

MARCH 1, 2022

OPERATION BRAZOS COUNTY WALK ACROSS TEXAS 2022

Celebrating 25 Years of WAT Brazos County

Walk Across Texas 2022

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*

WHERE WERE YOU 25 YEARS AGO?

In 1997, the Mars Pathfinder space probe sent back the first panoramic color images of the desolate, rock-strewn surface of Mars on a Friday evening. That same year on earth, the first Brazos County Walk Across Texas Challenge was offered. Tune into the Brazos County Walk Across Texas Facebook page to see photos from scrapbooks of the past. Flash back to 2022, we have 37,693.29 miles walked at the end of week two.

Let's keep moving! Do your best each day to accumulate and report. You are out of this world! Get out and see how many constellations you can see.

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)** ← you are here
- 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 March 5th, 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.

A Yummy Dinner Tonight Recipe

Rosemary Vegetable Skewers

Looking for a quick side dish for your family meal? These Rosemary Vegetable Skewers cook in about 10 minutes under the broiler, so you can have kabobs even when the weather isn't perfect for grilling! This recipe also packs a sodium-free flavor punch by using rosemary and lemon juice as the heart-healthy seasoning. Servings 6

Ingredients

- 1/2 pint cherry tomatoes rinsed
- 1 squash rinsed and sliced into 1/4 - 1/2 inch rounds
- 1 zucchini rinsed and sliced into 1/4 - 1/2 inch rounds
- 1 orange bell pepper rinsed and sliced into 3/4 inch squares
- 4-ounce mushrooms rinsed and wiped clean
- 1 tablespoon olive oil
- 1 lemon lemon juice and zest
- 1 tablespoon fresh rosemary chopped

Instructions

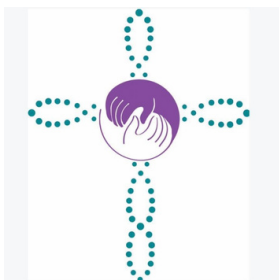
1. Soak wooden skewers in water for 20 minutes.
2. Combine olive oil, lemon zest and juice, and rosemary. Set aside.
3. Heat oven broiler to high.
4. Remove wooden skewers from water and begin to alternate threading tomatoes, squash, zucchini, bell pepper, and mushroom.
5. Place vegetable skewers on rimmed baking sheet and brush with lemon-herb oil.
6. Place under broiler 5 minutes. Remove and carefully flip skewers (they will be hot). Place back in oven and broil another 5-7 minutes. NOTE: Carefully watch vegetables under broiler to avoid burning.



For delicious and nutritious meal ideas visit dinnertonight.tamu.edu
<https://dinnertonight.tamu.edu/recipe/rosemary-vegetable-skewers/>



Thank you Sponsors and Partners!



Workout 1 Highlights



Thank you

Dr. Kristen Brekken-Shea
for the February 23rd virtual
strengthening and toning
session.

If you missed it, view it here.



<https://fb.watch/bu52k1FcJc/>

Kudos to team members attending the
live version of the virtual workout on
February 23, 2022:

Dorothy Rainwater
Cee Pratt
Amanda Reynolds
Dina Nutall
Dee Thomas
Lorri Thomas
Robyn Rodriguez
Sabrina Lee
Sheri Meyer
Emily Besser
Bailey Blair
Nickie Boutte
Hendrix Broussard

Mary Bolton
Stacie Grange
Chersty Harper
Lindsey Armstrong
Katie Zender
Kevin LeBlanc
Shavonda Anderson
Lise Sieber
Bret Humphey
Shavonda Anderson
Kevin LeBlanc
Gabby Sells
Charlotte Hold



Workout 1 Highlights

AND THE WINNERS ARE...

