked prolonged sitting to overall degenerative health. Spending eight or more hours a day in the seated position can increase the risk of diabetes, heart disease, and early death. Sitting for hours on end can also negatively impact your muscles and ligaments, which may induce chronic aches and pains. When your body is seated or slouched for an extended period of time, things start to lock up. Your tissues start to degenerate because they are no longer required to move. This can lead to hip, back, shoulder, and neck problems.

This is why movement is so important. In order to keep your muscles loose and lower your risk of disease, you have to do what your body was intended to do — move.

While your job may require you to be at a desk all day, there are a few options to lessen your seated time and keep your body mobile.

Source: <https://www.airrosti.com>



Active Sitting | Correct Seated Posture | Desk Exercises

Prolonged sitting can cause health problems. It's important to stay active during the day. Here are

Click the picture above if viewing online for excellent desk exercises.





Workout 3 Highlights

Thank you for attending!



- Amanda Garetson
- Andi Bednorz
- Andrea Sesock
- Brenda Anderson
- Cathy Edwards
- Cee Ellis
- Charlotte Hold
- Cheryl Yeager
- Claudette Davenport
- Desiree Carlin
- Dorithie Thomas
- Dorothy Rainwater
- Elizabeth Gandara-Castillo
- Elizabeth Morris
- Flora Williams
- Jasmine Nellums
- Jennifer Hester
- John Rokenbrod
- Judy Kurtz
- Julie Prouse
- Katelyn Murphy
- Kerstin Landrock
- Lindsey Armstrong
- Lindsey Garza
- Lorri Thomas
- Luis Castillo
- Mary Ann Childs
- Mary Parrish
- Megan Azopardi
- Meredith Simpson
- Pam Ferro
- Sara Mendez
- Shari Popp
- Sheri Meyer
- Stephanie Payton
- Sydney Wood
- Tanya Baker
- Tina Yount
- Z'Aundria Warren

Thank
you

TO OUR HOSTS



THE
TEXAS A&M
UNIVERSITY
SYSTEM

*Congratulations
door prize winners!*

Kerstin Landrock
Sydney Wood
Lindsey Armstrong
Lorri Thomas

\$10 Blue Baker Gift Cards provided by
Texas A&M University System Offices

ABOUT AIRROSTI

AIRROSTI (AIR-ROSTI) IS A HEALTHCARE GROUP THAT PROVIDES RAPID RECOVERY TREATMENT FOR SOFT TISSUE INJURIES.

Their goal is to fix pain FAST (typically within 3-4 visits based on patient-reported outcomes) – with no needles, surgery, or invasive procedures. They help save patients time and money, while also dramatically reducing the need for costly and potentially dangerous prescription pain killers and opioids.

Whether you've been living with chronic and nagging pain for years or if you've recently experienced an acute injury, their providers are there to help find the root cause of your pain and offer treatment options for efficient, effective, and lasting relief.

**AIRROSTI PROVIDES
EFFECTIVE TREATMENT FOR
INJURIES & PAIN.**



TEAM SPOTLIGHT

MEET THE LRC MILE WALKERS



Back row left to right:

Debra Broadus, Mary Ann Child's, Jamie Rodriguez, Chanda Ellis,
bottom right to left:

Bennie Tennell, Ara Begum, Dorothy Rainwater; not showed Ruth
will:

Overall Placing Week Four...

