

MARCH 23, 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?

The release date of this newsletter is March 23, 2022. Looking at the calendar 25 years ago, here are some fun facts: 1. In Roman numerals March 23, 1997 is written: **III XXIII MCMXCVII** (mm dd yyyy). 2. The 1997 calendar repeats the same dates on days as the 2025 calendar and can be reused. 3. There have been 309 full moons since 03/23/1997. 4. That date was 300 months ago. 5. Being born in 1997 makes you a part of the Millennial generation.

Back to the present, at the end of Week 5 of the Walk Across Texas Challenge, we have accumulated 112,796.9

miles of physical activity. That's worth dancing about! Speaking of dancing, the virtual workout for March 23 will feature line dancing to the Cha Cha slide and Boot Scootin' Boogie.

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)**  **We are here!**
- 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 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.

Deep Dish Pizza Casserole

This recipe is Flora's favorite Dinner Tonight recipe. It's a fun one to make with kids.

Servings 12

Ingredients

- 1 pound lean ground beef
- 15 ounce can Marinara Sauce
- cooking spray
- 10 ounce refrigerated pizza crust
- 1 cup reduced fat mozzarella cheese shredded
- 1 cup fresh baby spinach
- 1 yellow bell pepper, sliced
- 1/2 cup grape tomatoes, halved



Instructions

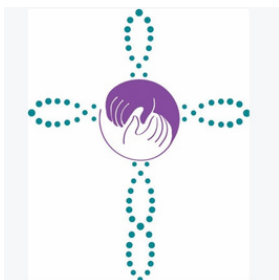
1. Wash hands, clean surface and pre-heat oven to 425 degrees F.
2. Brown lean ground beef in a pan over medium heat.
3. Add marinara sauce to cooked, browned meat. Cook together and let simmer.
4. Spray 9 X 13 inch baking pan with cooking spray.
5. Unroll refrigerated package of pizza crust, pat well and smooth out up to the sides.
6. Sprinkle 1/2 of mozzarella cheese on crust and cover with all of the meat sauce.
7. Top with spinach, bell peppers and tomatoes.
8. Bake in oven for 12 minutes.
9. Remove from oven, top with remainder of cheese and return to oven till melted.

For delicious and nutritious meal ideas visit dinnertontight.tamu.edu
<https://dinnertontight.tamu.edu/recipe/deep-dish-pizza-casserole/>

Thank you Sponsors and Partners!



Rec Sports



Virtual Workout 4 Highlights

On March 16, 2022 instructed by TruFit



THANK YOU TruFit for the March 16 workouts. The Zumba, spinning, and yoga instructors were the BOMB. Your support of Walk Across Texas gets people up and moving in a group setting. TruFit formerly known as Aerofit has supported Walk Across Texas most of the 25 years. It's been a great partnership. AgriLife Employee Wellness coordinated the workout.

