#### **NEWSLETTER 3**

# BRAZOS COUNTY WALK ACROSS TEXAS 2024

#### Celebrating 27 years of moving to our own beat!



WALK ACROSS TEXAS



#### THE LONG AND WINDING ROAD TO 833 MILES

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

#### THE LONG AND WINDING ROAD TO 833

Welcome to the end of Week 4 of Walk Across Texas 2024! Are you kidding me! Week 4 already? Hopefully, your team is diligent about moving down the long and winding road. Hopefully, each team member is active about reporting steps and miles. The easy thing to do would be to get relaxed and not move or report mileage. Resist the urge. You were made to move. You stress your teammates out when you do not report.

Walk Across Texas Taskforce encourages everyone to move to your own beat. This week's Beatles lyrics for inspiration: "Well, shake it up, baby, now (Shake it up, baby) Twist and shout (Twist and shout)..."

The data from this newsletter covers February 10-March 5:

- Leagues 24
- Teams registered -326; Teams reporting 304
- Individuals 2,076

#### IMPORTANT DATES-AT-A-GLANCE

- Proclamation-January 30, 2024 🗹
- Event Dates: February 10, 2024-April 5, 2024
- Kick Off Event: February 10, 2024
- Week 1: February 10 February 16 🗹
- Online Registration Deadline: February 20, 2024
- Week 2: February 17 February 23
- Week 3: February 24 March 1 🗹
- Week 4: March 2 March 8
- Week 5: March 9 March 15
- Week 6: March 16 March 22
- Week 7: March 23 March 29
- Week 8: March 30 April 5
- Last day to report team mileage: April 15, 2024
- The announcement of champions/Prize Patrol: April 19, 2024
- Weekly workouts: Feb 21, Feb 28, Mar 6, Mar 12, Mar 20, Mar 27,

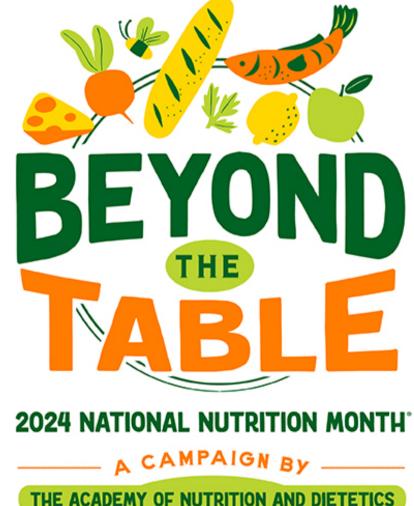
# About the not-so-weekly enews blast:

• E-news blast will arrive on or shortly after 3/4, 3/12, 3/22, 4/2, 4/12, 4/19. Newsletter dates are based on the new WAT system update of the 10 days to report rule.

MPORTAN

- Make sure your teams have entered all of their mileage by every 10th date from the start date.
- SEND pictures of your team in action, as well as any upcoming team or community fitness events, or stories for the newsletter.
- Email them to Flora Williams at <u>fewilliams@ag.tamu.edu</u>.

#### **March is National Nutrition Month**



- Week 1: Stay nourished on any budget.
  - Learn cooking, food preparation and meal planning skills.
  - Use a grocery list and shop sales when purchasing food.
  - Learn about community resources such as SNAP, WIC and local food banks.
  - Practice home food safety.

#### **SPONSORS & PARTNERS**

XXXX

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**TEXAS A&M** 

FE

**EXTENSION** 

WORX

BRYAN,TX (University Drive East)



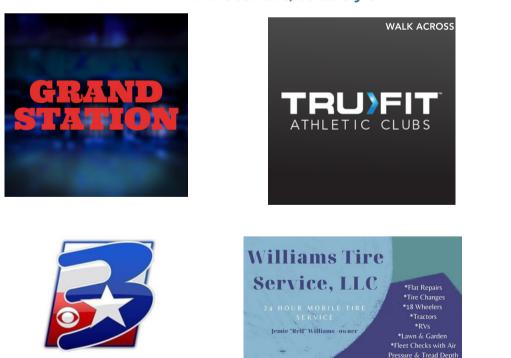


THE

**TEXAS A&M** 

UNIVERSITY

SYSTEM





AXE HOUSE

#### We are still in need of sponsors for the celebration!

# **2024 WAT LEAGUE COMMISSIONERS**







12th Man Troopers -Cynthia Kokosz 2024 TAMU - College Edition-Mike Lopez AgriLife Employee Wellness-Dorithie Thomas Bethel Grove MBC-Flora Williams Brazos County Employees-Leslie Gongora Brooke's Besties-Brooke Maniscalco Bryan ISD Technology Dept.-Ashley Trejo City of Bryan-David Garcia City of College Station-Lisa Wilcox Division of Student Affairs-Kelly Cox Engineer Your Wellness-Christine Burns Living Well at Texas A&M-Sarah Boreen MYCON General Contractors, Inc.-Kayla Titus regiStrides-Matthew Johnson Scotty's House-Gracie Cooper St Joseph Health Therapy-Kate Havel TAMU Education and Human Development-Jacqueline Turner TAMU Health Science Center-Autumn McManis Texas A&M - School of Nursing-Courtney Wade

Texas A&M Division of Research-Mona Somers Texas A&M Foundation-Amanda Reynolds Texas A&M University System Offices-Laura Fritsch University Libraries-Zackary Medlin UNIVERSITY OF ALABAMA-Riley Fisher

Created by Texas A&M AgriLife Extension Intern Riley Fisher



Shout to league

commissioners!