1. United Rec Force Victory Lap Hall of Fame 2021 1560.41
2. Wandering Wildlanders 1469.97
3. Pumped Pedestrians 1454.32
4. Hearts and Soles 1389
5. HORT TREKKERS 1345.07
6. TEAM FP&C 1317.07
7. These Roots Were Made For Walking 1307.2
8. The Motley Crew 1279.45
9. TX Crawlers 1220.41
10. AgriLife Research Bee-lievers 1218.22
11. *Walk This Way! 1137.51
12. All About That Pace 1111.12
13. CVM Dog Tired 1070.82
14. Run for Your ResLife! 1037.57
15. Wacky Walk don't run 1008.72
16. Chafing the Dream 998.51
17. ISENTropic Athletes 996.81
18. Wellness Warriors 971.53
19. EXTreme Speed 970.3
20. keep on truckin 968.01
21. Walking aedes 947.2
22. What! WAT! 927.62
23. Bibliotrekkers 924.52
24. The Original Holy Walkamolies 906.09
25. The Oak-ay Walkers 863.67
26. Hotty Toddy Aggies 861.18
27. Running Part Time Sucks (RPTS) 858.58
28. WAT Are We Doing 851.17
29. The Informers 843.02
30. Walking Warriors 832.83
31. CONTinual Motion 831.13
32. Fine Fit & Fabulous 826.4
33. Tick Tick BOOM 823.65
34. Rudder Theatre Complex 802.03
35. ROBO-CON 800.24
36. \$outh Campus \$tunnas 799
37. The Zoomies 798.02
38. The Pheidips 797.58
39. The aMAYSing Race 794.89
40. The Rec-ing Business Crew 793.23
41. Pace Makers 778.41
42. ODSL - Coffee Runs 774.07
43. The Wandering Vagabonds 760.46
44. The Mighty Stampede 757.84
45. Becky's Toddling Troup 750.06
46. The Road Scholars 744.74
47. Walkie Talkies 739.76
48. You want me to do WAT!? 739.24
49. DOR - 16 Feet with Sole 738.34
50. Tax Walkoffs 734.27
51. 403 - Holy Walkamolies 715.24
52. ODSL Trekkin' for Tacos 714.45
53. Four Armadillos 701.38
54. Charlie's Ankles 695.37
55. Unleashed 695.11
56. DOR Walking Around the Blocker 686.86
57. Fermier Favorites 653.75
58. Public Health Squad 650.3
59. Cushing Panthers 646.97
60. Walsh Lab 646.46
61. Academically Deficient 643.7
62. I Wanna Step with Somebody 641
63. Soiled Rotten 631.71
64. PACE- People Ambulating Competitively Everyday 625.81
65. We Don't Talk About Cardio 622.61
66. Red Hot Chili Steppers 619.98
67. Red Hot Chili Steppers 619
68. Better Late Than Never! 618.44
69. The Walkie Talkies 618.25
70. Myles Miles Team 611.57
71. Sole Sisters 604.21
72. Snap, Crackle, Pop 583.71
73. Sole Beneficiaries 576.8
74. Are We There Yet? 573.08
75. Degree Jog It, Part 1 569.85
76. Walking Spuds 566.3
77. JET TRACR 563.75
78. DOR Step by Step 562.69
79. Texas Two-Steppers 559.33
80. Pedomators 557.87



Overall Placing Week Four...

