

April 16, 2018

**You Are Doing Great!
Let's Pick Up The Pace !!!**



IMPORTANT DATES AT A GLANCE

WAT Dates—March 12– May 6, 2018.

~~Week 1: March 12– 18, 2018~~

~~Week 2: March 19-25, 2018~~

~~Week 3: March 26-April 1, 2018~~

~~Week 4: April 2-8, 2018~~

~~Week 5: April 9-15, 2018~~

~~Recharge Event, April 17, 2018 ; Rosenberg Annex~~

Week 6: April 16-22, 2018

Week 7: April 23-29, 2018

Week 8: April 30-May 6, 2018

Last day to enter miles: May 7, 2018

 Report your team or individual physical activity each week so team captains can report by Tuesday at 5:00.



W – Wow! Wholly Guacamole! we have now reached **13,165.91 total miles!!!** You Rock Fort Bend County!

A - Action! Eat an avocado! Avocados offer many health benefits. They are an excellent source of potassium, several B vitamins, vitamin E and fiber. One avocado contains as much potassium as two or three bananas. Potassium is an important mineral and electrolyte that helps enzymes involved in carbohydrate metabolism and is essential for heart contraction. In addition, studies suggest that for people with high blood pressure, diets high in potassium can help to lower blood pressure¹.

L - Learn! Not all fats are created equal. Avocados can boast heart-healthy fat. Although all fats contain the same amount of calories, they affect the body very differently. Avocados are high in fat, but they contain the heart healthy monounsaturated fat. Diets higher in monounsaturated and polyunsaturated fats may decrease the risk of heart disease. Monounsaturated fats have also been shown to lower the “bad” LDL cholesterol and increase the “good” HDL cholesterol. The oils contained in avocados include oleic and linoleic acids. Studies show that those oils may help to lower cholesterol levels.

K - Keep Up! Exercise is good for the heart. exercise burns calories, which can help you maintain or reach a healthy weight. Regular exercise also improves factors linked to cardiovascular health, resulting in lower blood pressure, healthier cholesterol levels, and better blood sugar regulation. Exercise also promotes positive physiological changes, such as encouraging the heart's arteries to dilate more readily. It also helps your sympathetic nervous system (which controls your heart rate and blood pressure) to be less reactive.

Ingredients

4 ounces spinach fettuccini noodles
1 tablespoon olive oil
2 garlic cloves minced
3/4 pound medium shrimp peeled and deveined
1 (14.5 ounce) can diced tomatoes with basil oregano and garlic un-drained
1/2 cup half and half
1/4 cup green onions sliced

Italian Shrimp Pasta
6 Servings.

Instructions

Cook pasta according to package directions; drain.
Cook garlic and shrimp in hot oil, over medium-high heat until shrimp are pink and opaque.
Stir in tomatoes; simmer 5 minutes.
Blend in half and half and green onions; heat through (do not boil).
Serve over hot pasta.



Anytime you are looking for healthy recipes, tips, or tricks in the kitchen visit dinnertonight.org

Please send pictures and stories about your team or team members to Leticia Hardy at the email below: lvrolland@ag.tamu.edu

MEET THE MOVERS & SHAKERS



DORY SAYS TO: JUST KEEP WALKING, JUST KEEP WALKING, WHAT DO WE DO? WE WALK!!



TOP 3 TEAMS

Walking, Texas Rangers	417.72
Gut Busters	399.73
The AG'cer-Sizers	350.00

TOP 5 Walkers



Walking, Texas Rangers	
SHELLBIE CADANA	494.59
Waist Watchers	
BELINDA GARZA	394.00
The Ag'cer-Sizers	
MAC MCDOWELL	331.00
The Ag'cer-Sizers	
DOUG STAFF	281.50
Gut Busters	
MONICA CHAPPA	279.91

Beef & Broccoli Stir-fry
Makes 4 Servings



Ingredients

- 1/4 cup red onion sliced very thin
- 1/3 cup red wine vinegar
- 1 lb fresh asparagus spears trimmed
- 3 cups fresh arugula (can substitute spinach)
- 2 tbsp fresh mint minced
- 3 tbsp olive oil extra virgin
- 1/4 tsp salt
- 1/8 tsp black pepper
- 4 sprigs of thyme
- 2 ounces green olives drained and chopped

Instructions

To pickle onions, combine onion and vinegar in a small bowl. Cover and let stand at room temperature for at least 30 minutes or in the refrigerator for up to 24 hours.

Pre-heat oven to 400 °F. On a baking sheet lined with parchment paper, place the trimmed asparagus in a single layer. Drizzle asparagus spears with 1 tablespoon olive oil and salt and pepper to taste. Roast asparagus for 15-20 minutes (until tender crisp).

Meanwhile, in a large bowl combine arugula and mint. Use a slotted spoon to transfer the onions to the mixture.

Pour 3 tablespoons of the vinegar from the onion bowl into a small screw top jar. Add oil, salt and pepper. Cover and shake well.

Add cooled asparagus spears to the salad and drizzle vinegar mixture over the salad, toss gently to coat. Serve immediately.

MID POINT DRAWING WINNERS

TEAM

HONEST ENGINE TREKKERS

INDIVIDUAL WINNERS

1. ANDREA MANSFIELD—SPRINGIN INTO ACTION
2. HOLLY FLORES—AGONY OF DE FEET
3. CHRIS DEBAILLON—HONEST ENGINE TREKKERS

