




## **WEEKS 4 & 5**

**March 3, 2014**

Greetings Team Captains and Solo Walkers!

We find ourselves at week five with 59,985 miles walked. Now, that is applause worthy! Keep on moving and keep logging those miles. Hooray! We're beyond half way.

Thank you to those who made it to the Health Hullabaloo and shout out to those who participated 5K that day. A big thank you to the Saturday group walkers keep on coming out to walk and fellowship. Please encourage your team members to join us in Veteran's Park over the next few Saturdays.

We did it! We are up to 107  on facebook. If your team members haven't liked the page yet, let them know it's a great place some extra tidbits and photos.

Here is a Thomas Moore quote:

Walking inspires and promotes conversation that is grounded in the body, and so it gives the soul a place where it can thrive. I think I could write an interesting memoir of significant walks I have taken with others, in which intimacy was not only experienced but set fondly into the landscape of memory. When I was a child, I used to walk with my Uncle Tom on his farm, across fields and up and down hills. We talked of many things, some informative and some completely outrageous, and quite a few very tall stories emerged on those bucolic walks. Whatever the content of the talking, those conversations remain important memories for me of my

attachment to my family, to a remarkable personality, and to nature."

- Thomas Moore, *Soul Mates*

We would love to hear your teams' thoughts and fond memories of walks taken. Share them on our facebook page.

If you want a great recipe Pork Tenderloin with Cabbage Apple Slaw is the featured Dinner Tonight video for the week. Just log on to <http://healthyliving.tamu.edu>.



Reminders:

- Sara Mendez is the contact person for t-shirts. Feel free to email her at [smendez@brazoscountytexas.gov](mailto:smendez@brazoscountytexas.gov).
- Keep it moving! Keep it moving!

Happy trails,  
Flora  
Family and Consumer Sciences  
County Extension Agent  
Brazos County



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