- | | |
|---|---|
| 81. TAMU Engineering [Fitness] Development Across Texas 556.1 | 123. Booking It! 350.76 |
| 82. A Walk to Remember 549.74 | 124. We Can DoIT 347.65 |
| 83. The Pharm Posse 548.88 | 125. WALKer Texas Rangers 341.52 |
| 84. Over Extended Work Family 543.12 | 126. Roadrunners - Mind over Miles 341.43 |
| 85. What is That in Miles? 532.81 | 127. Waco Walks It Out! 341.31 |
| 86. We MEEN Business 524.22 | 128. Christland Friends 340.51 |
| 87. I'm Gonna Be (832 Miles) 521.6 | 129. Passionate Professionals Dedicated to Purposeful Perspiration 338.41 |
| 88. Making Strides 520.38 | 130. The Wolf Pack 335.13 |
| 89. MEEN in Motion 515.06 | 131. Cache us if you can 327.25 |
| 90. Snacks on the Tracks 514.24 | 132. The Stepping Stones 326.45 |
| 91. 3s Company 506.84 | 133. Maroon & White Interns Fight! 319.85 |
| 92. Worst Pace Scenario 501.02 | 134. Sentries to a Major 314.96 |
| 93. SCOMotion 482 | 135. Innovation Partners 314.62 |
| 94. TechBuy 478.28 | 136. Walking Miss Daisy 314.43 |
| 95. DOR Worst Pace Scenario 478.17 | 137. MSL Marvels 309.99 |
| 96. Degree JOG-It Part 2 475.08 | 138. Ocho Amigos 309.01 |
| 97. Steppin' Right, Left, Right 472.85 | 139. The Future 306.44 |
| 98. walk it to the top! 471.01 | 140. Break-A-Leg 299.2 |
| 99. *Boujee Shoes* 460.8 | 141. gigem oompaloompas 282.13 |
| 100. Threat Level Midnight 458.36 | 142. Not Today Heifer 281.7 |
| 101. Walking 9-5 454.3 | 143. TAMF Star-Spangled Patriots 278.25 |
| 102. TAMU Vet School - Large Animal Enthusiasts 441.47 | 144. Techie Trekkers 278.1 |
| 103. The Walkaholics 434.86 | 145. aggie baddies 277.79 |
| 104. No Ubers In Sight, Call me a Cab 423.97 | 146. The Yolk Folks 271 |
| 105. Wild Rice 416.81 | 147. Vet Students Stayin' Alive 266.5 |
| 106. DOR Red Hot Chili Steppers 407.7 | 148. DMS Steppers 266.01 |
| 107. Step Up 402.64 | 149. Moves Like Jagger 254.36 |
| 108. We Can DoIT Too 399.49 | 150. Worst Pace Scenario 239.09 |
| 109. Fire walkers 396 | 151. Aggie Rice Racers 231.41 |
| 110. The Lollygagging Lobbyists 393.51 | 152. Lily's Team 225.03 |
| 111. Are We There Yet? 389.73 | 153. Inclusive Walkers 202.06 |
| 112. Un-STEP-able 387.15 | 154. Matagorda Mooovers 192.8 |
| 113. Ag Development 385.26 | 155. Nerd Herd 190.84 |
| 114. The Ag EC Team 382.8 | 156. Flesh Fighting Fit Family of Faith 178.36 |
| 115. Vice President for Student Affairs 379.89 | 157. Chicken Run 173.89 |
| 116. Legs Miserables 376.4 | 158. Lets Walk! 160 |
| 117. TTI Arlington WATCh Crew 375.57 | 159. Fred 141.99 |
| 118. Texas Travelers 374.75 | 160. Walk This Way 141.86 |
| 119. ANSC Heifers 371.58 | 161. Rec This Way 138.58 |
| 120. Helen's Team 368.88 | |
| 121. TX-CO-LA 362.17 | |
| 122. Beast Friends 357.54 | |



Overall Placing Week Four...

- 162. MightyCoolFunny Ramblers 137.68
- 163. FAM 133.66
- 164. Red Hot Chilli Steppers 130.2
- 165. Super Steppers 129.67
- 166. All Alone 124.81
- 167. Scrambled Legs 124.57
- 168. The Walkers 113
- 169. Low-Fat Retention 98.65
- 170. Cooner! 92.9
- 171. shalom 91.26
- 172. Star Spangled Strutters 89.95
- 173. Office Heroes 78.08
- 174. Walkie Talkies 76.01
- 175. urpn 370 baddies 74.24
- 176. New Sneaker Champions (NSC) 71.32
- 177. Walking with Purpose 64.35
- 178. MAggies 52.82
- 179. Aggie Life 36.1
- 180. Brazos Valley Unitarian Universalists 30.25



HALL OF FAME TEAMS

The Hall of Fame trophy is on display at the Brazos County Extension Office in the foyer. Drop by to see it.

2020

WALK THIS WAY!

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

2021

UNITED REC FORCE

Christian Miller
Christina Richards
Evelyn Dorsey
Julia Klein
Mark Haven
Nick Heiar
Paula Opal
Sachi Carr-Chargualaf



832 AND UP MILES CLUB

- 1. United Rec Force Victory Lap Hall of Fame
2021 1560.41
- 2. Wandering Wildlanders 1469.97
- 3. Pumped Pedestrians 1454.32
- 4. Hearts and Soles 1389
- 5. HORT TREKKERS 1345.07
- 6. TEAM FP&C 1317.07
- 7. These Roots Were Made For Walking
1307.2
- 8. The Motley Crew 1279.45
- 9. TX Crawlers 1220.41
- 10. AgriLife Research Bee-lievers
1218.22
- 11. *Walk This Way! 1137.51
- 12. All About That Pace 1111.12
- 13. CVM Dog Tired 1070.82
- 14. Run for Your ResLife! 1037.57
- 15. Wacky Walk don't run 1008.72
- 16. Chafing the Dream 998.51
- 17. ISENtropic Athletes 996.81
- 18. Wellness Warriors 971.53
- 19. EXTreme Speed 970.3
- 20. keep on truckin 968.01
- 21. Walking aedes 947.2
- 22. What! WAT! 927.62
- 23. Bibliotrekks 924.52
- 24. The Original Holy Walkamolies 906.09
- 25. The Oak-ay Walkers 863.67
- 26. Hotty Toddy Aggies 861.18
- 27. Running Part Time Sucks (RPTS)
858.58
- 28. WAT Are We Doing 851.17
- 29. The Informers 843.02
- 30. Walking Warriors 832.83

These teams have gone the distance and are headed back. Congrats!

