

Brazos County Walk Across Texas 2016

WELCOME TO WEEK THREE HIGHLIGHTS AND TIDBITS

What Comes After 25?

That's right 26! ...And the number grows from nine to 26 teams who are well on their way across Texas. Visit <http://walkacrosstexas.tamu.edu/tools-and-resources/view-progress/for-complete-list>.

Amazing! 26 Teams Walked Across Texas

Rank	Team Name	Total Team Miles
1	Law and Order Special Fitness Unit	2403.70
2	Derelicts	2128.37
3	Aqua Strutters	1861.14
4	Witness the Fitness	1765.03
5	CATs	1517.56
6	T Swizzle	1409.73
7	House of Carbs	1284.78
8	The Holy Walkamolies	1229.81
9	8 Shades of Awesome	1192.91
10	Pirates of the Angulhas	1184.09
11	Qatar Land Cruisers	1170.44
12	Workforce Stars The Force Awalkin	1170.43
13	Dream Team	1160.00
14	Ton Of Fun	1114.16
15	Fit Squad	1100.40
16	DOR Pace Makers	1099.37
17	Beast of TEEX	1062.79
18	CupCake Mafia	1018.51
19	Got Legs?	1012.56
20	The Grateful 8	1008.06
21	Fire Walkers	972.76
22	Women Warriors	917.37
23	Hotsteppers	903.40
24	GOYA Now	897.26
25	ITSI Magnificent 8	871.92
26	Too Inspired to be Tired	856.53



Movement in Top 20 Solo Walkers

1	Henry	367.10
2	Zackary	242.00
3	Quentin	159.39
4	Gustavo	157.04
5	Dianna	151.85
6	Jack	130.00
7	Amber	121.15
8	Alexandra	115.51
9	Johanna	112.00
10	Fabiola	98.73
11	James	98.60
12	Angie	86.53
13	Maria	81.70
14	gaby	75.00
15	Catherine	68.80
16	Ludim	66.62
17	Lynn	63.20
18	Gustavo Sr.	61.15
19	Dana	54.00
20	Pat	51.00

There has been some shifts in the placing of the solo walkers. Keep it up!

Way to go!

REMINDERS

Report your miles weekly:
Aim to have miles no later than Tuesday of each week for newsletter purposes

First 20 club:
The first 20 teams across Texas has been filled and will receive a commemorative gift from the prize patrol.

 **Like us on facebook:**
Walk Across Texas - Brazos Valley
182 likes so far! That's two more than last week.

Visit our local website:
www.brazoswat.com

Most Valuable Player Award
Email nominations can be sent with an explanation of how and why this team member has been an inspiration to you and is the MVP of your team to fewilliams@ag.tamu.edu by March 27th.)

Send Pictures
Email pictures of your team in action to fewilliams@ag.tamu.edu.

Think 20 Challenge. Any Takers?

In honor of the 20 years of dusting the Texas trails, we want to see how creative teams can get with tying the number 20 into your workouts. Send us pictures and ideas.

Ready...set...go!



QATAR LAND CRUISERS
This team has been cruising. They are in 11th place this week with more than 1170 miles.

From L to R : Kirth Regis, Danny Johnston, Gary Hines, Brandon Champion, Jon Swain, Aaron Bridge, Alex Mandy, Ed McAlpin,



Dream Team and Sassy Striders are mapping their way across Texas. This is their bulletin board at the Lincoln Recreation Center.



**Walk®
Across
Texas!**

Celebrating 20 years of dusting the trails!



**Walk®
Across
Texas!**

FLASHBACKS TO THE HEALTH HULLABOO

Team Aqua Strutters completed the 5K and visited the booths.



Aqua Strutters are in 3rd place this week. Way to go!

WAY TO GO LOSERS!



