



# Walk<sup>®</sup> Across Texas!

## WEEK 3

February 27, 2015

Greetings Teams and Solo Walkers!

Way to ease on down the road. Teams and solo walkers are well on their way across Texas. Some are even headed back. Visit <http://walkacrosstexas.tamu.edu/tools-and-resources/view-progress.php> to view your team or your individual progress.

### T'ai Chi Anyone?

The February 28 Walking Group will feature a T'ai Chi demonstration. Don't miss it.

## Congrats to Week Three Top Teams!

### Miles Walked

1. Weapons of Mass Reduction 1000.53

2. Iron RoughTechs 970.58
3. IODP Mud Monkeys 846.30
4. Feet dont fail me now 842.37
5. Law and Order Special Fitness Unit 787.15
6. Brute Squad 738.02
7. Walking Dead or Alive 708.00
8. Walkin And Rollin 677.99
9. ALL CAPS 625.48
10. Walk Force 621.95

**Wow! Just wow!**

## **Pounds Lost**

1. JUSTABLES N SYNC 3 16.00
2. ALL CAPS 15.70
3. Henry's Walkers 15.20
4. Law and Order Special Fitness Unit 13.00
5. FIB 10.00
6. Walk Force 1 10.00
7. Weapons of Mass Reduction 8.40
8. Beutel Beauties 5.00
9. Simpliwalk 5.00
10. Team I 4.00

**Wow! Six teams in double digits in pounds loss.**


## **Top 10 Solo Walkers**

1. Barbara 127.20

2. Frank 120.00
3. Richard 102.91
4. Oscar 81.10
5. Kimberly 66.00
6. Brenda 54.00
7. Helen 46.50
8. Brad 32.10
9. Lou Ellen 31.63
10. Jessica 28.33

**Wow! Three walkers over 100 miles.**

## Reminders

- Record your miles each week.
- Set a goal to log the previous week's miles by Tuesday of each week.
- If you are having issues inputting miles, submit a ticket with the help desk.
- Sara Mendez is the contact person for t-shirts. Feel free to email her at [smendez@brazoscountytexas.gov](mailto:smendez@brazoscountytexas.gov).
- Like us on facebook  <https://www.facebook.com/walk.across.texas.bv> . We are at 141 likes.
- Walking groups will resume at **Post Oak Mall** on **February 28, March 7, March 14, March 21 at 8:00 a.m.** We hope to see you there! Yeah you!
- Looks like the heat is on! Keep going and going and going...



## Walk Across Texas Milestone

Four teams exceeded 833 miles the distance across Texas in week three: **Weapons of Mass Reduction, Iron RoughTechs, IODP Mud Monkeys, and Feet dont fail me now.**

Let's see how many will join them in the next five weeks.

### Kudos...

- To those who attended the Health Hullabaloo.
- To taskforce members who manned the Health Hullabaloo booth: **Leslie Ward, Pat Pierson, Sheri Myer, Michael Lopez, Artheria Brown, Sara Mendez.**
- To **Alice Johnson** on winning the Walk Across Texas! T-shirt for like our facebook page.
- To **Team Walkie Talkie** for your facebook post. Keep it up! You have to visit the page to know what **Johanna Del Carmen** posted.

### Looking for a great recipe?

If you need a great idea for dinner tonight, check out our demonstration of One Skillet Chicken and Couscous.



Go to <http://healthyliving.tamu.edu> to see a quick video demonstration and to download the recipe.

-OR-

To begin receiving quick, easy and healthy recipe inspiration, register at <http://agrilife.org/dinnertonight/>

## 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- Brazos County Health Department  
Lesley Ward- City of Bryan  
Lisa Villalobos—TAMU System  
Artheria Brown—Texas A&M AgriLife Extension Service Intern

Happy trails,  
Flora Williams

Family and Consumer Sciences  
County Extension Agent  
Brazos County



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