



# Walk<sup>®</sup> Across Texas!

## WEEK 1

February 3, 2014

Welcome to week 1! We're excited to have the following teams and 24 solo walkers:

**In it to thin it, Traffic Warriors, The Christopher Walkins, Dazzling Determined Dashers, Bryan Rebooters, Las Tortugas, WAT Fishes?, CATs (COGers Across Texas), Women Warriors, Bits & Pieces, Darling Divas, IODP Walker Bees, Agony of De Feet, Phenomenal Phew, Best Little Warehouse Workers, Legs Do This, The Coast Busters, Crazy 8, FOGG Fat Old Guys and a Girl, Sole Mates 2, Kitty shuffle, Dynacisers 2014, The MOB, Mixed Nuts, Financially Fit, TCALL Walkers 2014, Best Little Warehouse Walkers, Kickn Some Asphalt, Holey Walkamolies, Killing ourselves and Eating light (KE, Turn Up, Walk This Way!, Calorie Crushers, The Procrastinators, ResLifers, Wocka Wocka Wocka, The Walkie Techies, Holy Heelers, A Mays Zing Race, Tiger Striders, Sole Trainers, Too Inspired to be Tired, Keep Walkin', Cast a weighs, Wellness Warriors, Horsin Around, Get Walking, Beat the Dryer, Texas Heat, Get Fit For Life, ALL EAHRs 2014, ITSI Victorious Secret, Milam, Paper Pushers III, The Cushing Catchwords, Quad Squad, The Brute Squad, Cruisin for losin, Catherines Cronies.**

Hooray! We have 388 walkers registered so far. February 14 is the deadline to get teams registered to be eligible for prizes.

Encourage your team and start logging those miles. Don't forget the mobile website at [walkacrosstexas.tamu.edu/mobile](http://walkacrosstexas.tamu.edu/mobile). Check out our facebook page for more details on the mobile website and other excellent fitness tips.

Pssst! Pass the information below along to you team members.

**Join us for a weekly walking group led by a member of the WAT Task Force!**

The group will kick-off this ***Saturday, February 8th*** and will include a FREE walking seminar led by Kirstin Brekken Shea, an Associate Instructional Professor at TAMU Health and Kinesiology Department. Come learn proper walking form and stretching techniques!

The group will meet under the pavilion at Veteran's Park (3101 Harvey Road) on the following dates at 8:00am.

Look for the bright yellow or green t-shirts!

***February 8th, 15th, March 1st, 8th, 15th, 22nd, and 29th***  
(February 22nd we will be meeting at the Health Hullabaloo-more information to follow)

[www.brazoswat.com](http://www.brazoswat.com)

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If you need a great idea for Dinner Tonight visit <http://healthyliving.tamu.edu> for a great recipe and demo.

Happy trails,

Flora Williams  
Family and Consumer Sciences  
County Extension Agent  
Brazos County  
979.823.0129



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