#### <u>Ways you can</u> **Practice** Optimism

- · Surround yourself with positive people
- Practice positive self-talk
- create daily affirmations
- · Journal when you feel positive
- · Be open to humor
- Identify the supporters around you

Track your successes

Know that you can do it!

"Strive, Thrive, and Feel Alive! Infuse your workouts with the spirit of 'Getting Better.'

Staying upbeat and optimistic transforms the ordinary into the extraordinary. The more you believe, the more you achieve. Slip into your bell bottoms, turn up the tunes, and let the spirit of optimism motivate you to enjoy physical exercise.

#### The Power of Optimism

- · Higher levels of optimism are associated with higher levels of well-being
- Optimists have more chance of participating in healthy behaviors such as exercise and diet
- Optimism increases mental health, immune. and cardiovascular functions

# How does this apply to physical exercise?

- The more optimistic you are, the more motivated you will be to exercise!
- Being more optimistic gives you more energy to get up and move Some studies show that
- that Some optimism positive and motivation helps your muscles recover quicker

https://www.health.harvard.edu/heart-health/optimism-and-your-health https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2894461/



At St. Joseph Health, their community fitness program offers the opportunity to exercise with an experienced and friendly staff including Group Fitness Instructors and our Health Coach using state-of-the-art equipment.





Learn more at https://stjoseph.stlukeshealth.org/classes-

events/wellness-services

Congratulations door prize winners! Judy Kurtz Audra Lewis

JulioTor

Audra Lewis

iny fipnr

Virtual Workout Attendance List Riley Fisher Judy Kurtz Audra Lewis Julian Torres Minnie Russell Cee Ellis



REVISED

FEB 10

FEB 21

FEB 28

MAR

117

EXTENSION

### Fun I Free I Fitness

**KICK OFF EVENT (HOTWORX) 10:00 AM** Virtual or In-person Brazos Extension Office 4153 County Park Court Bryan, Texas

TEXAS A&M UNIVERSITY - STRENGTHENING 12:00 PM facebook.com/walk.across.texas.bc/live/

**ST. JOSEPH HEALTH - STRENGTH AND TONING 10:00 AM** Live 45 minute Zoom Class with the WellFIT Program with St. Joseph Health! 10 am Meeting ID: 912 3227 6855 Passcode: 074722

TEXAS A&M UNIVERSITY facebook.com/walk.across.texas.bc/live/ 12:00 PM

NAR 12
TRUFIT- YOGA 4:30PM ZUMBA 5:45
BODY PUMP 7:00 PM
TruFit Villa Maria, 1900 W Villa Maria Rd Bryan, TX 77807
LIVING WELL AT TAMU- VIRTUAL YOGALATES
H:45 AM- 12:30 PM TAMU employees sign up via mobile app
Non TAMU employees should request the Zoom Link
NAR 27
BRAZOS FCH/BLT COMMITTEE - VIRTUAL DANCE PARTY Via TEAMS

TEXAS A&M REC SPORTS - BODYWEIGHT WORKOUTfacebook.com/walk.across.texas.bc/live/12:00 PM

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.

# VIRTUAL WORKOUT

# MARCH 6, 2024







## HOSTED BY

TEXAS A&M UNIVERSITY -KINESIOLOGY



# YOGA 4:30PM BODY PUMP 7:00 PM

# 

#### 1900 W VILLA MARIA RD BRYAN, TX 77807

# WALKACROSS TEXAS 2024 MIDWAY EVENT

Free to attend

AL

WORKOUT WI PROFESSION XXXX





# Join us for a virtual workout via Joon 文〇GALATES Hosted by **LIVING WELL AT TAMU** 秋天文氏氏 20, 2024 **LI:45 AM-12:30 PM HOW TO JOIN WORKOUT:**

TAMU employees, sign up via the Living Well app in the App Store or Google Play or https://livingwell.tamu.edu/classes-events/



Non-TAMU employees, please share the Zoom link: https://tamu.zoom.us/j/91971783711

# TEAM SPOTLIGHT School of Walk

#### Meet the School of Walk!

Julieanna Diaz Noeline Gunasekara Priscilla Rios Savannah Stepan Tammy Reynolds Taylor Mansfield Tracy Young Wendy Kreider









#### 12th Man Troopers

1. TVMDL ZOO 519.33 2.12th Man Troopers 480.04

3. Trufitters 436.32

#### <u>2024 TAMU</u> College Edition 1. Laces on the Fly with Blisters 896.88

2.We Mean Business 533.79 3. The Get Along Gang 525.34 4.EA Student Workers 475.46 5.Team Tyler 431.57 6. Blister Buds 414.4 7. Tater Trotters 386.61 8. Snow Balls 214.99 9. Sole Mates 214.56 10.rod wave fan club 209.68 11.Walkie-Talkie 205.06 12. The Dominators 192.95 13. Walkaholics 189.26 14. The Abraham Family Warriors 187.79 15. Maroon Milers 136.54 16. team bims 123.8 17.Gigem 106.64 18. Brooke Laden's Team 102.24 **19. LANDSCAPE ARCHITECTURE DUBS** 97.66 20. Power Striders 96.47 21. roomies 89.3 22.Rodzilla 82.52 23. The Bus Drivers 77.74 24. yipeeeee 76 25. the roomies 75.72 26.USAR gals 74.88 27.Sophia's Team 74.68 28. Sophie's team 68.84 29. Mousies 64.14 30. Happy Feet 63.33 31. Champions 1234 62 32. Scrambled Leas 53.33 33. Navroz's Team 49.7 34.URPN 41.9 35. Olivia L. Gouveia 39.9 36.Garza 36.78 37. walkacrosstx1 28.62 38. walk URPN 28.47 39. Lawyer St 25.39 40. natalie's team 24.75 41. Team Natalia 24.6 42. Richard Bailey 21 43. Werner's Walkers 11.4 44.D18.04 45.Fearsome Threesome 3

