



WALK ACROSS TEXAS!

TEXAS A&M AGRILIFE EXTENSION

WEEKLY CHALLENGE

Pick the type of sport you like - there's plenty for everyone

SHORT BOUTS OF EXERCISE

SAVING MONEY EATING OUT

6 money saving tips to have family time without denting your wallet

TEXAS A&M
AGRILIFE
EXTENSION



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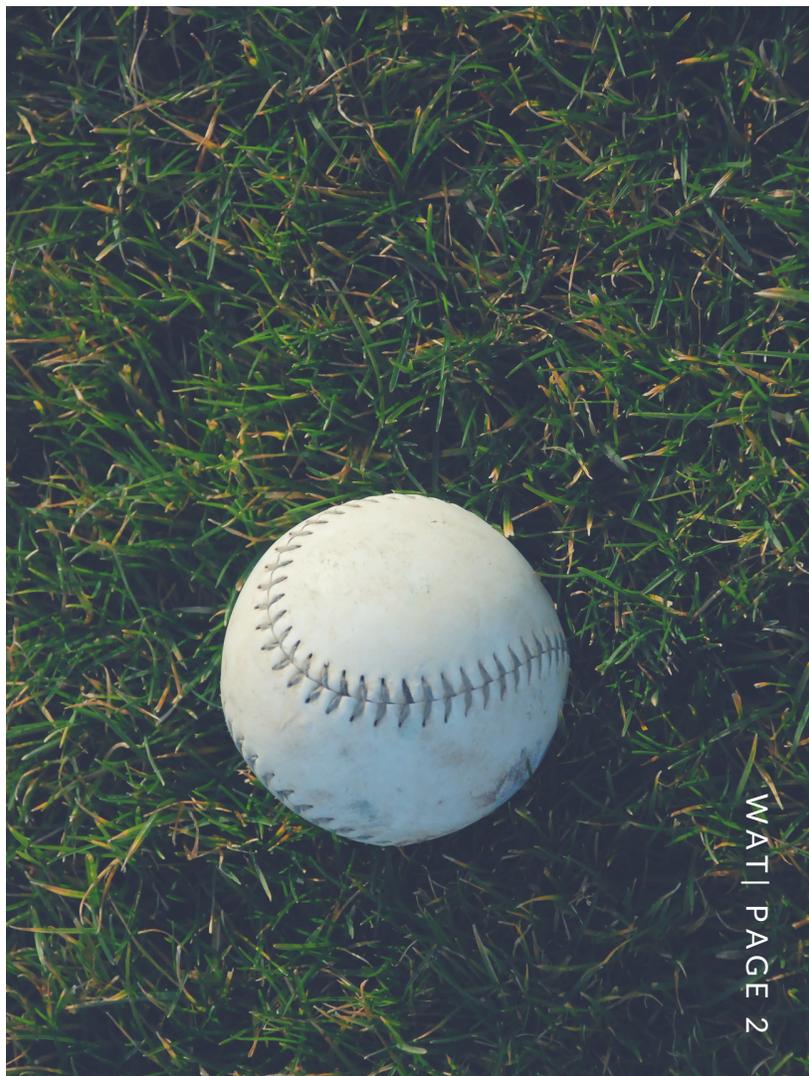
SHORT BOUTS OF EXERCISE CAN BE VERY EFFECTIVE; AN ARTICLE BY THE MONDAY CAMPAIGNERS

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WEEKLY CHALLENGE
HERE'S YOUR MOTIVATION TO REACH 832 MILES!

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SAVING MONEY WHEN EATING OUT
TIPS ON HOW TO SAVE THE HARD EARNED DOLLAR



Shorter Workouts

Extremely Effective

Too busy to exercise? Can't face that long grueling workout at the gym? Studies show that short bouts of exercise several times a day can help you fulfill, and even go beyond the federal guidelines for physical activity—provided it all adds up to 30 minutes a day.

This is great news for busy people who have a hard time carving out a big chunk of time for exercise. Not only can short bouts of exercise improve your health, they also help you offset that inclination toward a sedentary lifestyle—that is, sitting at a desk all day and coming home to watch TV on the couch. Instead, when you structure your exercise into easy 10-minute sessions three times day, you're more bound to get it done. Think: a wake-up dance in the morning, a brisk walk at lunch, and a short run at night!





Here are 7 ways to incorporate short bouts of exercise into your day:

Walk your talk. Take a brisk 10-minute walk around the block. To raise your heart rate, strap on a backpack or carry a toddler around. If you keep your brisk rate going, you could even use a headset to return phone calls.

Work the house. Schedule a vigorous household chore in 10-minute bouts and give it your all. Shoveling snow, raking leaves, and vacuuming can all get your heart rate up.

Park and walk. For active life-stylers, good parking places aren't the ones closest to the front door. They're the ones in the back of the parking lot that give you the opportunity to walk to the entrance!

Park and cycle. Rethink the way you use your car. Park a few miles from your destination, take out your bike, and cycle the rest of the way there.

Take the stairs. Don't be daunted by nine flights. Start with one and add a flight each week. Ten minutes is a long time to climb stairs but each flight will improve your heart and strengthen your bones.

Get off the train. If you regularly take the subway or bus, get off a stop or two early and walk the rest of the way. Skipping to your destination is a fun way to push your heart rate even more.



Tips for Beginners:

If you're just starting out, short bouts of exercise might feel less daunting than facing a trainer and heavy weights. The trick is to find what you love and do it three times a day, or mix 'n match your favorites. You can even refashion normal household chores in a more active way to exploit their exercise potential. Just remember, every movement you do during the day counts.



- 10 min morning workout
- 10 min afternoon workout
- 10 min evening workout

**Total: 30 min
5 days a Week**



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Week 3 Challenge



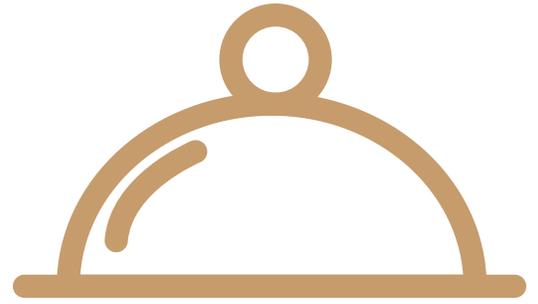
Sports are a great way to have fun and increase physical activity. A variety of sports are available for different weather, motivation, and team players.



Check it out!

A person of 140 lbs. playing a moderate effort sport for 60 min. can burn up to 490.5 calories and work the equivalent of 7.3 miles!

WHEN EATING OUT



1. Eat out for breakfast or lunch; dinner tends to be more expensive.
2. Do not order alcohol, soda, tea or other beverages; drink water.
3. If you have children, look for restaurants that allow kids to eat free. Check out the following web site for more information: www.mykidseatfree.com
4. Skip dessert; or if you really want a dessert from your favorite restaurant, eat at home and then go out for dessert.
5. You can order gift cards at a discount for many of your favorite restaurants at www.restaurant.com (For example, one restaurant will sell you a \$10 gift card for \$4; that is a big saving!).
6. As soon as you get your entree, ask for a to-go box. Most restaurants give large portions and you can often get 2 meals out of one. Just make sure that the food is refrigerated quickly so it does not make someone sick!





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