Rank	Team Name	Team Pounds Lost			
1	Beast of TEEX	32.50	21	The A Team	
2	DOR Fit Fiends	29.00		5.80	
3	GOYA Now	28.00	22	DOR SWAT SRS Walks Across Tex-	
4	Cyberfitbits	26.00	as	5.00	
5	UCENs Flab U Less 8	21.30	23	Brazos County Walking Warriors	
6	SWAT	21.00		4.60	
7	8 Shades of Awesome	19.80	24	DOR Running With The Pack	
8	TEEX Safety Troopers	18.00		4.50	
9	Qatar Land Cruisers	15.75	25	Pace Setters	4.20
10	Earth Wind and Water	14.50	26	PRECINCT 3 FAT LOSERS	
11	PRECINCT 3 STREET WALKERS			4.00	
	11.00		27	SmartFit Walkers 2016	3.20
12	The Constructive Soles	10.80	28	The Darth SFAIDers	3.00
13	Witness the Fitness	9.28	29	Wild Walton Walkers	3.00
14	We Might Be Crazy	8.60	30	Ton Of Fun	3.00
15	Catch Us If You Can	8.00	31	HQ Hikers	2.50
16	WWW	7.40	32	CupCake Mafia	2.00
17	Law and Order Special Fitness Unit		33	Lets Give em Something to Walk	
	7.00			About	2.00
18	Too Inspired to be Tired	7.00	34	Keep on Truckin	1.00
19	Caps Walk is On	6.50	35	Right TAP Shoe	1.00
20	The Young and the Rest of Us			TOTAL POUNDS LOST:	
	6.00			356.23	

HOW ABOUT THAT 356.23 POUNDS!

Bye bye pounds! 35 teams are really losing it.



Five Health Tips for 2016

- 1. Eat Breakfast** Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.
- 2. Make Half Your Plate Fruits and Vegetables** Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.
- 3. Watch Portion Sizes** Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. To complete the meal, add a serving of fat-free or low-fat milk or yogurt.
- 4. Be Active** Regular physical activity has so many health benefits. Start by doing what exercise you can for at least 10 minutes at a time. Children and teens should get 60 or more minutes of physical activity per day, and adults should get two hours and 30 minutes per week. You don't have to hit the gym—take a walk after dinner or play a game of catch or basketball.
- 5. Fix Healthy Snacks** Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

Do you know how to make the perfect boiled egg?



Visit <http://dinnertonight.tamu.edu/?s=egg>

For more recipes and cooking tips subscribe to dinnertonight.tamu.edu.

2016 Walk Across Texas Taskforce Members

Co-Chairs:

Lesley Ward- City of Bryan

Sara Mendez- Brazos County Health Department

Treasurer:

Howard Hart-City of Bryan

FCS County Extension Agent:

Flora Williams-Texas A&M AgriLife Extension

BLT Nutrition Education Extension Assistant

Priscilla Hammond-Texas A&M AgriLife Extension

Members:

Sheri Meyer-TAMU System

Sarah Tobola-TAMU

Alice Kirk-Texas A&M AgriLife Extension Service

(WAT Program Director)

Michael Lopez-Texas A&M AgriLife Extension Service

JJ Macias-TAMU

Pat Pierson—Texas A&M AgriLife Master Wellness Volunteer



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Brazos County Walk Across Texas Solo Walkers

Just for fun!



A	L	E	X	A	N	D	R	A	S	X	J	S	A	L
C	C	A	K	R	I	S	T	A	T	Y	E	A	T	E
N	A	Y	N	K	D	R	Z	S	E	B	S	R	R	H
O	I	T	N	N	N	V	J	H	P	A	S	A	Y	L
V	R	T	H	T	A	G	M	A	H	G	I	H	Q	L
A	A	O	N	E	H	I	Y	R	A	K	C	A	Z	A
T	M	X	J	E	R	I	D	O	N	L	A	R	N	G
S	E	M	A	J	U	I	A	N	I	M	O	N	A	R
U	L	Y	N	N	S	Q	N	S	E	B	A	B	D	E
G	F	A	B	I	O	L	A	E	E	H	R	Y	A	T
E	E	Y	L	H	S	A	S	R	O	I	E	M	M	L
D	J	I	K	T	M	F	T	J	E	L	B	I	E	A
N	A	X	G	C	A	A	O	L	I	E	D	N	M	W
C	V	N	L	N	A	P	A	A	R	U	N	W	A	D
D	I	V	A	D	A	J	B	X	L	J	U	L	I	E

ADAM
ALEXANDRA
AMBER
ANGIE
ASHLYEE
BAILEY
CATHERINE
CYNTHIA
DANA
DAVID
DAWN
DIANNA
FABIOLA
GABRIELA
GABY
GUSTAVO

JACK
JAMES
JESSICA
JOHANNA
JULIE
KRISTA
LISA
LUDIM
LYNN
MARIA
PAT
QUENTIN
ROBERTA
SARAH
SHARON
STEPHANIE

WALTER
ZACKARY