



**Walk[®]
Across
Texas!**

**TEXAS A&M
AGRI LIFE
EXTENSION**

March 28, 2014

Greetings Team Captains and Solo Walkers!

The dust has settled on Brazos County Walk Across Texas 2014! Hats off to you! Over the eight weeks, 278.6 pounds were lost and 12,5262.34 were walked as reported by the entry deadline on April 4.

The Walk Across Texas Taskforce would like to congratulate everyone on their efforts. It is our sincere hope that you will join us again next year and that you fit fitness into your day every day.

Join us on April 16 by listening to the KBTX Brazos Valley This Morning Show at 6:00 a.m. If you miss the 6:00 a.m. announcement, you can view it online at by going to kbtx.com then clicking on Brazos Valley This Morning link. We will announce the top teams, the most creative team name, most inspirational person, and winner of the drawing. The Walk Across Texas prize patrol will deliver prizes beginning at 1:30 p.m. on that day.

If you or your team members completed the program, be sure to complete the Wrap Up information. Once it is entered, a Certificate of Achievement is generated and can be printed to commemorate this year's feat.

As always if you are looking for a great idea for dinner tonight, check out our demonstration for:

Grape Tomato and Cilantro Salad

It is packed with nutrients for good health and it's easy to make.



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

We hope you enjoy Dinner Tonight!

Happy trails,

Flora Williams

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