# **2024 TEAM MILEAGE BY LEAGUES**

# AgriLife Employee Wellness

Team Godzilla 1119 1. The AgriVators 933.1 2. HORTTREKKERS 842.48 3. Chips and Walkamoli 781.09 4. What A Team 2024 777.1 5. Wandering Wildlanders 755.5 6. Walking Here, There and Everywhere 734.77 7.1 Want to Hold Your Hand Pipette 703.16 of night 252.42 8. Oogie Tater Trots 680.25 9. Gel Runners 671.79 10. Witness the Fitness 648.11 11. Reforming Couch Potatoes 606.79 12. While My Feet Gently Weep 587.13 13. WinOrBooze! 586.54 14. Roots and Glutes 582.96 15. Sgt. Peppers Lonely Walking Club 575.35 16. Can't buy me Miles 570.26 17. Walking 9 to 5 569.36 18. Walker, Texas Runner 560.19 19. Ctrl+Walk+Del 536.67 20. The peritrichous (we all move together) 536.65 21. South Campus Steppers 506.73 22.Walk the Line 502.97 23. We Can Walk It Out 498.15 24. EFNEP Walkamolies 489.97 25. The Aggie Rice Runners 487.91 26. Twist and Shout! 487.56 27. LAN Rovers 487. 27 28. Here Comes TVMDL! 482.61 29. Healthy Living Test Group 481.87 30. Here Comes the Run 459.06 31. Making Strides 446.5 32. Microbe Milers 445.17 33. Healthy Living Control Group 440.89 34. Hey Jude, Let's Stride 391.54 35. Here Comes the Rain 377.64 36. Yellow SWAT-marine 375.18 37. Rubber Soles on Techbuy Road 370.57 38. Step Up 366.63 39. We Are the Walkrus 362.3 40. The Young and the Breathless 355.1

# AgriLife Employee Wellness

42. Myles Miles Team 354.65 43. Help! (I need some water) 341.68 44. We All Live in a Yellow 45. LABmarine 339.8 46. I've Got (No) Feeling Left in my Leas 275.7 47. Blackbirds walking in the dead 48. Sqt. Pepper's Striders 235.65 49.Avocado Amblers 233.31 50.Your Pace or Mine? 221.89 51. Udder Chaos 203.81 52. Focaccia and Empanadas 90.87 53. We Have a Spreadsheet for That 88.18 54. The Advising Avengers 50.41 55. Techs 41.29

#### **Bethel Grove MBC**

1. The Lemon Pepper Steppers 795.65

- 2. Squad Maxey 519.95
- 3. Road Scholars 450.29
- 4. The I Don't Knows 235.66

#### **Brazos County** Employees

1. Running From the Law 792.32 2.No Mercy 728.76 3. The Hippy Hippy Shake 680.44 4. Kiss My Heels 673.67 5. Dirty Crop Walkers 530.96 6. Walking Warriors 489.29 7. The Hilly's Have Eyes 119.57

#### **Brooke's Besties**

- 1.We've Got The Runs 637.33 2.Fast Walkers 464.36 3.M&M's 439.28
- 4. Macie's Pals 6



# 2024 TEAM MILEAGE BY LEAGUES

#### Bryan ISD Technology Dept.

1. Tator Trots 579.24 2. Chips and Walkamoli 518.16 3. Slow and Furious 404.69

#### **City of College Station**

- 1.Walk-a-holics 585.92
- 2.Walking 9-5 554.06
- 3. Personnel Pacers 402.53
- 4. Red Hot Chili Steppers 361.42
- 5. Solemates 346.43
- 6. FitBits 310.9

#### **Division of Student Affairs**

- All Together Now Across Texas 1070.97
   WAT Was I Thinking 708.55
   CC Walkie Talkies 682.91
   Scrambled Legs 674.98
   Walking Away from Work 635.75
   Strawberry Field Strollers 627.59
   Code Walkers 616.57
   Sole-less 595.09
   Walkway Wizards 564.57
   The 12th Walkman 551.52
   A Step in the Right Direction 546.42
   Baby Got Track 536.79
- 13. A Walk In The Park 518.56
- 14. Student Activities 482.56
- 15. What Team? WildStuActs! 468.17
- 16.MSC programs (we're gonna win) 465.03
- 17.T-Recs 463.82
- 18. SOFC 433.21
- 19. Sole Sisters 380.4
- 20. Queso & Walkamolies 367.9
- 21. Tech Trek Titans 304.59
- 22.Hot Pepper Steppers 299.29
- 23. Conduct & Cardio 237.16
- 24. PokÃmon Rangers 172.41
- 25. DMS Walks 86.83

