

6/9/21

This email is being sent bcc to 2021 Montgomery County Walk Across Texas Community Challenge participants with valid emails.

We have just about finished the race... *wait...* WAT is not a race, *per se...* but just about every team that signed up to participate in the 2021 Montgomery County Walk Across Texas Community Challenge has completed their 8 weeks. So, it's kind of like we are finishing a race as we wait for the last few miles to be counted. This will be one of our last weekly WAT WALKs. Let's get to it...

W – WOW!

58,084.03 miles!! That's how many we have accumulated collectively! Fun facts: It's roughly 832 miles across Texas, roughly 3,000 miles across America, and roughly 24,901 miles around the world. This means we have pretty much...kind of...sort of... walked across Texas *and around the world TWICE* together! Nice job, Montgomery County!

Below are charts for top 20 walkers and top 20 teams and attached is the full list. Since we are close to the end, the attachment is not sorted by start date, but the start dates in the chart for reference.

A – ACTION!

Winners from the previous drawing are from those who roughly averaged at least 10 miles per week. These folks have their choice of an Amazon, HEB, Mama Juanita's, or Kroger gift card. Send us an email to let us know what you'd like!

Misty Douglas of team: **Rockstars**

Sarena Hempling of team: **Straight off the couch**

Tracie Kowis of team: **Dewey or Die**

Since we are finishing up, will give everyone who has **made an effort and entered miles** (*any miles at all*) a chance to win gift cards. We'll draw a least 5 for the next set of winners.

L – LEARN!

Obviously, physical activity is good for you in the short-term by helping you get stronger and feel better. But did you know it has some awesome long-term effects too? According to the Centers for Disease Control, **Physical Activity Prevents Chronic Disease!** This article on CDC.gov says that regular physical activity helps reduce your risk of chronic conditions like type 2 diabetes, heart disease, many types of cancer, depression & anxiety, & dementia. <https://bit.ly/3hIeO62> *Who knew?* (... well I did...and the people who developed WAT knew...that's really why we have WAT!)

K- KEEP UP!

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Well, this has been another busy week as things are getting back to “normal.” I’ve been to College Station twice, and going back tomorrow, for the **75th annual Texas 4-H Roundup**. Roundup is a collective of contests that represent the culmination of learning experiences of youth in one of the largest youth development organizations in Texas (and the U.S.) If you are not **familiar with 4-H**, or would just like to learn more, take a second to check it out online and on Facebook.

Texas 4-H website: <https://texas4-h.tamu.edu/>

Texas 4-H Facebook page: <https://www.facebook.com/texas4h>

Montgomery County 4-H website: <https://agrilife.org/montgomery4h/>

Montgomery County 4-H Facebook page: <https://www.facebook.com/4HMontgomeryCounty>

Many people don’t realize **all we do in Extension** in addition to Walk Across Texas, like 4-H. You can learn more about Extension in general also by checking out our website and social media.

Texas A&M AgriLife Extension website: <https://agrilifeextension.tamu.edu/>

Texas A&M AgriLife Extension Facebook: <https://www.facebook.com/agrilifeextension>

In a nutshell, ***we help Texans thrive***. You can also learn more about how we plan to do that in our Strategic Plan for 2020-2025: https://cdn-ext.agnet.tamu.edu/wp-content/uploads/2021/03/AgriLifeExtension_StrategicPlan_Final.pdf

Heads up: We plan to do **a report on the 2021 WAT Community Challenge for the Montgomery County Commissioner’s Court on June 22** during the early part of their meeting that begins at 9:30 in downtown Conroe. If you can join us for a few minutes to stand in support and maybe even share a few words, we’d really appreciate it! Let me know and I can give you all the deets!

And, we’ll have a statewide Walk Across Texas Community **Challenge in the fall to celebrate the 25th Anniversary**.

Until next week,

Amy