2/23 Door prize winners:

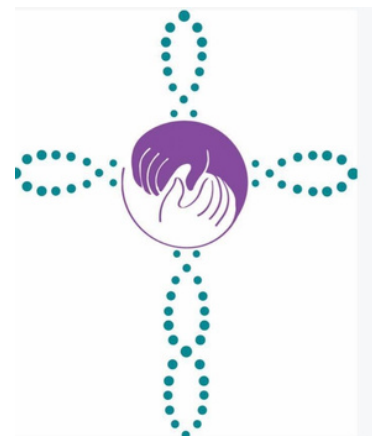
- Katie Zender
- Kevin LeBlanc
- Shavonda Anderson

2/25 Anniversary Giveaway:

**WENDY WOOD
HENCERLING**



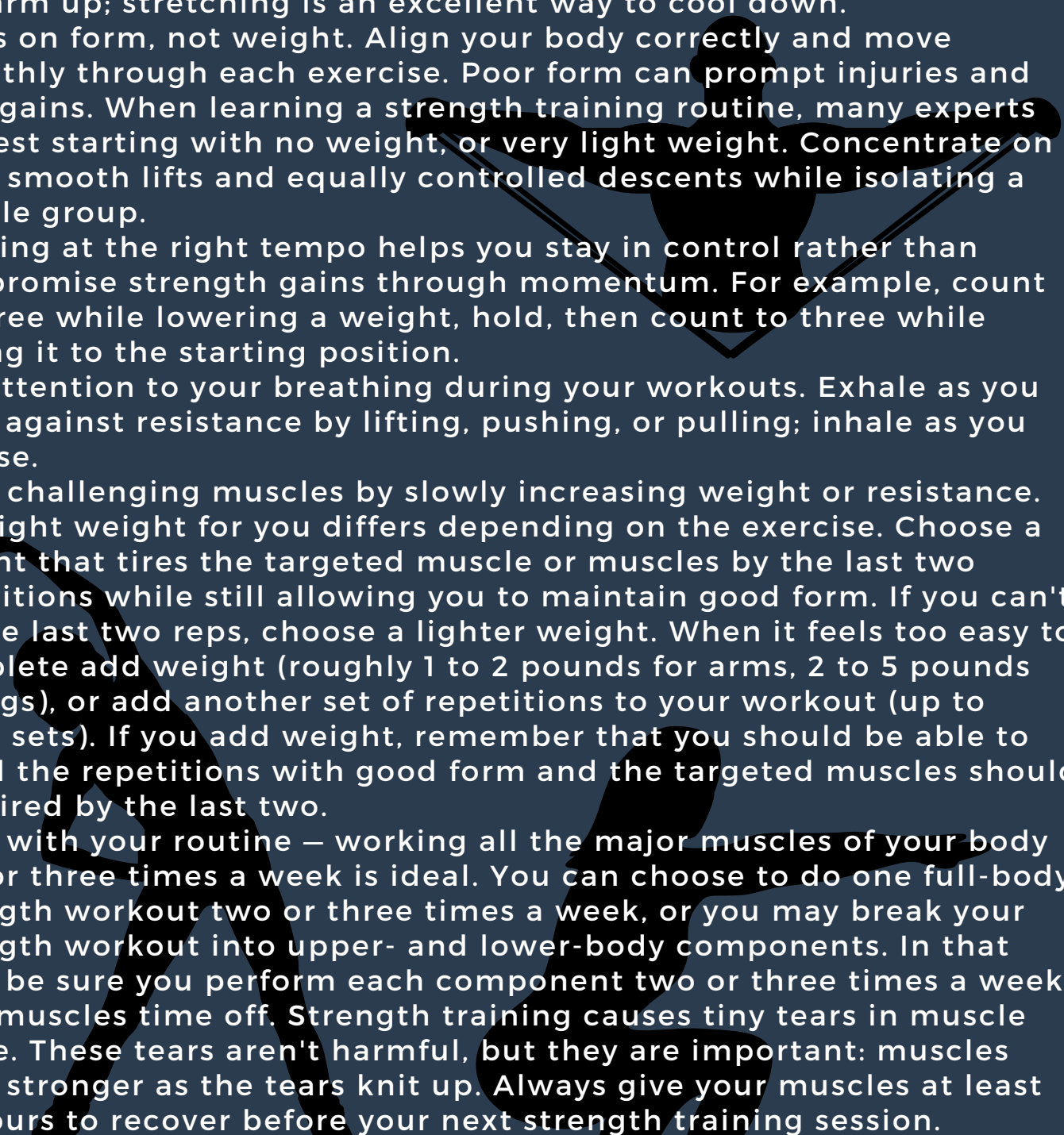
Thank
you



TO OUR SPONSORS

Disclaimer: Content in this newsletter should ever be used as a substitute for medical advice from your doctor or other qualified clinician.