Team Mileage by Leagues

2022 TAMU College Edition

1. keep on truckin 968.01
2. Red Hot Chili Steppers 619
3. Better Late Than Never! 618.44
4. Threat Level Midnight 458.36
5. Walking 9-5 454.3
6. Helen's Team 368.88
7. Roadrunners - Mind over Miles 341.43
8. Christland Friends 340.51
9. The Wolf Pack 335.13
10. Maroon & White Interns Fight! 319.85
11. Innovation Partners 314.62
12. Break-A-Leg 299.2
13. gigem oompaloompas 282.13
14. Not Today Heifer 281.7
15. aggie baddies 277.79
16. Worst Pace Scenario 239.09
17. Lily's Team 225.03
18. Nerd Herd 190.84
19. Lets Walk! 160
20. Fred 141.99
21. Walk This Way 141.86
22. FAM 133.66
23. Red Hot Chilli Steppers 130.2
24. Super Steppers 129.67
25. Scrambled Legs 124.57
26. The Walkers 113
27. Cooner! 92.9
28. shalom 91.26
29. Office Heroes 78.08
30. Walkie Talkies 76.01
31. urpn 370 baddies 74.24
32. Walking with Purpose 64.35
33. MAggies 52.82
34. Aggie Life 36.1
35. Lindsieâ€™s Team 26
36. Saw Em Off 24.96
37. Walk for the Win 2

POSITIVE
VIBES

AgriLife Employee Wellness

1. Wandering Wildlanders 1469.97
2. HORT TREKKERS 1345.07
3. These Roots Were Made For Walking 1307.2
4. TX Crawlers 1220.41
5. AgriLife Research Bee-lievers 1218.22
6. Wacky Walk don't run 1008.72
7. EXTreme Speed 970.3
8. Walking aedes 947.2
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24. Over Extended Work Family 543.12
25. Making Strides 520.38
26. TechBuy 478.28
27. Wild Rice 416.81
28. Step Up 402.64
29. Fire walkers 396
30. The Ag EC Team 382.8
31. ANSC Heifers 371.58
32. Waco Walks It Out! 341.31
33. Walking Miss Daisy 314.43
34. The Yolk Folks 271
35. Aggie Rice Racers 231.41
36. Inclusive Walkers 202.06
37. Matagorda Mooovers 192.8
38. Chicken Run 173.89
39. Kailey Roberts 13

breathe

Team Mileage by Leagues

Brazos County - BLT

1. Flesh Fighting Fit Family of Faith 178.36

Brazos County Employees

1. Walking Warriors 832.83
2. The Zoomies 798.02
3. Tax Walkoffs 734.27
4. Public Health Squad 650.3
5. *Boujee Shoes* 460.8
6. Beast Friends 357.54
7. The Future 306.44

Bryan ISD Technology Services

1. Are We There Yet? 389.73
2. Texas Travelers 374.75
3. Cache us if you can 327.25

CASAP

1. Fine Fit & Fabulous 826.4
2. TX-CO-LA 362.17

Division of Research (DOR)

1. DOR - 16 Feet with Sole 738.34
2. DOR Walking Around the Blocker 686.86
3. DOR Step by Step 562.69
4. DOR Worst Pace Scenario 478.17
5. DOR Red Hot Chili Steppers 407.7

Family League

1. Pumped Pedestrians Family 1454.32
2. Pedominators 557.87

MYCON General Contractors, Inc

1. The Mighty Stampede 757.84
2. The Walkie Talkies 618.25
3. JET TRACR 563.75
4. What is That in Miles? 532.81
5. The Walkaholics 434.86