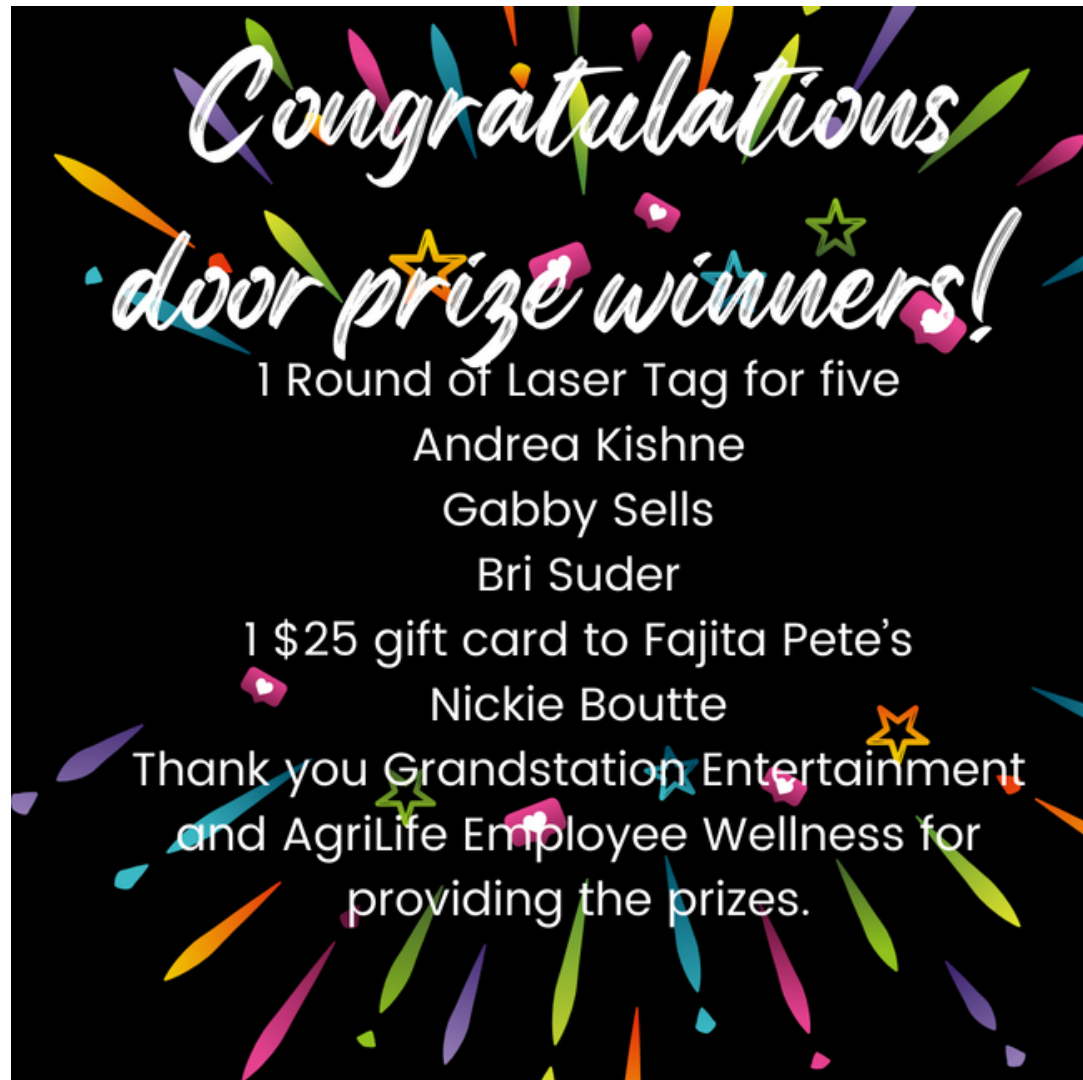




Workout 4 Highlights

Thank you for attending!

Andrea Kishne
Bri Suber
Debbie Suber
Keum Multon
Dina Nutall
Dorithie Thomas
Flora Williams
Gabby Sells
Katie Zender
Mary Hornsby
Michele Vick
Nickie Boutte
Sara Mendez
Sophia Sells



Thank
you

TO OUR HOSTS



ABOUT TRUFIT

Tru Fit is dedicated to providing members with elite programming, relevant, dependable service, and customized athletic facilities.

They are locally led by a hands-on ownership team committed and determined in combining years of industry experience to ensure stability and foundational strength.

Tru Fit is dedicated to providing members with elite programming, relevant, dependable service, and customized athletic facilities. They are locally led by a hands-on ownership team committed and determined in combining years of industry experience to ensure stability and foundational strength.

As a company, their interest and operation is grounded in convenience, safety, and quality. They understand value and experience are interchangeable. It's their daily goal to earn & keep your membership business by consistently providing elite programming, relevant dependable services, and customized athletic facilities

Join: <https://trufitathleticclubs.com/>



A promotional banner for TruFit Athletic Clubs. It features a woman in athletic wear holding a barbell, set against a background of large blue and green clover leaves. The text on the banner includes: '\$10/MO MEMBERSHIPS' in a yellow and black box, 'IT'S YOUR LUCKY DAY! ♣️', '\$7 TO JOIN +30 DAYS FREE NO CONTRACTS', and a 'JOIN US!' button. At the bottom, there is a disclaimer: 'EXPIRES 3.31.22, ADDITIONAL FEES AND RESTRICTIONS MAY APPLY. SEE CLUB FOR DETAILS. MEMBERSHIP DISCOUNTS APPLICABLE ON ESSENTIALS & RESULTS+ MEMBERSHIPS ONLY. DUES START IN 30 DAYS.' On the right side, there is a vertical text 'ZERO COMMITMENT'.

