

5/28/21

This message is being sent bcc to all participants in the 2021 Montgomery County Walk Across Texas Community Challenge with valid emails in the WAT database. This is not an automated mailing list. Email addresses will not be shared.

Ooops, I did it again! The goal is usually to get the WAT emails out on Wednesday.... but here is it Friday... so I'll just say Fri-yay! I took a few days off to spend some time with family for my birthday. 😊 I hope everyone has an awesome holiday weekend and can get a few more steps in the coming week!

W – Wow! Our cumulative total is **53,796.99** miles (*oh snap! If only I had just walked that extra tenth of a mile...*) between our adult and youth teams! The adult teams have reported **53213.16** miles and youth (they are “small but mighty”) have reported **583.83** miles.

Attached are the team standings, overall and sorted by start date. We have some really awesome teams this year!! I have included the team captain names on these reports, because I want to give a nod to the extra work they do keeping in keeping team members motivated! Thanks for volunteering!

Some of you are coming to, or have come to, the end of your 8 weeks. When you do, there should be a message or prompt in Howdy Health **to complete a wrap up survey**. That survey is very helpful for us. **Those who follow through with entering miles and completing the survey** will be entered into a special drawing for prizes sometime in June.

A - Action! Thanks to everyone who sent in comments about their WAT Experience. Congratulations to **Santa Stone, Ingrid Pearson, and Devery Johnson** for winning the prize drawing! You have your choice of a \$10 gift card from HEB, Kroger, Amazon, OR Mama Juanita's in Conroe.

As you may know Walk Across Texas is based on CDC guidelines for physical activity. The recommendation is for healthy adults to get about 150 minutes per week of physical activity. With the idea that about 20 minutes of activity is roughly equal to a mile, 150 minutes would break down to about 7.5 miles each week. Of course, some weeks will be better than others. Also, the intensity of the activity is important. “Extra effort” can make a difference. So, the next mini challenge will look at weekly averages (to the point of wherever you are at in the 8 weeks) and we'll offer prizes (choice of gift cards) for **3 individuals who have an average of at least 10 miles per week**.

L – Learn! There's more to physical activity than just walking...**Walk. Run. Dance. Play. What's your move?** It can be hard to find the time in your busy routine for physical activity. The Move Your Way® tools, videos, and fact sheets on this page have tips that make it easier to get a little more active.
<https://bit.ly/3hc0qTf>

K – Keep Up! We'll continue with a few more weeks of emails... on Wednesdays... or Blursdays... while teams that started later finish up. There will still be still opportunities for everyone to have a **chance to win something**. Don't forget that we have a “**prize patrol**” that can come out to celebrate with your team! We have extra prizes, balloons, and the “I walked across Texas” banner to use for photos. But we really hope one of the most rewarding things about this event is your experience with the program and hopefully some motivating benefits you have gained by participating. We are glad you have joined us this year!

And, not to forget, our favorite.... **Fun Team Names:** (this theme: random connection of money, records, and half of what I need) **Walker Taxes Ranger, Treasurer Trotters, MCSO Records Team, and Half-Fast Walkers**

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Best,

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