



WEEK 1

February 13, 2015

Welcome to week 1! The Brazos County Walk Across Texas! Taskforce is beyond excited to have 621 registered team members, 47 solo walkers, and eight school team walkers!

REMINDERS

February 13

Deadline to get teams registered to be eligible for prizes.

February 14

Walking group meets at 8:00 in front of the JCPenney entrance.
(more details below).

Weekly

Encourage yourself and team members to start logging those miles.
As a goal, shoot to have weekly totals entered by Tuesday of each week.

Daily

Use the mobile website at walkacrosstexas.tamu.edu/mobile.

Check out our facebook page:

<https://www.facebook.com/walk.across.texas.by>



webpage at
<http://brazoswat.com>
for more details and excellent fitness tips.

Mark your calendars for Saturday Support and Recharge Groups

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

The group will meet this *Saturday, February 14th* and will include group warm up, walking, and warm down.
At Post Oak Mall at 8:00am. In front of the JCPenney entrance.

Look for the bright pink and orange Walk Across Texas t-shirts!

February 7, 14, 28, March 7, 14, 21

(February 21—find us at the Health Hullabaloo-more information to follow)

If you need a great idea for Dinner Tonight visit
<http://healthyliving.tamu.edu> for a great recipe and demo.
This week's demo **White Pizza with Smoked Turkey**



2015 Walk Across Texas Taskforce Members: Co-Chairs:

Fawn Preuss- St. Joseph Healthy Communities
Jessica Paul- Brazos County Health Department

Treasurer:

Howard Hart-City of Bryan

FCS Extension Agent:

Flora Williams

Members:

Kirstin Brekken-Shea-TAMU Department of Health & Kinesiology

Sheri Meyer-TAMU System

Sarah Tobola-TAMU

Alice Kirk-Texas A&M AgriLife Extension Service

Michael Lopez-Texas AgriLife Extension Service

JJ Macias-TAMU

Pat Pierson—Texas A&M AgriLife Master Wellness Volunteer

Sara Mendez-City of Bryan

Lesley Ward-Brazos County Health Department

Lisa Villalobos—TAMU System

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

Happy trails

Flora Williams

Family and Consumer Sciences

County Extension Agent

Brazos County

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