7 tips for a safe and successful strength-training program

- 
1. Warm up and cool down for five to 10 minutes. Walking is a fine way to warm up; stretching is an excellent way to cool down.
 2. Focus on form, not weight. Align your body correctly and move smoothly through each exercise. Poor form can prompt injuries and slow gains. When learning a strength training routine, many experts suggest starting with no weight, or very light weight. Concentrate on slow, smooth lifts and equally controlled descents while isolating a muscle group.
 3. Working at the right tempo helps you stay in control rather than compromise strength gains through momentum. For example, count to three while lowering a weight, hold, then count to three while raising it to the starting position.
 4. Pay attention to your breathing during your workouts. Exhale as you work against resistance by lifting, pushing, or pulling; inhale as you release.
 5. Keep challenging muscles by slowly increasing weight or resistance. The right weight for you differs depending on the exercise. Choose a weight that tires the targeted muscle or muscles by the last two repetitions while still allowing you to maintain good form. If you can't do the last two reps, choose a lighter weight. When it feels too easy to complete add weight (roughly 1 to 2 pounds for arms, 2 to 5 pounds for legs), or add another set of repetitions to your workout (up to three sets). If you add weight, remember that you should be able to do all the repetitions with good form and the targeted muscles should feel tired by the last two.
 6. Stick with your routine – working all the major muscles of your body two or three times a week is ideal. You can choose to do one full-body strength workout two or three times a week, or you may break your strength workout into upper- and lower-body components. In that case, be sure you perform each component two or three times a week.
 7. Give muscles time off. Strength training causes tiny tears in muscle tissue. These tears aren't harmful, but they are important: muscles grow stronger as the tears knit up. Always give your muscles at least 48 hours to recover before your next strength training session.

Overall Placing Week Two...

1. United Rec Force Victory Lap Hall of Fame 2021 857.37		41. The Road Scholars 385.27	
2. HORT TREKKERS	738.2	42. WAT Are We Doing 377.31	
3. Wandering Wildlanders	730.49	43. 403 - Holy Walkamolies 369.36	
4. Hearts and Soles	626.2	44. You want me to do WAT!? 369.21	
5. These Roots Were Made For Walking	620.54	45. The Informers 368.28	
6. EXTreme Speed	619.84	46. The Rec-ing Business Crew 365.71	
7. TEAM FP&C	578.11	47. Ringer Library 353.59	
8. TX Crawlers	551.87	48. Four Armadillos 352.5	
9. The Motley Crew	548.67	49. Walsh Lab 349.23	
10. AgriLife Research Bee-lievers	543.35	50. CVM Dog Tired 340.29	
11. Wacky Walk don't run	514.53	51. Soiled Rotten 339.7	
12. ISENTropic Athletes	499.29	52. Sole Sisters 334.36	
13. Chafing the Dream	493.68	53. Academically Deficient 330.54	
14. Walking aedes	478.67	54. Tax Walkoffs 329.59	
15. Bibliotrekkers	477.89	55. Walking Spuds 325.33	
16. *Walk This Way!	466.04	56. Walking Warriors 322.58	
17. The Mighty Stampede	464.96	57. LRC Mile Walkers 315	
18. Dynacisers 22	458.62	58. The aMAYSing Race 313.46	
19. Wellness Warriors	458.27	59. Are We There Yet? 308.97	
20. Hotty Toddy Aggies	457.03	60. Rudder Theatre Complex 307.51	
21. The Pheidips	455.28	61. Public Health Squad 306.33	
22. CONTinual Motion	445.77	62. Myles Miles Team 305.27	
23. Tick Tick BOOM	439.84	63. A Walk to Remember 303.99	
24. Running Part Time Sucks (RPTS)	432.25	64. Cushing Panthers 295.31	
25. ODSL - Coffee Runs	429.46	65. Pedominators 289.93	
26. \$outh Campus \$tunnas	423.6	66. Arthurs Aardvarks 286	
27. Run for Your ResLife!	416.66	67. Are We There Yet? 285.32	
28. keep on truckin	413.48	68. The Walkie Talkies 284.16	
29. DOR - 16 Feet with Sole	412.17	69. TAMU Engineering [Fitness] Development Across Texas 282.7	
30. The Original Holy Walkamolies	410.31	70. Fermier Favorites 282.68	
31. ROBO-CON	407.13	71. SCOMotion 280.83	
32. The Zoomies	406.07	72. PACE- People Ambulating Competitively Everyday 275.6	
33. Fine Fit & Fabulous	404.89	73. Texas Two-Steppers 272.93	
34. The Wandering Vagabonds	404.75	74. What is That in Miles? 269.23	
35. All About That Pace	403.51	75. Red Hot Chili Steppers 266.66	
36. The Oak-ay Walkers	402.35	76. We Don't Talk About Cardio 266.58	
37. What! WAT!	393.96	77. Charlie's Ankles 266.04	
38. DOR Walking Around the Blocker	391.43	78. Snap, Crackle, Pop 264.2	
39. ODSL Trekkin' for Tacos	388.62	79. Better Late Than Never! 254.66	
40. Walkie Talkies	387.16		



