

*This email is being sent bcc to participants in the 2021 Montgomery County Walk Across Texas Community Challenge. See you again in September!*

WAT W A L K wrap rap...

*Walk Across Texas, twenty-twenty one. Now our event is said and done. We had a blast and gave out some cash. We walked a lot, with food for thought. We put steps in, so our team can win. Even though we really know, it's about the show, of support, as we each report, the time we spend, walking in the wind, and the rain, sometimes in sun and sometimes in pain. Nah, not really, it wasn't bad. I'm really glad, that we had this opportunity, to get more activity, and increase our proclivity, to see what we can see, when it comes to you and me, getting healthier, maybe even wealthier, in body and soul at least, even with my family back east. Okay that's enough, this is getting silly, and a little rough. All of this is to say, way to go and I'm proud of yo!*

Okay... that was fun... now **for the very last WAT WALK of the 2021 Montgomery County Walk Across Texas Community Challenge!**

**W – Wow**

**Final mile tally: 58,604.92 – You rock, Montgomery County!**

Shout out to the kids **Team Ocean:** Charlie, Taylor, Aria, Myka, Ava, Hailey, Phoenix, Ellis, Syntori, and Tryston who together walked **1157.83 miles** (and shout out to **Andie Pruitt** for keeping them organized)

**Top 5 teams (all totals attached)**

**TEXAS TAMALES - 2548.22**

**Red Hot Chili Steppers - 2431.93**

**Texas Steppin' - 2284.36**

**Inspired Striders - 1896.29**

**Conroe Curves Walkers - 1850.3**

**And, top 5 walkers (top 100 attached):**

**Santa Stone - Texas Steppin' - 751.1**

**Mitch Vest - 50 Shades of Hay - 613.58**

**Lori Goodall - Conroe Curves Walkers - 539.28**

**Erica Alston - TEXAS TAMALES - 531.9**

**Mariana Maher - TEXAS TAMALES - 512.3**

**A- Action**

Our last mini- challenge was completing the wrap up survey. Of the 72 who complet3ed the survey, we drew 5 names randomly. Congratulations to:

**Tamika Payne** of Team Discoverables

**Judith Thornton** of Conroe Curves Walkers;

**Jesse Marin** of Simply The Best

**Estela Sanchez** of Smokey and the Bandits

**Kyle Johnson** of Red Hot Chili Steppers

Email us to let us know what you would like (\$10 gift card to Mama Juanita's in Conroe, HEB, Kroger, or Amazon) and how to get it to you.

### ***L- Learn***

*It's hot outside, y'all!* Here's some suggestions to **Beat the Heat** from the National Institutes of Health. The arrival of sunny days can make you eager to be outside. Getting outdoors can be good for you in many ways. It provides opportunities for exercise. It can also boost your mental health. But as the heat rises, some health risks also increase. Intense heat can put strain on both your body and brain. Check out the full article here: <https://bit.ly/3iMAXkc>

### ***K- Keep up***

Since this is the last WAT WALK for this event, I want to **say a huge heartfelt thank you** for participating! Texas A&M AgriLife Extension Service offers the WAT program for free as a part of our mission to connect agriculture and health and to help Texas thrive. Our "payment" is your participation in helping us make Texans healthier. **We appreciate the Texas Legislature and the County Commissioner's Court for their funding support to keep Extension programming active.** By the way, here is the video link for the report we did at Commissioner's Court: <https://montgomerycountytexas.org/swagit.com/play/06222021-1716> The WAT presentation starts at about the 10 minute mark.

Locally, we didn't ask for a lot of donations this year, because we knew a lot of people were hit hard by the pandemic. We are fortunate to have some left-over funding from **United Way** to help provide the gift card incentives. We are so very grateful to **Mama Juanita's in Conroe** for giving us gift cards. If you get a chance, stop by to tell them they are appreciated for their community support!

We are also so appreciative of **Rubin Sandlin II of Goosehead Insurance** who donated Amazon Gift Cards for WAT prizes! Rubin is a healthy living advocate (and our hero) who wants to support people who are making efforts to make healthy choices. His office is in The Woodlands, but he can serve any one anywhere in Texas. He shops over 30 partner insurance carriers to ensure you are in the best position as it pertains to cost and coverage for Home, Auto, Flood, Umbrella, and Renter's Insurance needs. Give him a call (713) 966-6612 or send an email [rubin.sandlin@goosehead.com](mailto:rubin.sandlin@goosehead.com) if you have insurance questions, or just to say thanks for supporting the 2021 Montgomery County Walk Across Texas Community Challenge!

Finally, **Walk Across Texas will be celebrating its 25<sup>th</sup> anniversary in Texas beginning in September** of 2001. Teams that sign up in September will be a part of this massive statewide event. Some of the WAT!25 Challenge will be like our community challenge and some things will be different; so, it will be **familiar, but fresh** and perfect for participating again, or for the first time! Encourage your friends,

family, coworkers, teammates, and strangers on the street to participate in this very special Walk Across Texas event! You'll be glad you did!

See you on the next walk....

Amy