#### "All you need is love."

#### Engineer Your Wellness

- MEEN in Motion 941.33
   The Fast and the Curious 767.58
   All you need is miles 763.97
   Lost in Pace 603.89
   Chafing the Dream 563.32
   the Intentional Walkers 558.7
   Sgt. Pepper's Lonely Walkers Club Band 508.07
   The Pedominators 472.56
   Stroll Trolls 471.84
   NCTM Kinesins 471.44
   Not Fast Just Furious 440.88
   CHENuts 418.52
- 13. Let's Get Fiscal 325.09
- 14. walk it to the top! 313.11
- 15.MTDE Misfits 295.28
- 16.Walsh Lab 2 116.4
- 17. Risky Business 69.16

#### MYCON General Contractors, Inc.

- 1.We Step Better Than You 693.13
- 2. What is That in Miles? 659.68
- 3. Walking to Our Own Beat 456.38
- 4.Tater Trots 112.26

#### regiStrides

- 1. Ticket to Stride 613.88
- 2.Degree Jog-It 507.25
- 3.The Walk Ness Monsters 483.49
- 4. All You Need is Miles 400.64
- 5. While My Calves Gently Weep 363.49
- 6.Will Walk For Snacks 262.33

#### Scotty's House

- 1. Red Hot Chili Steppers
- 438.13 2.Tater Trots 347.2

#### Living Well at Texas A&M

- 1. VMBS Dog Tired 777.11
- 2.Walking Between Blocker and Nagle 771.62
- 3. Texas Trekking Goddesses 698.69
- 4.1 walk miles with a little help from my friends 642.07
- 5. VMBS Unleashed 615.27
- 6.Pharma Pill Posse 579.55
- 7. Eraser Swift: The Errors Tour 565.25
- 8. Day Trippers 531.69
- 9.TCALL Trailblazers 529.12
- 10.WATs Our Name Again? 526.08
- 11. PVFA Creative Walkers 517.09
- 12.Walking Through Bluebonnet Fields Forever 515.48
- 13. Here Comes the Run... (nah, nah, nah, nah) 509.61
- 14.UHS PrevPop 506.41
- 15. All You Need is Living Well 485.94
- 16.Walk 'n Rollers 450.82
- 17.16 Feet with Sole 417.04
- 18. Sole Sisters 409.21
- 19.We Can Walk It Out 393.25
- 20. (Walking) Across the Universe 352.21
- 21. Happy Feet 323.5
- 22.TLI Mall Walkers 288.25
- 23.Helpful Upbeat Babes (HR-HUB-6) 272.14
- 24.TLI Trekkers 270.67
- 25. AABS- Always Achieving Better Steps 199.23

#### St Joseph Health Therapy

- 1.St Joseph Health Inpatient Therapy 544.27
- 2.St Joseph Health Acute Care Therapy 379.21



# 2024 TEAM MILEAGE BY LEAGUES

#### TAMU Education and Human Development

1. Ninja Squirrel Squad 865.31 2. keep on truckin 718.81 3. Becky's Toddling Troup 672.69 4. TLAC Walkers 651.96 5. School of Walk 578.74 6. The Cherringtons 542.35 7. All About That Pace 528.69 8. iGROWers 523.39 9. Howdy SPED 493.1 10. SEHD Stroll Stars 492.86 11. Becky's Toddling Troup 2.0 411.16 12. TLAC 4Evg 376.38 13. EPSY Walkers 334.48 14. Charlotte's Toddling Troup 332.66 15. Rio Grande Valley Aggies 70.05

#### TAMU Health Science Center

1. Strawberry PHields 639.59 2. Public Health Walkers 493.14 3. Hello, Goodbye 214.3

#### Texas A&M - School of Nursing

 New Kids On The Walk 505.23
 Sole Investigations 393.18
 Walkie Talkie 352.64
 Texas A&M - Nursing Team Maroon 276.43
 Baby got track! 113.46
 The Walking Wonders 102.41

#### University Libraries

Walking on Sunshine 652.57
 Cushing Crushers 638.94
 MSL Marvels 580
 The Dojo 516.9
 Spinebinders 477.69
 Annex Amblers 340.09

#### Texas A&M Division of Research

- 1. DOR Helideck Hamsters 643.08
- 2.DOR Maestro Mystery Tour 533.87
- 3. DOR The Abbey Roadsters 527.28
- 4. DOR Walking Around the Blocker 494.71
- 5. DORa The Explorers 480.24
- 6.DOR Don't Let Me Down 415.61
- 7. DOR All About That Pace 402.46
- 8.DOR Heart and Sole 243.56
- 9. DOR\_TAMIDS 100.74

#### Texas A&M Foundation

- 1.Help! (the rest of you are gonna need it) 807.49
- 2.Walker's Team (Again) 793.37
- 3.Here Comes the Run (Research Team) 679.94
- 4. Walking with a little help from my Friends! 625.29
- 5. Abbey Roadrunners 618
- 6. Scholarships Team 593.01
- 7.VetMed Paw Patrol 574.23
- 8. New Kids on the Walk 527.38
- 9.Walking "Eight Days a Week" 513.52
- 10.Zach 's Long and Winding Road 489.48
- 11. The aMAYSing Race 467.82
- 12.Sgt. Pepper's Lone Star Walking Club 467.48
- 13. Stroll Sisters and a Sole Man 443.36
- 14. Across the Universe and Texas 424.74
- 15.Goal Getters 410.72
- 16. Awesome & Spectacular 343.89
- 17.Walker's Team (Not) 283.63
- 18. Texas A&M Fort Worth 165.61