Overall Placing Week Two...

- | | |
|---|--|
| 80. TechBuy 254.58 | 119. DOR Step by Step 172.51 |
| 81. Pace Makers 252.92 | 120. Legs Miserables 168.12 |
| 82. ADR_E - THE Walkie Talkies 250.78 | 121. WALKer Texas Rangers 166.07 |
| 83. The Ag EC Team 249.18 | 122. MSL Marvels 165.7 |
| 84. Worst Pace Scenario 248.43 | 123. gigem oompaloompas 164.65 |
| 85. I Wanna Step with Somebody 247.7 | 124. Cache us if you can 164.42 |
| 86. TAMU Vet School - Large Animal Enthusiasts 247.57 | 125. Name 164.15 |
| 87. Making Strides 245.08 | 126. Fire walkers 163.46 |
| 88. ANSC Heifers 244.6 | 127. The Walkaholics 163 |
| 89. I'm Gonna Be (832 Miles) 244.4 | 128. The Yolk Folks 161.9 |
| 90. DOR Red Hot Chili Steppers 237.64 | 129. Vice President for Student Affairs 161.34 |
| 91. Two4WAT 237.46 | 130. Vet Students Stayin' Alive 158.69 |
| 92. JET TRACR 236.1 | 131. Un-STEP-able 156.99 |
| 93. No Ubers In Sight, Call me a Cab 226.31 | 132. Walking Miss Daisy 156.33 |
| 94. Unleashed 222.45 | 133. Degree Jog It, Part 1 153.68 |
| 95. Pumped Pedestrians 222.31 | 134. MEEN in Motion 151.61 |
| 96. Step Up 220.81 | 135. Helen's Team 150.69 |
| 97. *Boujee Shoes* 220.6 | 136. Texas Travelers 147.3 |
| 98. Sole Beneficiaries 220.45 | 137. Inclusive Walkers 140.84 |
| 99. TX-CO-LA 217.88 | 138. DOR Worst Pace Scenario 139.2 |
| 100. walk it to the top! 216.41 | 139. Break-A-Leg 136.6 |
| 101. Passionate Professionals Dedicated to Purposeful Perspiration 213.67 | 140. Sentries to a Major 135.75 |
| 102. Walking Legionnaires 212.03 | 141. Lily's Team 127.87 |
| 103. Snacks on the Tracks 210.35 | 142. Myles Family 127.4 |
| 104. Christland Friends 209.07 | 143. Wild Rice 125.72 |
| 105. Beast Friends 203.31 | 144. She made me do it 125 |
| 106. Waco Walks It Out! 198.42 | 145. Over Extended Work Family 122.6 |
| 107. TTI Arlington WATch Crew 192.72 | 146. Walking 9-5 122.32 |
| 108. We MEEN Business 189.11 | 147. Becky's Toddling Troup 122.27 |
| 109. TAMF Star-Spangled Patriots 188.95 | 148. DMS Steppers 108.34 |
| 110. Steppin' Right, Left, Right 187.49 | 149. 3s Company 108.2 |
| 111. Techie Trekkers 187.49 | 150. Nerd Herd 105.43 |
| 112. The Pharm Posse 183.75 | 151. Not Today Heifer 104.41 |
| 113. Booking It! 183.19 | 152. Worst Pace Scenario 102.44 |
| 114. Maroon & White Interns Fight! 181.45 | 153. Moves Like Jagger 102.14 |
| 115. aggie baddies 180.62 | 154. Ocho Amigos 101.74 |
| 116. The Future 179.89 | 155. Red Hot Chili Steppers 100.74 |
| 117. We Can DoIT Too 179.33 | 156. Degree JOG-It Part 2 96.56 |
| 118. We Can DoIT 175.58 | 157. Ag Development 94.76 |
| | 158. MightyCoolFunny Ramblers 93.86 |
| | 159. Aggie Rice Racers 91.83 |



Overall Placing Week Two...