Top 50 Most Creative Team Names

- 1.Walking Spuds
- 2.Moves Like Jaggaer
- 3.DOR Walking Around the Blocker
- 4.We MEEN Business
- 5.DOR Worst Pace Scenario
- 6.Low-Fat Retention
- 7.The Wandering Vagabonds
- 8.Run for Your ResLife!
- 9.DOR - 16 Feet with Sole
- 10.PACE- People Ambulating Competitively Everyday
- 11.No Ubers In Sight, Call me a Cab
- 12.Red Hot Chili Steppers
- 13.The Road Scholars
- 14.Snacks on the Tracks
- 15.Pace Makers
- 16.The Yolk Folks
- 17.Chafing the Dream
- 18.Passionate Professionals Dedicated to Purposeful Perspiration
- 19.I Wanna Step with Somebody
- 20.These Roots Were Made For Walking
- 21.Scrambled Legs
- 22.Sole Beneficiaries
- 23.Wandering Wildlanders
- 24.Worst Pace Scenario
- 25.Ocho Amigos
- 26.ODSL Trekkin' for Tacos
- 27.AgriLife Research Bee-lievers
- 28.What! WAT!
- 29.Bibliotrekkers
- 30.Tax Walkoffs
- 31.Steppin' Right, Left, Right
- 32.Tick Tick BOOM
- 33.She made me do it
- 34.ROBO-CON
- 35.Cache us if you can
- 36.A Walk to Remember
- 37.Worst Pace Scenario
- 38.Fire walkers
- 39.\$outh Campus \$tunnas
- 40.Legs Miserables
- 41.Flesh Fighting Fit Family of Faith
- 42.What is That in Miles?
- 43.Break-A-Leg
- 44.All About That Pace
- 45.You want me to do WAT!?
- 46.Nerd Herd
- 47.Not Today Heifer
- 48.We Don't Talk About Cardio
- 49.Red Hot Chili Steppers
- 50.Walking 9-5



Overall Placing Week Five...

1. United Rec Force Victory Lap Hall of Fame 2021 1761.55
2. Hearts and Soles 1621.9
3. Wandering Wildlanders 1480.85
4. These Roots Were Made For Walking 1452.33
5. HORT TREKKERS 1451.35
6. TX Crawlers 1426.82
7. TEAM FP&C 1386.67
8. The Motley Crew 1348.63
9. AgriLife Research Bee-lievers 1280.22
10. Chafing the Dream 1210.98
11. *Walk This Way! 1187.63
12. All About That Pace 1170.1
13. CVM Dog Tired 1127.55
14. Wacky Walk don't run 1111.32
15. ISENTropic Athletes 1091.75
16. EXTreme Speed 1082.7
17. Wellness Warriors 1064.33
18. Run for Your ResLife! 1050.6
19. keep on truckin 1041.76
20. Walking aedes 1040.44
21. Dynacisers 22 999.23
22. Hotty Toddy Aggies 998.88
23. The Original Holy Walkamolies 992.25
24. The Mighty Stampede 988.29
25. The Oak-ay Walkers 959.07
26. The Pheidips 954.34
27. Running Part Time Sucks (RPTS) 948.83
28. LRC Mile Walkers 943.58
29. What! WAT! 938.11
30. Bibliotrekks 935.61
31. The Informers 932.39
32. Fermier Favorites 927.53
33. CONTinual Motion 923.77
34. ODSL Trekkin' for Tacos 896.88
35. You want me to do WAT!? 893.98
36. Fine Fit & Fabulous 885.05
37. ROBO-CON 883.5
38. The Zoomies 877.52
39. WAT Are We Doing 862.37
40. The Wandering Vagabonds 858.35
441. Ringer Library 852.97
42. \$outh Campus \$tunnas 848.04
43. Walking Warriors 838.53
44. Pace Makers 830.41
45. Tick Tick BOOM 823.65
46. Unleashed 818.35
47. Walkie Talkies 815.26
48. Tax Walkoffs 814.47
49. The Road Scholars 813.54
50. Red Hot Chili Steppers 811.13
51. DOR - 16 Feet with Sole 808.19
52. The Rec-ing Business Crew 806.83
53. The aMAYSing Race 803.29
54. Rudder Theatre Complex 802.03
55. Four Armadillos 784.35
56. ODSL - Coffee Runs 774.07
57. 403 - Holy Walkamolies 770.72
58. Becky's Toddling Troup 755.46
59. We Don't Talk About Cardio 730.81
60. Charlie's Ankles 721.47
61. Over Extended Work Family 721.03
62. Better Late Than Never! 716.2
63. Walsh Lab 694.55
64. Soiled Rotten 688.17
65. DOR Walking Around the Blocker 686.86
66. Public Health Squad 686.8
67. TAMU Engineering [Fitness] Development Across Texas 684.3
68. Academically Deficient 674.7
69. Are We There Yet? 669.77
70. The Walkie Talkies 661.7
71. Sole Sisters 659.03
72. Cushing Panthers 656.58
73. I Wanna Step with Somebody 655.13
74. Red Hot Chili Steppers 652.83
75. Myles Miles Team 644.37
76. Walking Spuds 631.05
77. PACE- People Ambulating Competitively Everyday 625.81
78. What is That in Miles? 621.31
79. The Pharm Posse 619.88