- 1. Innovation Moving Ground 688.4
- 2.Keep Calm and Query On: The SQL 652.24
- 3. RELLIS Stroll Patrol 546.26
- 4. The Lollygagging Lobbyists 528.2
- 5. RIC RATS 514.45
- 6.The Walk Ness Monsters 496.38
- 7. Christopher Walkin' 484.44
- 8.Tl Coffee Runs 403.57
- 9. License to Walk 374.07
- 10. Walking Benefits 310.79
- 11. Advanced Persistent Trek 275.76

#### UNIVERSITY OF ALABAMA

- 1. Worst Pace Scenario 804.8
- 2.Sgt Peppers Lonely Fish Club 486.68
- 3. Yesterday...all those miles seemed so far away 366.41
- 4. Sir Walksalot 135.56





#### 2024 TEAMS BY LEAGUED UNLEAGUED TEAMS

1. Pigg Walkers 774.38 2. TAMU Women's Club 732.41 3. Dynacisers 24 632.6 4. Running Hustlers 590.46 5. The Original Holy Walkamolies 536.81 6. Outdoor Adventurers 511.08 7. Speedy Turtles 508.74 8. Oldies but goodies 459.34 9. Walking Legionnaires 451.12 10. Team Name 402.52 11. All About The Payce 400.32 12. Jaywalkers 395.33 13. Walk Across KBTeXas 381.2 14. Walker Texas Counselor 343.17 15. Are We There Yet? 318.4 16. Legs Miserables 306.83 17. PhotoTexas CS 270.01 18. Double the Fun Strollers 220.69 19. Chubby Chicas 156.21 20. Shake it Shake it 144.58 21. Team Walking Dead 142.27 22.Team OYE Vey 54.46 23. Risk Management Dept 53.83 24. bling bling steppas 44.15 STOF 25. Lady Mocking Birds 8.37

# 2024 WAT YOUTH TEAMS

1. Hullabaloo 793 2. Aggies 742 3. Whoop 705 4. Spirit of Aggieland 535 5. Maroon & White 504 6. ReveilleWalkers 342 7. Gigem 313 8.12th Man Classroom 243 9. Whoop 173 10. Rapid Racers 151 11. GIG'EM (Room 113) 125 12. Howdy 123 13. Howdy 123 14. Aggie Ring 85 15. Century Tree 83 16. Finish Liners (115) 80 17. Cirque De Sore Legs (120) 65 18. Solo Superstar 58 19. Sophies Sprinters (103) 55 20. Lil Roadrunners – Rm 107 53 21. Kindergarten (119) 47 22. Room 102 40 23. Kyle Field 31

# OVERALL TEAM PLACING

1. Team Godzilla 1119 2. All Together Now Across Texas 1070 97 3. MEEN in Motion 941.33 4. The AgriVators 933.1 5. Laces on the Fly with Blisters 896.8845. Strawberry PHields 639.59 6. Ninja Squirrel Squad 865.31 7. HORTTREKKERS 842.48 8. Help! (the rest of you are gonna need it) 807.49 9. Worst Pace Scenario 804.8 10. The Lemon Pepper Steppers 795.6551. Walking with a little help from my 11. Walker's Team (Again) 793.37 12. Running From the Law 792.32 13. Chips and Walkamoli 781.09 14. VMBS Dog Tired 777.11 15. What A Team 2024 777.1 16. Pigg Walkers 774.38 17. Walking Between Blocker and Nagle 771.62 18. The Fast and the Curious 767.58 19. All you need is miles 763.97 20. Wandering Wildlanders 755.5 21. Walking Here, There and Everywhere 734.77 22. TAMU Women's Club 732.41 23. No Mercy 728.76 24. keep on truckin 718.81 25. WAT Was I Thinking 708.55 26. I Want to Hold Your Hand Pipette 68. School of Walk 578.74 703.16 27. Texas Trekking Goddesses 698.69575.35 28. We Step Better Than You 693.13 70. VetMed Paw Patrol 574.23 29. Innovation Moving Ground 688.4 71. Can't buy me Miles 570.26 30. CC Walkie Talkies 682.91 31. The Hippy Hippy Shake 680.44 32. Oogie Tater Trots 680.25 33. Here Comes the Run (Research Team) 679.94 34. Scrambled Legs 674.98 35. Kiss My Heels 673.67 36. Becky's Toddling Troup 672.69 37. Gel Runners 671.79 38. What is That in Miles? 659.68 39. Walking on Sunshine 652.57 40. Keep Calm and Query On: The SQL 652.24

41. TLAC Walkers 651.96 42. Witness the Fitness 648.11 43. DOR Helideck Hamsters 643.08 44. I walk miles with a little help from my friends 642.07 46. Cushing Crushers 638.94 47. We've Got The Runs 637.33 48. Walking Away from Work 635.75 49. Dynacisers24 632.6 50. Strawberry Field Strollers 627.59 Friends! 625.29 52. Abbey Roadrunners 618 53. Code Walkers 616.57 54. VMBS Unleashed 615.27 55. Ticket to Stride 613.88 56. Reforming Couch Potatoes 606.79 57. Lost in Pace 603.89 58. Sole-less 595.09 59. Scholarships Team 593.01 60. Running Hustlers 590.46 61. While My Feet Gently Weep 587.13 62. WinOrBooze! 586.54 63. Walk-a-holics 585.92 64. Roots and Glutes 582.96 65. MSL Marvels 580 66. Pharma Pill Posse 579.55 67. Tator Trots 579.24 69. Sgt. Peppers Lonely Walking Club 72. Walking 9 to 5 569.36 73. Eraser Swift: The Errors Tour 565.25 74. Walkway Wizards 564.57 75. Chafing the Dream 563.32 76. Walker, Texas Runner 560.19 77. the Intentional Walkers 558.7 78. Walking 9-5 554.06 79. The 12th Walkman 551.52 80. A Step in the Right Direction 546.42

