

6/2/21

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.

Blursday...Thursday... I actually feel like it's a Tuesday. But, it's a WEDNESDAY day! And we are happy to be able to be physically active on any given day! Here's our weekly WAT W A L K:

W – Wow! Our Currently Montgomery County's mileage total is **5555.65** for adults (I love the number 5!) and 583.83 for the youth team.

Attached are the current adult team standings overall and sorted by start date. And below are the current top ten teams and walkers.

Top teams:

- TEXAS TAMALES (4/5/2021) 2548.22
- Red Hot Chili Steppers (4/3/2021) 2431.93
- Texas Steppin' (4/1/2021) 2284.36
- Inspired Striders (4/1/2021) 1896.29
- Conroe Curves Walkers (4/1/2021) 1850.3
- Simply The Best (4/1/2021) 1839.89
- Conroe Dashers (4/1/2021) 1815.23
- 50 Shades of Hay (4/1/2021) 1806.49
- Coushatti Trace DAR Team 1 (4/1/2021) 1554.7
- Chasing The Ice Cream Truck (3/29/2021) 1508.32

Top walkers:

- 4/1/2021 -Santa Stone- Texas Steppin' -751.1
- 4/1/2021- Mitch Vest - 50 Shades of Hay - 613.58
- 4/1/2021- Lori Goodall- Conroe Curves Walkers - 539.28
- 4/5/2021- Erica Alston -TEXAS TAMALES - 531.9
- 4/5/2021 - Mariana Maher - TEXAS TAMALES - 512.3
- 4/3/2021- Devery Johnson - Red Hot Chili Steppers - 512.01
- 3/29/2021 - Mike Butchello - Chasing The Ice Cream Truck - 491.6
- 4/1/2021 - Natalia Martakova - Holy Walkamolies! -Mitchell Library - 434.56
- 4/1/2021 - Barbara Ward - Inspired Striders - 425.88
- 4/5/2021- Berta Flores - TEXAS TAMALES - 423.27

Many teams have finished or will finish soon. **Remember to complete your wrap up survey. We'll have a prize drawing from everyone who completes a survey!**

A – Action! We drew names from a list of people who have averaged at least 10 miles per week. Congrats to these winners who can choose from a gift card or one of the donated prizes.

- **Alli Stephens** from **Buns On The Run** (CASA Montgomery County league)
- **Kirsten McGaugh** from **Team Tortoise** (Alight Solutions league)
- **Melissa McNeill** from **Simply The Best** (Montgomery County Library System)

We like this challenge so much; we want to do it again for this week!

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L- Learn! We have focused almost exclusively on physical activity in our “learn” sessions (you know... this section of the weekly email that serves as a way to supplement the WAT event with some good ol’ education) but eating right is the other part of being healthy! You may be asking, “**How Can I Cook Healthfully?**” Well, the American Heart Association (@American_Heart on Twitter) tells us some ways of cooking are better than others for cutting saturated fat, trans fat, sodium, added sugars, and calories. At the same time, you can maximize your nutritional benefits. Check out this article for the down-low: <https://bit.ly/3tHilUq> It’s actually a PDF you can print and post on the fridge.

K- Keep up! We love hearing from people about how Walk Across Texas is helping them out.

Ingrid Pearson of **Texas Steppin’** told us *“I am so honored to be participating in Walk Across Texas again. I believe this is my third year, and I love being a part of this challenge.*

This year has been one filled with change and struggles. Walk Across Texas has given me an opportunity to focus on something positive. Originally, it was all about the health journey of getting physically active. All of that changed this year. When I walk, I am able to shut out the worries by focusing on the walk and my music. I feel renewed and ready to tackle my day after I have walked.

In addition to that, my husband, who is such a wonderful blessing in my life, has truly embraced the challenge. The Walk Across Texas has motivated him to push himself by setting and reaching new goals. He religiously goes and walks EVERY day. You should see his disappointment when it rains :-)

I was thrilled yesterday when I read your weekly email let me brag a bit ... my team is in THIRD place (never thought that was possible), and my sister is the #1 walker! I am so proud of her.

I am truly looking forward to next year!”

Santa Stone also of **Texas Steppin’** told us *“This year’s WAT has been so much fun. I’m really proud to be part of a team of people who have each walked more than 200 miles to date. I think that shows commitment and grit.*

As COVID dragged on and I continued to WFH and Social Distance I decided that instead of trying to walk 10,000 steps a day I would walk at least 2,000 steps every hour I’m awake (that’s usually 7am - 9pm). I’m proud to say I’m on a 180 day streak.

I try to walk, dance, skip, chase my dog or vacuum for 10 -15 mins every hour and the result is an average of about 30,000 steps a day! It’s been fun...I’ve shared this approach with many and I feel it’s helping to keep me and others happy & healthy!”

Every year, as team captain, **Devery Johnson** of Red Hot Chili Steppers says, gives an additional certificate to her team members. She attached a picture of what she has planned for the current year. *“It should be fun!”* she says.

If you have pictures or comments you’d like to share, send them our way...we may even throw in some random prizes for those who do!

We’ll have just a few more emails while all the teams finish up.

Thanks for taking this journey with us!

Until next week...

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Amy

P.S. ... insider information: Plans are in the works for a **Walk Across Texas 25th Anniversary** celebration and special event in the fall!! You and your friends and family will be able to participate in another WAT challenge with people all across the state of Texas! We can hardly wait!!