- 160. Matagorda Mooovers 87.1
- 161. The Stepping Stones 83.99
- 162. Rec This Way 78.81
- 163. Super Steppers 77.97
- 164. Walkie Talkies 76.01
- 165. FCH Community Conversations on Health 75.32
- 166. Walk This Way 69.17
- 167. Scrambled Legs 63.6
- 168. All Alone 63.53
- 169. Roadrunners - Mind over Miles 61.15
- 170. Chicken Run 59.7
- 171. Low-Fat Retention 59.5
- 172. Red Hot Chilli Steppers 56.6
- 173. The Lollygagging Lobbyists 51.3
- 174. Lets Walk! 48.1
- 175. Flesh Fighting Fit Family of Faith 45.98
- 176. Star Spangled Strutters 45.75
- 177. The Wolf Pack 45.16
- 178. shalom 44.46
- 179. Innovation Partners 42.8
- 180. MAggies 39.32
- 181. urpn 370 baddies 38.85
- 182. Cooner! 38.4
- 183. Office Heroes 37.17
- 184. FAM 36
- 185. Brazos Valley Unitarian Universalists 30.25
- 186. Walking with Purpose 30.05
- 187. Fred 28.5
- 188. Lindsie™s Team 26
- 189. The Book Trailers 24.2
- 190. Aggie Life 19
- 191. Saw Em Off 16.39
- 192. Kailey Roberts 13
- 193. The Walkers 8
- 194. Walk for the Win 2

THINK IT.
WANT IT.
GET IT

- 195. Close Those Rings 0
- 196. Rachel™s Texas Trotters 0
- 197. Kendalls Team 0
- 198. Walking through life 0
- 199. The Goodnight Gains 0
- 200. Let's do it! 0
- 201. Walkathon 0
- 202. ARP! 0
- 203. New Sneaker Champions (NSC) 0
- 204. URPN 0



HALL OF FAME TEAMS

2021



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

2020



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

Team Mileage by Leagues

2022 TAMU College Edition

1. keep on truckin	413.48
2. Better Late Than Never!	254.66
3. Christland Friends	209.07
4. aggie baddies	180.62
5. gigem oompaloompas	164.65
6. Name	164.15
7. Helen's Team	150.69
8. Break-A-Leg	136.6
9. Lily's Team	127.87
10. Walking 9-5	122.32
11. Nerd Herd	105.43
12. Not Today Heifer	104.41
13. Worst Pace Scenario	102.44
14. Red Hot Chili Steppers	100.74
15. Super Steppers	77.97
16. Walkie Talkies	76.01
17. Walk This Way	69.17
18. Scrambled Legs	63.6
19. Roadrunners - Mind over Miles	61.15
20. Red Hot Chilli Steppers	56.6
21. Lets Walk!	48.1
22. The Wolf Pack	45.16
23. shalom	44.46
24. Innovation Partners	42.8
25. MAggies	39.32
26. urpn 370 baddies	38.85
27. Cooner!	38.4
28. Office Heroes	37.17
29. FAM	36
30. Walking with Purpose	30.05
31. Fred	28.5
32. Lindsie™'s Team	26
33. Aggie Life	19
34. Saw Em Off	16.39
35. The Walkers	8
36. Walk for the Win	2
37. Close Those Rings	0
38. Rachel™'s Texas Trotters	0
39. Kendalls Team	0
40. Walking through life	0
41. TheGoodnightGains	0
42. Let's do it!	0
43. Walkathon	0
44. ARP!	0