Overall Placing Week Five...

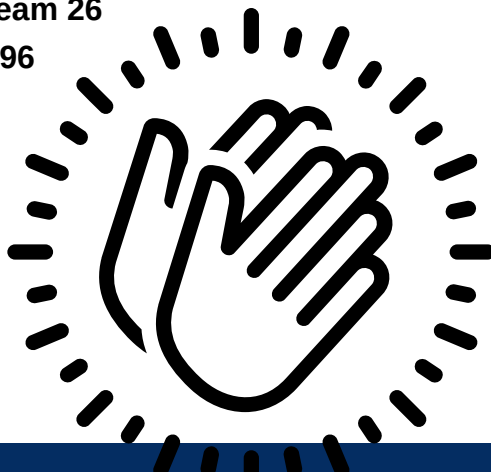
80. Making Strides 614.88
81. Pedominators 610.42
82. Snap, Crackle, Pop 610.11
83. Sole Beneficiaries 608.25
84. SCOMotion 602.87
85. Threat Level Midnight 602.15
86. JET TRACR 596.83
87. Texas Two-Steppers 589.53
88. A Walk to Remember 574.56
89. DOR Step by Step 573.69
90. Degree Jog It, Part 1 571.95
91. Snacks on the Tracks 569.34
92. We MEEN Business 565.88
93. 3s Company 565.19
94. I'm Gonna Be (832 Miles) 561.3
95. Two4WAT 554.68
96. Degree JOG-It Part 2 552.21
97. Walking Legionnaires 548.94
98. Worst Pace Scenario 544.2
99. DOR Worst Pace Scenario 534.97
100. walk it to the top! 532.71
101. MEEN in Motion 532.16
102. ADR_E - THE Walkie Talkies 526.8
103. *Boujee Shoes* 512.3
104. The Walkaholics 508.73
105. TechBuy 491.48
106. Steppin' Right, Left, Right 485.85
107. DMS Steppers 484.31
108. The Lollygagging Lobbyists 480.79
109. Step Up 480.11
110. TAMU Vet School - Large Animal Enthusiasts 478.37
111. Arthurs Aardvarks 477.08
112. Pumped Pedestrians 459.15
113. Walking 9-5 454.3
114. Wild Rice 444.37
115. Passionate Professionals Dedicated to Purposeful Perspiration 437.51
116. ANSC Heifers 436.98
117. Techie Trekkers 431.55
118. Ag Development 431.26
119. Walking Miss Daisy 430.37
120. No Ubers In Sight, Call me a Cab 423.97
121. We Can DoIT Too 419.98
122. Vice President for Student Affairs 415.39
123. Rec This Way 411.74
124. Helen's Team 408.98
125. Fire walkers 408.8
126. DOR Red Hot Chili Steppers 407.7
127. Un-STEP-able 405.85
128. TTI Arlington WATCH Crew 404.97
129. Chicken Run 404.78
130. We Can DoIT 404.74
131. Legs Miserables 397.1
132. The Ag EC Team 392.8
133. Texas Travelers 390.85
134. Are We There Yet? 389.73
135. Booking It! 386.06
136. FCH Community Conversations on Health 381.45
137. The Wolf Pack 378.82
138. TX-CO-LA 374.97
139. WALKer Texas Rangers 371.12
140. Christland Friends 367.91
141. Maroon & White Interns Fight! 366.65
142. TAMF Star-Spangled Patriots 365.11
143. Beast Friends 362.54
144. Waco Walks It Out! 361.64
145. gigem oompaloompas 357.63
146. Roadrunners - Mind over Miles 352.43
147. Innovation Partners 336.4
148. Cache us if you can 327.25
149. The Stepping Stones 326.45
150. Vet Students Stayin' Alive 321.5
151. Sentries to a Major 314.96
152. Ocho Amigos 314.91
153. MSL Marvels 309.99
154. The Future 306.44
155. Break-A-Leg 304.48
156. The Yolk Folks 294.5
157. Not Today Heifer 281.7
158. aggie baddies 277.79
159. Lily's Team 268.39