Engineer Your Wellness

1. Hearts and Soles 1389
2. ISENTropic Athletes 996.81
3. Wellness Warriors 971.53
4. The Informers 843.02
5. 403 - Holy Walkamolies 715.24
6. Charlie's Ankles 695.37
7. Fermier Favorites 653.75
8. Walsh Lab 646.46
9. Academically Deficient 643.7
10. We MEEN Business 524.22
11. MEEN in Motion 515.06
12. walk it to the top! 471.01
13. Sentries to a Major 314.96
14. Ocho Amigos 309.01
15. Moves Like Jagger 254.36
16. MightyCoolFunny Ramblers 137.68
17. All Alone 124.81
18. Low-Fat Retention 98.65
19. New Sneaker Champions (NSC) 71.32

TAMU Vet School

1. CVM Dog Tired 1070.82
2. Pace Makers 778.41
3. Unleashed 695.11
4. TAMU Vet School - Large Animal Enthusiasts 441.47
5. The Stepping Stones 326.45
6. Vet Students Stayin' Alive 266.5

Texas A&M Foundation

1. Hotty Toddy Aggies 861.18
2. Tick Tick BOOM 823.65
3. The aMAYSing Race 794.89
4. Four Armadillos 701.38
5. Sole Sisters 604.21
6. TAMU Engineering [Fitness] Development Across Texas 556.1
7. I'm Gonna Be (832 Miles) 521.6
8. 3s Company 506.84
9. Ag Development 385.26
10. Passionate Professionals Dedicated to Purposeful Perspiration 338.41
11. TAMF Star-Spangled Patriots 278.25

Team Mileage by Leagues

Texas A&M regiSTRIDES

1. We Don't Talk About Cardio 622.61
2. Snap, Crackle, Pop 583.71
3. Degree Jog It, Part 1 569.85
4. Degree JOG-It Part 2 475.08

Texas A&M University Division of Student Affairs

1. *United Rec Force Victory Lap Hall of Fame 2021 1560.41
2. *Walk This Way! 1137.51
3. Run for Your ResLife! 1037.57
4. Chafing the Dream 998.51
5. WAT Are We Doing 851.17
6. Rudder Theatre Complex 802.03
7. The Rec-ing Business Crew 793.23
8. ODSL - Coffee Runs 774.07
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15. SCOmotion 482
16. Steppin' Right, Left, Right 472.85
17. No Ubers In Sight, Call me a Cab 423.97
18. We Can DoIT Too 399.49
19. Un-STEP-able 387.15
20. Vice President for Student Affairs 379.89
21. Legs Miserables 376.4
22. We Can DoIT 347.65
23. DMS Steppers 266.01
24. Rec This Way 138.58
25. Star Spangled Strutters 89.95

University Libraries 2022

1. Bibliotrekks 924.52
2. Cushing Panthers 646.97
3. Booking It! 350.76
4. MSL Marvels 309.99

Texas A&M University College of Nursing

1. CONTinual Motion 831.13
2. ROBO-CON 800.24
3. The Pharm Posse 548.88
4. WALKer Texas Rangers 341.52

Texas A&M University System Offices

1. TEAM FP&C 1317.07
2. The Motley Crew 1279.45
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5. Texas Two-Steppers 559.33
6. A Walk to Remember 549.74
7. The Lollygagging Lobbyists 393.51
8. TTI Arlington WATch Crew 375.57
9. Techie Trekkers 278.1

Texas A&M University College of Nursing

1. CONTinual Motion 312.15
2. ROBO-CON 302.43
3. WALKer Texas Rangers 119.77

Solo Teams-Unleagued

1. LRC Mile Walkers 468.2
2. The Pharm Posse 385.68
3. Arthurs Aardvarks 351.55
4. ADR_E - THE Walkie Talkies 323.75
5. Two4WAT 310.05
6. Walking Legionnaires 301.56
7. FCH Community Conversations on Health 192.12
8. She made me do it 177.6
9. The Book Trailers 112.68