AgriLife Employee Wellness

1. HORT TREKKERS	579.25
2. Wandering Wildlanders	573.15
3. These Roots Were Made For Walking	520.39
4. AgriLife Research Bee-lievers	501.02
5. EXTreme Speed	463.97
6. TX Crawlers	449.26
7. Wacky Walk don't run	428.23
8. The Pheidips	410.76
9. The Original Holy Walkamolies	396.86
10. Walking aedes	368.65
11. The Road Scholars	363.77
12. Running Part Time Sucks (RPTS)	354.23
13. The Wandering Vagabonds	348.25
14. You want me to do WAT!?	332.71
15. What! WAT!	315.84
16. Walkie Talkies	308.47
17. The Oak-ay Walkers	308
18. \$outh Campus \$tunnas	284.93
19. Myles Miles Team	268.37
20. Walking Spuds	255.42
21. Soiled Rotten	249.29
22. ANSC Heifers	232.1
23. Red Hot Chili Steppers	207.06
24. Making Strides	197.33
25. Waco Walks It Out!	194.08
26. TechBuy	170.41
27. Are We There Yet?	170.35
28. The Ag EC Team	155.89
29. Step Up	154.62
30. Fire walkers	148.23
31. Inclusive Walkers	132.34
32. Over Extended Work Family	122.6
33. Walking Miss Daisy	119.75
34. Wild Rice	106.22
35. The Yolk Folks	81
36. Matagorda Mooovers	73.5
37. Aggie Rice Racers	58.5
38. Chicken Run	51.7
39. Kailey Roberts	13



do it for you!

Team Mileage by Leagues

Brazos County - BLT

1. Flesh Fighting Fit Family of Faith 35.04

Brazos County Employees

1. The Zoomies 308.77
2. Tax Walkoffs 302.23
3. Walking Warriors 243.82
4. Public Health Squad 242.22
5. *Boujee Shoes* 180.39
6. Beast Friends 149.33
7. The Future 145.09

Bryan ISD Technology Services

1. Are We There Yet? 236.07
2. Cache us if you can 148.03
3. Texas Travelers 118.97

CASAP

1. Fine Fit & Fabulous 338.26
2. TX-CO-LA 101.181.04

Division of Research (DOR)

1. DOR - 16 Feet with Sole 294.2
2. DOR Walking Around the Blocker 183.84
3. DOR Step by Step 164.51
4. DOR Red Hot Chili Steppers 135.69
5. DOR Worst Pace Scenario 128.55

Family League

1. Pedominators 244.23
2. Pumped Pedestrians 176.65
3. Myles Family 110.6

MYCON General Contractors, Inc

1. The Mighty Stampede 358.16
2. The Walkie Talkies 238
3. What is That in Miles? 227.73
4. JET TRACR 221
5. The Walkaholics 163

Engineer Your Wellness

1. Hearts and Soles 483.1
2. ISENTropic Athletes 415.54
3. Wellness Warriors 399.24
4. The Informers 331.53
5. 403 - Holy Walkamolies 322.49
6. Walsh Lab 309.15
7. Academically Deficient 274.26
8. Fermier Favorites 213.38
9. Charlie's Ankles 212.08
10. walk it to the top! 186.91
11. We MEEN Business 147.1
12. MEEN in Motion 136.91
13. Ocho Amigos 101.74
14. MightyCoolFunny Ramblers 90.46
15. Moves Like Jagger 87.34
16. Sentries to a Major 78.25
17. Low-Fat Retention 30.92
18. All Alone 0
19. New Sneaker Champions (NSC) 0

TAMU Vet School

1. CVM Dog Tired 316.63
2. Pace Makers 252.92
3. Unleashed 153.54
4. Vet Students Stayin' Alive 150.72
5. The stepping stones 56.9

Texas A&M Foundation

1. Hotty Toddy Aggies 351.39
2. Tick Tick BOOM 348.35
3. The aMAYSing Race 281.37
4. Sole Sisters 278.29
5. Four Armadillos 277.92
6. TAMU Engineering [Fitness]
Development Across Texas 253.2
7. I'm Gonna Be (832 Miles)
238.4
8. Passionate Professionals
Dedicated to Purposeful
Perspiration 164.9
9. TAMF Star-Spangled Patriots
144.3
10. 3s Company 95.45
11. Ag Development 78.76



Team Mileage by Leagues

Texas A&M regiSTRIDES

1. We Don't Talk About Cardio 236.16
2. Snap, Crackle, Pop 189.8
3. Degree Jog It, Part 1 139.91
4. Degree JOG-It Part 2 93.39