81. RELLIS Stroll Patrol 546.26 82. St Joseph Health - Inpatient Therapy 544.27 83. The Cherringtons 542.35 84. The Original Holy Walkamolies 536.81 85. Baby Got Track 536.79 86. Ctrl+Walk+Del 536.67 87. The peritrichous (we all move together) 536.65 88. DOR - Maestro Mystery Tour 533.87 89. We Mean Business 533.79 90. Day Trippers 531.69 91. Dirty Crop Walkers 530.96 92. TCALL Trailblazers 529.12 93. All About That Pace 528.69 94. The Lollygagging Lobbyists 528.2 95. New Kids on the Walk 527.38 96. DOR The Abbey Roadsters 527.28 97. WATs Our Name Again? 526.08 98. The Get Along Gang 525.34 99. iGROWers 523.39 100. Squad Maxey 519.95 101. TVMDL ZOO 519.33 102. A Walk In The Park 518.56 103. Chips and Walkamoli 518.16 104. PVFA Creative Walkers 517.09 105. The Dojo 516.9 106. Walking Through Bluebonnet Fields Forever 515.48 107. RIC RATS 514.45 108. Walking "Eight Days a Week" 513.52 109. Outdoor Adventurers 511.08 110. Here Comes the Run... (nah, nah, nah, nah) 509.61 111. Speedy Turtles 508.74 112. Sgt. Pepper's Lonely Walkers Club Band 508.07 113. Degree Jog-It 507.25 114. South Campus Steppers 506.73 115. UHS PrevPop 506.41 116. New Kids On The Walk 505.23 117. Walk the Line 502.97 118. We Can Walk It Out 498.15 119. The Walk Ness Monsters 496.38

# **OVERALL TEAM PLACING**

120. DOR Walking Around the Blocker 494.71 121. Public Health Walkers 493.14 122. Howdy SPED 493.1 123. SEHD Stroll Stars 492.86 124. EFNEP Walkamolies 489.97 125. Zach 's Long and Winding Road 489.48 126. Walking Warriors 489.29 127. The Aggie Rice Runners 487.91 128. Twist and Shout! 487.56 129. LAN Rovers 487.27 130. Sgt Pepper's Lonely Fish Club 486.68 131. All You Need is Living Well 485.94 132. Christopher Walkin' 484.44 133. The Walk Ness Monsters 483.49 134. Here Comes TVMDL! 482.61 135. Student Activities 482.56 136. Healthy Living Test Group 481.87 137. DORa The Explorers 480.24 138. 12th Man Troopers 480.04 139. Spinebinders 477.69 140. EA Student Workers 475.46 141. The Pedominators 472.56 142. Stroll Trolls 471.84 143. NCTM Kinesins 471.44 144. What Team? WildStuActs! 468.17 145. The aMAYSing Race 467.82 146. Sgt. Pepper's Lone Star Walking Club 467.48 147. MSC programs (we're gonna win) 465.03 148. Fast Walkers 464.36 149. T-Recs 463.82 150. Oldies but goodies 459.34 151. Here Comes the Run 459.06 152. Walking to Our Own Beat 456.38 153. Walking Legionnaires 451.12 154. Walk 'n Rollers 450.82 155. Road Scholars 450.29 156. Making Strides 446.5 157. Microbe Milers 445.17 158. Stroll Sisters and a Sole Man 443.36 159. Healthy Living Control Group 440.89



160. Not Fast Just Furious 440.88 161. M&M's 439.28 162. Red Hot Chili Steppers 438.13 163. Trufitters 436.32 164. SOFC 433.21 165. Team Tyler 431.57 166. Across the Universe and Texas 424.74 167. CHENuts 418.52 168. 16 Feet with Sole 417.04 169. DOR Don't Let Me Down 415.61 170. Blister Buds 414.4 171. Becky's Toddling Troup 2.0 411.16 172. Goal Getters 410.72 173. Sole Sisters 409.21 174. Slow and Furious 404.69 175. TI Coffee Runs 403.57 176. Personnel Pacers 402.53 177. Team Name 402.52 178. DOR All About That Pace 402.46 179. All You Need is Miles 400.64 180. All About The Payce 400.32 181. Jaywalkers 395.33 182. We Can Walk It Out 393.25 183. Sole Investigations 393.18 184. Hey Jude, Let's Stride 391.54 185. Tater Trotters 386.61 186. Walk Across KBTeXas 381.2 187. Sole Sisters 380.4 188. St Joseph Health Acute Care Therapy 379.21 189. Here Comes the Rain 377.64 190. TLAC 4Eva 376.38 191. Yellow SWAT-marine 375.18 192. License to Walk 374.07 193. Rubber Soles on Techbuy Road 370.57 194. Queso & Walkamolies 367.9 195. Step Up 366.63 196. Yesterday...all those miles seemed so far away 366.41 197. While My Calves Gently Weep 363.49 198. We Are the Walkrus 362.3 199. Red Hot Chili Steppers 361.42