WAT Church League

1. Brazos Valley Unitarian Universalists 30.25



WELCOME TO

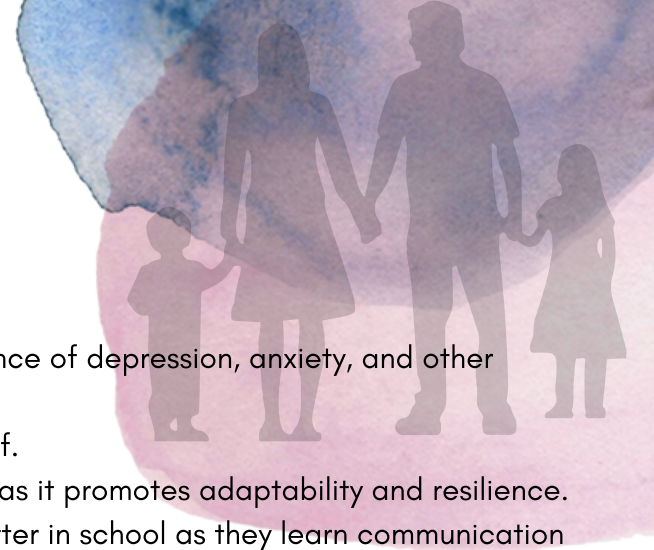
The Kid's Zone Team Mileage

Week Three

The Awesome Kids (12 kids) 1176 miles
Hullabaloo (16 kids) 19 miles
Aggies (14 kids) 18 miles
Kyle Field (12 kids) 30 miles
Gig'Em (10 kids) 22 miles
Century Tree (12 kids) 12 miles
Spirit of Agglieland (12 kids) 12 miles
Century Tree (12 kids) 12 miles
Maroon & Whaite (17 kids) 14 miles
Howdy (6 kids) 28 miles
WHOOP!!! (17 kids) 7 miles
Reveille Classroom (16 kids) 5 miles
Aggie Ring (9 kids) 4 miles
WHOOP!! (17 kids) 0 miles
Aggies (14 kids) 0 miles
12th Man Class (15 kids) 0 miles
Walking the Straight and Arrow (46) 0 miles



25 Fun Family Ideas, Tips & Facts



1. Spending time with family significantly reduces the occurrence of depression, anxiety, and other mental illnesses.
2. Family gives you motivation to be the best version of yourself.
3. Spending time with family is key to a person's development as it promotes adaptability and resilience.
4. On average, kids who spend time with family tend to do better in school as they learn communication skills and understand the importance of education.
5. Children who spend time with their family have shown less risk of behavioral issues.
6. Make recurring family time a priority.
7. Make your own food art and show kids that choosing healthy foods can be fun, beautiful, and appetizing!
8. Enjoying a meal together is a great way to connect with the family. Have everyone share what they did during the day and remove distractions such as the TV or phone for optimal conversation and family time!
9. Grocery shopping with the family? Pick a color of the week and have each family member pick out a different fruit or vegetable of the chosen color to include in this week's meals or snacks.
10. Make a point to celebrate special occasions – like birthdays or anniversaries – with something active such as a hike, volleyball or soccer game, or playing frisbee at the park.
11. Park further away and count with your children the number of steps to your destination. Write it down and see if you can park even further away on your next stop.
12. Spending time with family builds self-confidence.
13. Spending time with family teaches interpersonal communication skills including healthy, constructive ways to discuss, debate, and solve problems.
14. Strong families with healthy relationships tend to seek out healthier coping mechanisms for stress– such as confiding in friends and family– instead of unhealthy outlets.
15. Your ability to face life's changes and challenges is greatly improved by a strong family bond.
16. Being with family gives you the feeling of knowing you belong and are needed which gives you a sense of meaning and purpose.
17. Spending time with family can positively impact physical well-being when participating in activities such as sports games, hikes, or gardening .
18. Time with family can boost the effects of exercise and other healthy habits.
19. Time with family can also improve heart, brain, hormonal, and immune health.
20. Being with family can also encourage one another to maintain healthy lifestyles.
21. Healthy relationships with family members could increase lifespan up to 50%
22. Those with unhealthy physical habits, but a strong social network live longer than those without healthy relationships.
23. By setting aside time to spend with family at the exclusion of other things, you can truly focus on the emotional needs of your family members.
24. Engaging in family activities strengthens family bonds.
25. Family helps provide you with a safety net and gives you a reason to push yourself to succeed.