Texas A&M University

Division of Student Affairs

1. United Rec Force Victory Lap Hall of Fame 2021 637.05
2. Chafing the Dream 347.99
3. Run for Your ResLife! 345.96
4. *Walk This Way! 330.3
5. ODSL Trekkin' for Tacos 328.02
6. ODSL Team 2 313.47
7. The Rec-ing Business Crew 293.39
8. WAT Are We Doing 281.96
9. Rudder Theatre Complex 255.18
10. Worst Pace Scenario 220.73
11. SCOMotion 217.38
12. No Ubers In Sight, Call me a Cab 186.19
13. Snacks on the Tracks 179.25
14. Steppin' Right, Left, Right 176.99
15. I Wanna Step with Somebody 172.07
16. Legs Miserables 168.12
17. We Can DoIT Too 155.16
18. Vice President for Student Affairs 150.34
19. We Can DoIT 137.68
20. Un-STEP-able 118.38
21. Becky's Toddling Troup 110.27
22. PACE- People Ambulating Competitively Everyday 92.69
23. Rec This Way 78.81
24. DMS Steppers 42.3
25. Star Spangled Strutters 4.2

University Libraries 2022

1. Bibliotrekks 378.02
2. Cushing Panthers 254.04
3. MSL Marvels 147.61
4. Booking It! 138.3

Texas A&M University System Offices

1. The Motley Crew 436.61
2. TEAM FP&C 430.09
3. All About That Pace 322.02
4. Texas Two-Steppers 218.99
5. A Walk to Remember 187.75
6. TTI Arlington WATch Crew 176.22
7. Sole Beneficiaries 176.18
8. Techie Trekkers 163.06
9. The Lollygagging Lobbyists 51.3

Texas A&M University College of Nursing

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

WAT Church League

1. Brazos Valley Unitarian Universalists 30.25

Solo Teams-Unleagued

1. Dynacisers 22 378.32
2. Ringer Library 320.11
3. Arthurs Aardvarks 254.15
4. LRC Mile Walkers 247.5
5. ADR_E - THE Walkie Talkies 237.98
6. TAMU Vet School - Large Animal Enthusiasts 206.82
7. Two4WAT 202.58
8. Walking Legionnaires 161.87
9. Maroon & White Interns Fight! 159.43
10. The Pharm Posse 131.39
11. She made me do it 119.5
12. Christland Friends 108.27
13. FCH Community Conversations on Health 40.22
14. The Book Trailers 24.2
15. URPN 0