Overall Placing Week Five... 832 AND UP MILES CLUB

160. The Book Trailers 257.75
161. Moves Like Jaggaer 254.36
162. Worst Pace Scenario 244.09
163. Aggie Rice Racers 235.66
164. Matagorda Mooovers 229
165. Nerd Herd 222.62
166. Flesh Fighting Fit Family of Faith 218.76
167. Inclusive Walkers 202.06
168. Walk This Way 195.13
169. She made me do it 189.6
170. All Alone 160.03
171. Lets Walk! 160
172. Super Steppers 149.31
173. Fred 141.99
174. FAM 140.83
175. Red Hot Chilli Steppers 138.6
176. MightyCoolFunny Ramblers 137.68
177. Scrambled Legs 124.57
178. Office Heroes 119.64
179. The Walkers 113
180. Low-Fat Retention 98.65
181. MAggies 95.02
182. shalom 94.26
183. Cooner! 92.9
184. Star Spangled Strutters 89.95
185. urpn 370 baddies 85.24
186. Walkie Talkies 76.01
187. New Sneaker Champions (NSC) 71.32
188. Aggie Life 69.08
189. Walking with Purpose 64.35
190. Brazos Valley Unitarian Universalists 30.25
191. Lindsieâ€™s Team 26
192. Saw Em Off 24.96

1. United Rec Force Victory Lap Hall of Fame 2021 1761.55
2. Hearts and Soles 1621.9
3. Wandering Wildlanders 1480.85
4. These Roots Were Made For Walking 1452.33
5. HORT TREKKERS 1451.35
6. TX Crawlers 1426.82
7. TEAM FP&C 1386.67
8. The Motley Crew 1348.63
9. AgriLife Research Bee-lievers 1280.22
10. Chafing the Dream 1210.98
11. *Walk This Way! 1187.63
12. All About That Pace 1170.1
13. CVM Dog Tired 1127.55
14. Wacky Walk don't run 1111.32
15. ISENTropic Athletes 1091.75
16. EXTreme Speed 1082.7
17. Wellness Warriors 1064.33
18. Run for Your ResLife! 1050.6
19. keep on truckin 1041.76
20. Walking aedes 1040.44
21. Dynacisers 22 999.23
22. Hotty Toddy Aggies 998.88
23. The Original Holy Walkamolies 992.25
24. The Mighty Stampede 988.29
25. The Oak-ay Walkers 959.07
26. The Pheidips 954.34
27. Running Part Time Sucks (RPTS) 948.83
28. LRC Mile Walkers 943.58
29. What! WAT! 938.11
30. Bibliotrekkers 935.61
31. The Informers 932.39
32. Fermier Favorites 927.53
33. CONTinual Motion 923.77
34. ODSL Trekkin' for Tacos 896.88
35. You want me to do WAT!? 893.98
36. Fine Fit & Fabulous 885.05
37. ROBO-CON 883.5
38. The Zoomies 877.52
39. WAT Are We Doing 862.37
40. The Wandering Vagabonds 858.35
41. Ringer Library 852.97
42. \$outh Campus \$tunnas 848.04
43. Walking Warriors 838.53