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

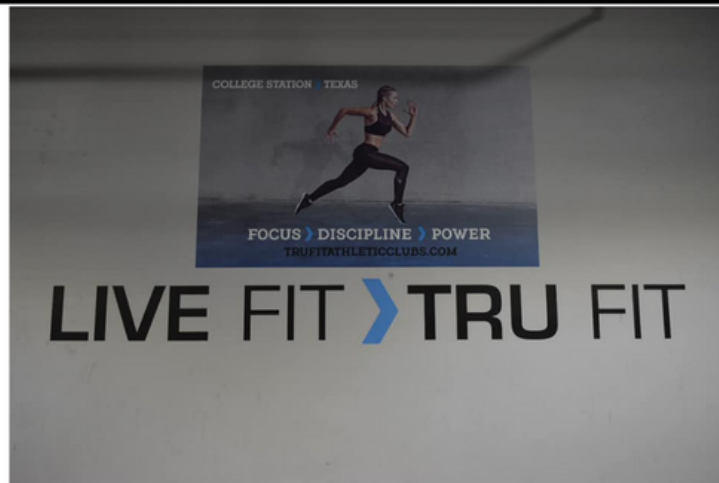
Apr 6 @ 12:15 pm

Virtual Chair Yoga

GROUP FITNESS AT TRUFIT

Combo6 * Cycling * Yoga * Zumba

WE
WANT
TO SEE
YOU
HERE!



WE
WANT
TO SEE
YOU
HERE!



March 16, 2022
5:30 pm Zumba and Cycling
6:30 pm Yoga
2412 TEXAS AVE SOUTH,
College Station TX 77840



Bring your team members and friends!

Sign up here

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

Hosted by AgriLife Employee Wellness

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.

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



VIRTUAL

FREE LINE DANCING CLASS

Join from your computer or smart
phone

March 23, 2022

6:00 pm

Featuring: A warm up dance to the
Cha Cha slide plus one other dance

**DON'T MISS OUT ON THIS
AWESOME OPPORTUNITY!**

This class will be kid-friendly! The warm up
dance will feature children!

Sign up to receive the Zoom link at

[https://www.signupgenius.com/go/20F0545A
8AA22A2FB6-line](https://www.signupgenius.com/go/20F0545A8AA22A2FB6-line)

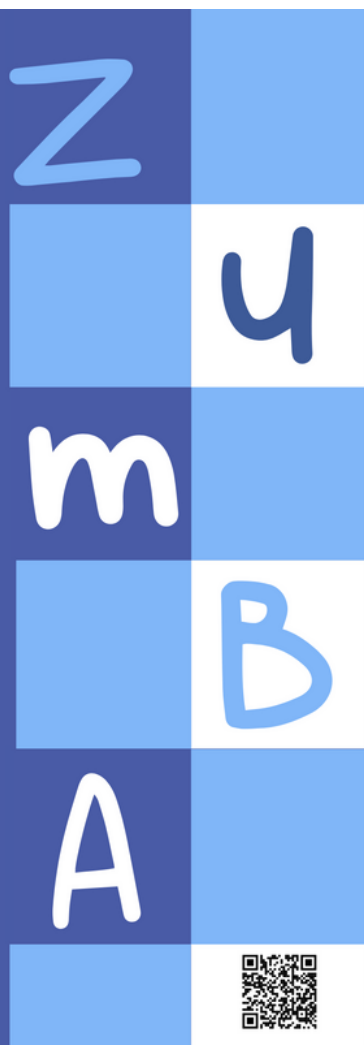
In honor of 25 years of Brazos WAT Challenges...


- Facebook Live anniversary drawing
- March 25
- 10:00 a.m.



Everyone who has entered at least 20 miles is eligible to win a 1.5 hour BCS


Axehouse throwing session for a party of 8!




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>

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.

JOIN US ON
FACEBOOK LIVE FOR A

CHAIR YOGA CLASS

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

APRIL 6, 2022
12:15 PM



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

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.

We have merchandise.



This is Gabby the intern.



Gabby has merch!

Gabby is happy she has merch!



Gabby gives WAT a gig'em in her shirt!



Gabby is glad to be a part of the 2022 WAT challenge in it's 25th year in her shirt.

Be like Gabby and purchase a grey shirt for \$15. We have sizes small through 3XL.

Contact:

Flora Williams at
fewilliams@ag.tamu.edu
979-823-0129

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
We need your support. Buy merch at 4153 County Park Court in Bryan Texas!

2022 Awards and Recognition

- Workout Weekly Drawings
- "25th of the month" Drawings
- Most Inspirational Team member
- Most Creative Team Name
- Top Three Teams/Hall of Fame
- Random Drawing of Finishing Teams

Most Inspirational Team Member Recognition

Send an explanation along with a picture of your team member and why that team member has been an inspiration to you and your team to fewilliams@ag.tamu.edu by March 28, 2022

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