200. The Young and the Breathless 355.1 201. Myles Miles Team 354.65 202. Walkie Talkie 352.64 203. (Walking) Across the Universe 352.21 204. Tater Trots 347.2 205. Solemates 346.43 206. Awesome & Spectacular 343.89 207. Walker Texas Counselor 343.17 208. Help! (I need some water) 341.68 209. Annex Amblers 340.09 210. We All Live in a Yellow LABmarine 339.8 211. EPSY Walkers 334.48 212. Charlotte's Toddling Troup 332.66 213. Let's Get Fiscal 325.09 214. Happy Feet 323.5 215. Are We There Yet? 318.4 216. walk it to the top! 313.11 217. FitBits 310.9 218. Walking Benefits 310.79 219. Legs Miserables 306.83 220. Tech Trek Titans 304.59 221. Hot Pepper Steppers 299.29 222. MTDE Misfits 295.28 223. TLI Mall Walkers 288.25 224. Walker's Team (Not) 283.63 225. Texas A&M – Nursing Team Maroon 276.43 226. Advanced Persistent Trek 275.76 227. I've Got (No) Feeling Left in my Legs 275.7 228. Helpful Upbeat Babes (HR-HUB-6) 272.14 229. TLI Trekkers 270.67 230. PhotoTexas CS 270.01 231. Will Walk For Snacks 262.33 232. Blackbirds walking in the dead of night 252.42 233. DOR Heart and Sole 243.56 234. Conduct & Cardio 237.16 235. The I Don't Knows 235.66

# **OVERALL TEAM PLACING**

236. Sgt. Pepper's Striders 235.65 237. Avocado Amblers 233.31 238 Your Pace or Mine? 22189 239. Double the Fun Strollers 220.69 240. Snow Balls 214.99 241. Sole Mates 214.56 242. Hello, Goodbye 214.3 243. rod wave fan club 209.68 244. Walkie-Talkie 205.06 245. Udder Chaos 203.81 246. AABS- Always Achieving Better Steps 199.23 247. The Dominators 192.95 248. Walkaholics 189.26 249. The Abraham Family Warriors 187.79 250. Pokémon Rangers 172.41 251. Texas A&M Fort Worth 165.61 252. Chubby Chicas 156.21 253. Shake it Shake it 144.58 254. Team Walking Dead 142.27 255. Maroon Milers 136.54 256. Sir Walksalot 135.56 257. team bims 123.8 258. The Hilly's Have Eyes 119.57 259. Walsh Lab 2 116.4 260. Baby got track! 113.46 261. Tater Trots 112.26 262. Gigem 106.64 263. The Walking Wonders 102.41 264. Brooke Laden's Team 102.24 265. DOR TAMIDS 100.74 266. LANDSCAPE ARCHITECTURE DUBS 97.66 267. Power Striders 96.47 268. Focaccia and Empanadas 90.87 269. roomies 89.3 270. We Have a Spreadsheet for That 88.18 271. DMS Walks 86.83 272. Rodzilla 82.52 273. The Bus Drivers 77.74 274. yipeeeee 76 275. the roomies 75.72



276. USAR gals 74.88 277. Sophia's Team 74.68 278. Rio Grande Valley Aggies 70.05 279. Risky Business 69.16 280. Sophie's team 68.84 281. Mousies 64.14 282. Happy Feet 63.33 283. Champions1234 62 284. Team OYE Vey 54.46 285. Risk Management Dept 53.83 286. Scrambled Legs 53.33 287. The Advising Avengers 50.41 288. Navroz's Team 49.7 289. bling bling steppas 44.15 290. URPN 41.9 291. Techs 41.29 292. Olivia L. Gouveia 39.9 293. Garza 36.78 294. walkacrosstx1 28.62 295. walk URPN 28.47 296. Lawyer St 25.39 297. natalie's team 24.75 298. Team Natalia 24.6 299. RichardBailey 21 300. Werner's Walkers 11.4 301. Lady Mocking Birds 8.37 STOP 302. D1 8.04



Workout Drawings (must be present to win) Most Inspirational Person Most Creative Team Name Top 3 Teams/Hall of Fame Random Drawing of Finishing Teams



#### Brazos County Extension Office 4153 County Park Court Bryan, Texas 11:30 am

Every five years, Texas A&M AgriLife Extension Service hosts the Texas Community Futures Forum to address local issues facing the general public in the areas of Agriculture and Natural Resources, Families and Health, Youth and Community Development. In order to ensure that the educational programs being planned for the future are on target, we invite your participation in the Texas Community Futures Forum. Your opinion is valued in our community so we hope you can join us. More details to come.

# HOWDY HEALTH UPDATES





#### 2024 Walk Across Texas Program Updates

We're thrilled to announce that we have rolled out some fantastic enhancements to the program that we think you'll absolutely love 🚀

Participant feedback has been invaluable in shaping these enhancements. We've listened, learned, and implemented these changes to better meet your needs.

We can't wait for you to explore these updates and discover how they can elevate your experience with the Walk Across Texas program.

#### Improved User Experience

We have revamped the program dashboards to make the website more intuitive and user-friendly.

Navigating through the program has never been smoother!

#### 🤾 Enhanced Mileage Entry Process 🏃

Participants now have the ability to add in daily miles walked (distance) or steps.

Also, participants can add up to 3 bonus activities daily from a selection of nearly 50 different moderate to vigorous physical activities in a new dedicated Bonus Miles section.