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

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

Team Mileage by Leagues

2022 TAMU College Edition

1. keep on truckin 1041.76
2. Better Late Than Never! 716.2
3. Red Hot Chili Steppers 652.83
4. Threat Level Midnight 602.15
5. Walking 9-5 454.3
6. Helen's Team 408.98
7. The Wolf Pack 378.82
8. Christland Friends 367.91
9. Maroon & White Interns Fight! 366.65
10. gigem oompaloompas 357.63
11. Roadrunners - Mind over Miles 352.43
12. Innovation Partners 336.4
13. Break-A-Leg 304.48
14. Not Today Heifer 281.7
15. aggie baddies 277.79
16. Lily's Team 268.39
17. Worst Pace Scenario 244.09
18. Nerd Herd 222.62
19. Walk This Way 195.13
20. Lets Walk! 160
21. Super Steppers 149.31
22. Fred 141.99
23. FAM 140.83
24. Red Hot Chilli Steppers 138.6
25. Scrambled Legs 124.57
26. Office Heroes 119.64
27. The Walkers 113
28. MAggies 95.02
29. shalom 94.26
30. Cooner! 92.9
31. urpn 370 baddies 85.24
32. Walkie Talkies 76.01
33. Aggie Life 69.08
34. Walking with Purpose 64.35
35. Lindsie™s Team 26
36. Saw Em Off 24.96
37. Walk for the Win 2

AgriLife Employee Wellness

1. Wandering Wildlanders
2. These Roots Were Made For Walking
3. HORT TREKKERS
4. TX Crawlers
5. AgriLife Research Bee-lievers
6. Wacky Walk don't run
7. EXTreme Speed
8. Walking aedes
9. The Original Holy Walkamolies
10. The Oak-ay Walkers
11. The Pheidips
12. Running Part Time Sucks (RPTS)
13. What! WAT!
14. You want me to do WAT!?
15. The Wandering Vagabonds
16. \$outh Campus \$tunnas
17. Walkie Talkies
18. The Road Scholars
19. Red Hot Chili Steppers
20. Over Extended Work Family
21. Soiled Rotten
22. Are We There Yet?
23. Myles Miles Team
24. Walking Spuds
25. Making Strides
26. TechBuy
27. Step Up
28. Wild Rice
29. ANSC Heifers
30. Walking Miss Daisy
31. Fire walkers
32. Chicken Run
33. The Ag EC Team
34. Waco Walks It Out!
35. The Yolk Folks
36. Aggie Rice Racers
37. Matagorda Mooovers
38. Inclusive Walkers
39. Kailey Roberts

Team Mileage by Leagues

Brazos County - BLT

1. Flesh Fighting Fit Family of Faith 218.76

Brazos County Employees

1. The Zoomies 877.52
2. Walking Warriors 838.53
3. Tax Walkoffs 814.47
4. Public Health Squad 686.8
5. *Boujee Shoes* 512.3
6. Beast Friends 362.54
7. The Future 306.44

Bryan ISD Technology Services

1. Texas Travelers 390.85
2. Are We There Yet? 389.73
3. Cache us if you can s 327.25

CASAP

1. Fine Fit & Fabulous 885.05
2. TX-CO-LA 374.97

Division of Research (DOR)

1. DOR - 16 Feet with Sole 808.19
2. DOR Walking Around the Blocker 686.86
3. DOR Step by Step 573.69
4. DOR Worst Pace Scenario 534.97
5. DOR Red Hot Chili Steppers 407.7

Family League

1. Pumped Pedestrians Family 610.42
2. Pedominators 459.15

MYCON General Contractors, Inc

1. The Mighty Stampede 988.29
2. The Walkie Talkies 661.7
3. What is That in Miles? 621.31
4. JET TRACR 596.83
5. The Walkaholics 508.73