WELCOME TO

The Kid's Zone Team Mileage

Week Two

The Awesome Kids (12 kids) 492 miles

Aggies (14 kids) 18 miles

Kyle Field (12 kids) 15 miles

Gig'Em (10 kids) 13 miles

Century Tree (12 kids) 12 miles

Spirit of Agglieland (12 kids) 12 miles

Century Tree (12 kids) 12 miles

Howdy (6 kids) 10 miles

WHOOPO!!! (17 kids) 7 miles

Maroon & Whaite (17 kids) 6 miles

Reveille Classroom (16 kids) 5 miles

Aggie Ring (9 kids) 4 miles

WHOOPO!! (17 kids) 0 miles

Aggies (14 kids) 0 miles

12th Man Class (15 kids) 0 miles

Hullabaloo (16 kids) 0 miles



25 FUN PHYSICAL ACTIVITY FACTS

1. Most adults should aim for at least 150 minutes/week of moderate-intensity aerobic activity or 75 min./week of vigorous aerobic activity, or a combination of both.
2. Get moving! Research shows that physical activity can lower your risk of heart disease, type 2 diabetes, high blood pressure, dementia and Alzheimer's, and several types of cancer.
3. The average person walks about 7,500 steps per day. If you stick to that average step count and live to be 80 years old, you will walk 110,000 miles in your lifetime!
4. You use 200 muscles to take a single step forward.
5. Listening to music while exercising can improve workout performance by 15%.
6. Try dividing your exercise into two or three mini-segments of 10-15 min. per day - you will still experience the benefits.
7. The human body has more than 600 muscles.
8. Only $\frac{1}{3}$ of adults reach the minimum recommended guidelines for weekly physical activity.
9. Minimize the amount of time spent in prolonged sitting and break up periods of sitting as often as possible. Even light-intensity activity can offset some of the risks of being sedentary. Try taking a lap around the building, refilling your water bottle, or saying hi to your colleagues.
10. Add moderate- to high-intensity muscle-strengthening activity (such as resistance or weights) on at least 2 days per week in order to build and maintain bone and muscle strength.
11. Don't have access to hand weights? Get creative! Try using bags of rice, shampoo bottles, or cans of soup/vegetables for your strengthening exercises.
12. Create a list of activities you would like to do - walking, aerobics, tennis, basketball, yoga - and try something new when you are in a rut. You are more likely to stay active if you choose activities you enjoy.
13. Set short-term goals to keep you on track. Instead of saying, "I'm going to be more active this week," try saying, "I'm going to walk for 30 minutes on Monday, Wednesday, and Friday."
14. Seek support through your family, friends, and coworkers. Give them ideas on how they help you stay motivated such as praising your efforts, watching your kids while you exercise, or workout out alongside you.
15. Tired after work? Schedule physical activity for times in the day or week when you feel the most energetic whether that is in the morning, evening, or over your lunch break. You may find that setting time aside in your calendar will remind you and keep you accountable.
16. Choose active family time such as taking a walk together, playing at the park, or going on a bike ride.
17. Listening to music while exercising can improve workout performance
18. Cardiovascular exercise helps create new brain cells. This enhances brainpower and brain activity.
19. Exercising increases the production of cells that are responsible for learning and memory
20. If you exercise 3 times a week for 45 min., you can help reduce signs of aging.
21. Exercising regularly helps boost your immune system. This means you'll get sick less often than people who don't exercise.
22. Exercising increases the number of endorphins that are released into your body and increases productivity.
23. Sweat releases dirt through your pores, which reduces acne and breakouts. Workouts improve the overall look of your skin.
24. Working out can make you feel great and boost your confidence
25. Exercise can help to clear your head and helps you feel relaxed.

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

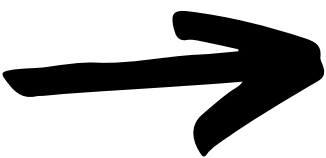
Mar 28 @ 12:00 pm

Virtual Zumba

Apr 7 @ 12:15 pm

Virtual Chair Yoga

WE
WANT
TO SEE
YOU
THERE!



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

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
WANT
TO SEE
YOU
THERE!



AIRROSTI®

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_0X-QJKFDXKWONTNSG](https://airrosti.zoom.us/webinar/register/WN_QYHJ_0X-QJKFDXKWONTNSG)



Hosted by Texas A&M University System 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.

GROUP FITNESS AT TRUFIT

Combo6 * Cycling * Yoga * Zumba



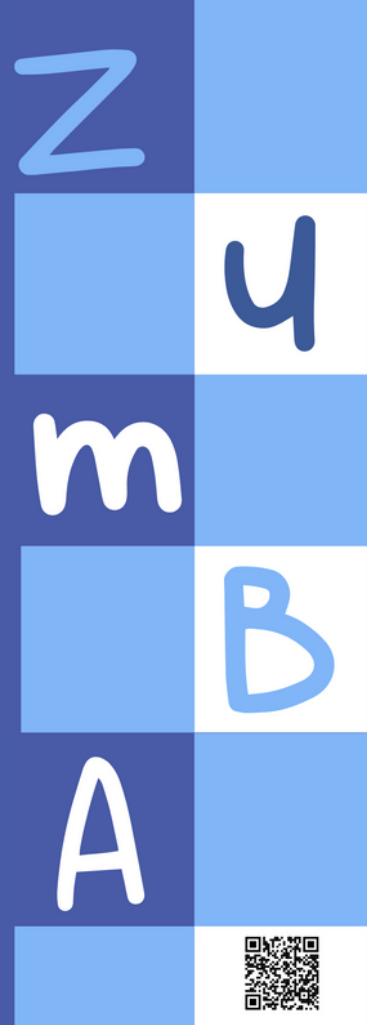
March 16, 2022
5:30 pm Zumba and Cycling
6:30 pm Yoga
2412 TEXAS AVE SOUTH,
College Station TX 77840
Bring your team members and friends!

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.



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 7, 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.

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!

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