#### 📈 Daily Team Member Mileage Limit - 20 Miles

Implemented a daily limit on the number of miles that can contribute to the overall team mileage total.

The limit is 10 miles for each of the daily mileage and bonus miles sections, for a maximum of 20 miles per day.

However, rest assured that all individual mileage will be accurately recorded in your team member account.

This way you can still track your individual mileage totals, yet we can maintain a level playing field that acknowledges and appreciates everyone's contributions.







#### 2024 Walk Across Texas Program Updates

#### 📅 Introducing Program Deadlines

We have added clear deadlines for registration and mileage entry:

- **Registration Deadline:** all participants must be registered within 10 days of the start date.
- **Retroactive Mileage Entry:** all participants must enter daily mileage within 10 days of the selected date walked.

These deadlines will help you stay on track, maintain focus, and achieve your goals faster than ever before!

#### 💡 New Account Features

There are new account features that will empower you to do more with the program:

- We've enhanced the past program history section.
- Participants will now have access to verified completion certificates at the end of each Walk Across Texas program.

#### Uirtual Progress Map

This allows you to see your team's virtual progress as you Walk Across Texas in real time.

Stay motivated, collaborate, and celebrate your achievements together!

# $\overline{\mathbf{Y}}$ Your success is our top priority, and these enhancements are designed to achieve just that. $\overline{\mathbf{Y}}$

Answers to all of your questions and support requests are just a click away!

Review the Frequently Asked Questions for more information: <u>https://howdyhealth.org/programs/helpdesk</u>

While these exciting changes are being implemented throughout the Walk Across Texas program on a statewide level, we encourage you to connect with your local leadership for any specific features tailored to the unique aspects of your program.

# HOWDY HEALTH UPDATES





#### **Mileage Equivalents for Bonus Miles**

Category	Activity	Time to Equal 1 Mile
Bicycling	Bicycling	13 minutes
Conditioning Exercise	Active Video Game (moderate)	19 minutes
Conditioning Exercise	Active Video Game (vigorous)	13 minutes
Conditioning Exercise	Circuit Training (moderate)	17 minutes
Conditioning Exercise	Circuit Training (vigorous)	12 minutes
Conditioning Exercise	Elliptical	15 minutes
Conditioning Exercise	Health Club Exercise	15 minutes
Conditioning Exercise	Pilates	24 minutes
Conditioning Exercise	Resistance/Weigh t Training	20 minutes
Conditioning Exercise	Rowing (moderate)	16 minutes
Conditioning Exercise	Rowing (vigorous)	14 minutes
Densing	Densing	12 minutes
Dancing	Dancing	12 minutes
Lawn and Garden	Gardening	19 minutes
Lawn and Garden	Yard Work (moderate)	18 minutes
Lawn and Garden	Yard Work (vigorous)	14 minutes
Duracian	lassing	12 minutes
Running	Jogging	13 minutes
Running	Running	12 minutes
Sports	Badminton	15 minutes
Sports	Baseball/Softball	15 minutes
Sports	Basketball	13 minutes
Sports	Bowling	24 minutes

Category	Activity	Time to Equal 1 Mile
Sports	Cricket	16 minutes
Sports	Fencing	14 minutes
Sports	Football	12 minutes
Sports	Golf	16 minutes
Sports	Hockey	12 minutes
Sports	Horse Racing (galloping)	13 minutes
Sports	Horse Racing (trotting)	14 minutes
Sports	Horse Racing (walking)	19 minutes
Sports	Kickball	13 minutes
Sports	Martial Arts	12 minutes
Sports	Paddleball	14 minutes
Sports	Playing Children's Games	14 minutes
Sports	Racquetball	13 minutes
Sports	Rock Climbing	12 minutes
Sports	Roller/Ice Skating	13 minutes
Sports	Rope Jumping	12 minutes
Sports	Skiing	13 minutes
Sports	Soccer	13 minutes
Sports	Tai Chi	24 minutes
Sports	Tennis	13 minutes
Sports	Volleyball	18 minutes
Water Activities	Kayaking	15 minutes
Water Activities	Swimming (moderate)	20 minutes
Water Activities	Swimming (vigorous)	12 minutes
Water Activities	Water Aerobics	15 minutes

#### Version 1 - January 2024

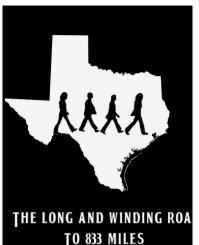
The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation, gender identity, or any other classification protected by federal, state, or local law and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

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Treasurer: Lindsey Armstrong-St. Joseph Health

BLT County Extension Agent/Advisor: Lora Jorgensen-Texas A&M AgriLife

FCH County Extension Agent/Advisor: Flora Williams-Texas A&M AgriLife Extension

Specialists/Advisors: Alice Kirk-Texas A&M AgriLife Extension Michael Lopez-Texas A&M AgriLife Extension

## Thank you Taskforce!

#### Members:

Dorithie Thomas-Texas A&M AgriLife Judy Kurtz-Texas A&M AgriLife Mary Parrish-Texas A&M AgriLife Sheri Meyer-Texas A&M University System Julie Prouse-Master Wellness Volunteer David Garcia-City of Bryan Living Well at TAMU Kirsten Brekken Shea-Texas A&M University Riley Fisher-AgriLife Intern Andrea Ryan-County Extension Agent (Grimes County)/Mentee Contact: Brazos County Extension Office Texas A&M AgriLife Extension Service

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