Engineer Your Wellness

1. Hearts and Soles 1621.9
2. ISENTropic Athletes 1091.75
3. Wellness Warriors 1064.33
4. The Informers 932.39
5. Fermier Favorites 927.53
6. 403 - Holy Walkamolies 770.72
7. Charlie's Ankles 721.47
8. Walsh Lab 694.55
9. Academically Deficient 674.7
10. We MEEN Business 565.88
11. walk it to the top! 532.71
12. MEEN in Motion 532.16
13. Sentries to a Major 314.96
14. Ocho Amigos 314.91
15. Moves Like Jagger 254.36
16. All Alone 160.03
17. MightyCoolFunny Ramblers 137.68
18. Low-Fat Retention 98.65
19. New Sneaker Champions (NSC) 71.32

TAMU Vet School

1. CVM Dog Tired 1127.55
2. Pace Makers 830.41
3. Unleashed 818.35
4. TAMU Vet School - Large Animal Enthusiasts 478.37
5. The Stepping Stones 326.45
6. Vet Students Stayin' Alive 321.5

Texas A&M Foundation

1. Hotty Toddy Aggies 998.88
2. Tick Tick BOOM 823.65
3. The aMAYSing Race 803.29
4. Four Armadillos 784.35
5. TAMU Engineering [Fitness] Development Across Texas 684.3
6. Sole Sisters 659.03
7. 3s Company 565.19
8. I'm Gonna Be (832 Miles) 561.3
9. Passionate Professionals Dedicated to Purposeful Perspiration 437.51
10. Ag Development 431.26
11. TAMF Star-Spangled Patriots 365.11

Team Mileage by Leagues

Texas A&M regiSTRIDES

1. We Don't Talk About Cardio 730.81
2. Snap, Crackle, Pop 610.11
3. Degree Jog It, Part 1 571.95
4. Degree JOG-It Part 2 552.21

Texas A&M University Division of Student Affairs

1. United Rec Force Victory Lap Hall of Fame 2021 1761.55
2. Chafing the Dream 1210.98
3. *Walk This Way! 1187.63
4. Run for Your ResLife! 1050.6
5. ODSL Trekkin' for Tacos 896.88
6. WAT Are We Doing 862.37
7. The Rec-ing Business Crew 806.83
8. Rudder Theatre Complex 802.03
9. ODSL - Coffee Runs 774.07
10. Becky's Toddling Troup 755.46
11. I Wanna Step with Somebody 655.13
12. PACE- People Ambulating Competitively Everyday 625.81
13. SCOMotion 602.87
14. Snacks on the Tracks 569.34
15. Worst Pace Scenario 544.2
16. Steppin' Right, Left, Right 485.85
17. DMS Steppers 484.31
18. No Ubers In Sight, Call me a Cab 423.97
19. We Can DoIT Too 419.98
20. Vice President for Student Affairs 415.39
21. Rec This Way 411.74
22. Un-STEP-able 405.85
23. We Can DoIT 404.74
24. Legs Miserables 397.1
25. Star Spangled Strutters 89.95

University Libraries 2022

1. Bibliotrekks 935.61
2. Cushing Panthers 656.58
3. Booking It! 386.06
4. MSL Marvels 309.99

Texas A&M University College of Nursing

1. CONTinual Motion 923.77
2. ROBO-CON 883.5
3. The Pharm Posse 619.88
4. WALKer Texas Rangers 371.12
- 5.

Texas A&M University System Offices

1. TEAM FP&C 1386.67
2. The Motley Crew 1348.63
3. All About That Pace 1170.1
4. Sole Beneficiaries 608.25
5. Texas Two-Steppers 589.53
6. A Walk to Remember 574.56
7. The Lollygagging Lobbyists 480.79
8. Techie Trekkers 431.55
9. TTI Arlington WATch Crew 404.97

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. Dynacisers 22 999.23
2. LRC Mile Walkers 943.58
3. Ringer Library 852.97
4. Two4WAT 554.68
5. Walking Legionnaires 548.94
6. ADR_E - THE Walkie Talkies 526.8
7. Arthurs Aardvarks 477.08
8. FCH Community Conversations on Health 381.45
9. The Book Trailers 257.75
10. She made me do it 189.6

WAT Church League

1. Brazos Valley Unitarian Universalists 30.25



WELCOME TO

The Kid's Zone Team Mileage

Week Five

The Awesome Kids (12 kids) 1176 miles
Hullabaloo (16 kids) 38 miles
Aggies (14 kids) 70 miles
Kyle Field (12 kids) 35 miles
Gig'Em (10 kids) 22 miles
Century Tree (12 kids) 45 miles
Spirit of Agglieland (12 kids) 12 miles
Century Tree (12 kids) 31 miles
Maroon & Whaite (17 kids) 14 miles
Howdy (6 kids) 48 miles
WHOOOP!!! (17 kids) 7 miles
Reveille Classroom (16 kids) 5 miles
Aggie Ring (9 kids) 0 miles
WHOOOP!! (17 kids) 27 miles
Aggies (14 kids) 0 miles
12th Man Class (15 kids) 0 miles
Walking the Straight and Arrow (46) 0 miles
TBD 30 miles





25 Sleep Fun Facts

1. If it takes you less than five minutes to fall asleep at night, you're probably sleep-deprived. Ideally, falling asleep should take 10 to 15 minutes.
2. Stress, physical or mental illness, living or sleeping arrangements, family history, shift work, diet, and exercise habits can all contribute to insomnia.
3. Losing sleep is likely to make you hungry due to the decrease in leptin, your appetite-regulating hormone.
4. Whales and dolphins fall "half-asleep" - each side of their brain takes turns so they can come up for air.
5. Regular exercise can improve your sleep patterns. However, strenuous exercise right before bed may keep you awake.
6. In a normal sleep period, a person experiences four to six sleep cycles.
7. Women have a lifetime risk of insomnia that is as much as 40% higher than that of men.
8. The latest research recommends 7-9 hours of sleep a night for healthy adults.
9. According to NASA, for peak performance and alertness, the best nap time is 26 minutes.
10. Drinking coffee before bed delays your internal body clock by 40 minutes.
11. Some people dream in black and white
12. People are the only mammals that can delay sleep
13. Sleep is different for men and women, women are more likely to wake up earlier
14. Sleep boosts immunity and it is recommended to sleep 7-8 hours to keep the immune system strong
15. 15% of the population sleepwalks
16. If you fall asleep under 5 minutes, the likelihood of suffering from sleep deprivation is less
17. A new bed can increase the amount of sleep you get each night
18. Nobody sleeps through the night
19. Attitude affects sleep
20. Our sense of smell decreases we're asleep
21. The longest someone has gone without sleep is 11 days, 25 minutes
22. Elephants sleep less than any other animal
23. Tigers and infants sleep the same amount of time
24. Humans usually have between 4-6 dreams a night
25. Bright screens can affect your circadian rhythm



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



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)

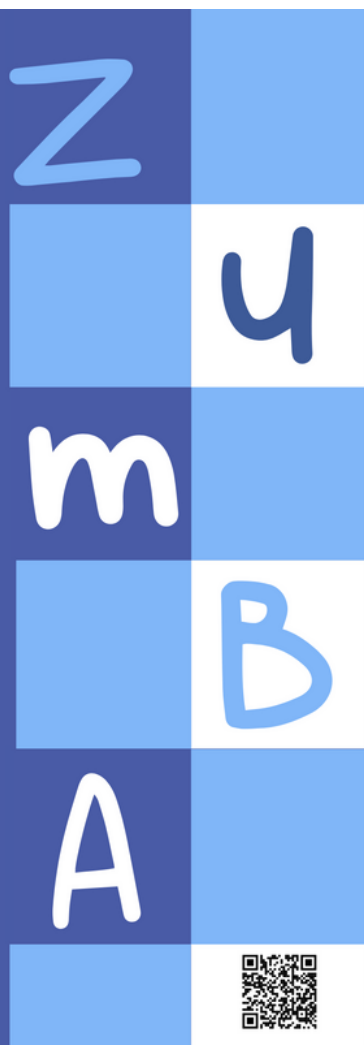
In honor of 25 years of Brazos WAT Challenges...

- 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!



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

