



WEEK 4

WALK ACROSS TEXAS!

TEXAS A&M AGRILIFE EXTENSION

WHERE ARE THEY NOW?

Take a look at the top county teams as they reach the 4 week mark

WORK IT OUT WITH WALK ACROSS TEXAS

The Move It Monday - Time to Move! shows us different ways to get our workouts done

TEXAS A&M
AGRILIFE
EXTENSION

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**WORK IT OUT WITH
WALK ACROSS
TEXAS - AN INFO-
GRAPHIC BY MOVE
IT MONDAY TIME
TO MOVE!**

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**WEBB COUNTY TEAMS
WEEK 4 PROGRESS

WHO'S TAKING THE
GOLD AT THE
MIDWAY MARK**



Work it Out

Walk Across Texas

WORK IT OUT

Sitting at a computer puts a strain on your body. Stay limber by standing up, stretching and doing a few go-to desk exercises throughout the day.



MOVE IT MONDAY!

Work It Out

We spend much of our time in the work place desk-bound or in a seated position. Even at home or while traveling, we tend to move very little. With the modern lifestyle in mind, worksite wellness is becoming increasingly important. Take active breaks throughout the day and practice some work-friendly stretches to stay limber.

H2O FLOW

Hydration is as important to your fitness routine as exercise. Your body needs water to regulate temperature, blood pressure, digestion and lubricate joints and body tissue. So always keep a water bottle nearby.



MOVE IT MONDAY!

H2O Flow

It's a no-brainer that we all need plenty of water to live. But Americans on average drink less than 4 cups a day –hardly enough, according to experts. The ante is upped if you're doing any kind of exercise. But exactly what does staying hydrated mean? And exactly how much water do you really need for your workouts?

THE NEED FOR SPEED

Move, walk or run a little faster. You'll burn more calories and maximize your workout. Try speeding up for 30 seconds, then slowing to a comfy pace for three minutes. Increase your speed interval as you feel comfortable.



The Need for Speed!

A fitness challenge might be exactly what you need to keep moving! Consider setting a fitness challenge, like increasing your walking or running speed. Having something specific to work towards can make exercise exciting again and fuel you with motivation.

Stretching is Crucial to Keeping Fit!

Stretching before and after exercise is crucial. It helps increase the range of motion around a joint and also loosens up the stiffness in muscles. When you warm your muscles up before exercise, the better able they are to deal with stressful movement. Stretching is also a great way to cool down your muscles afterwards.

STRETCHING IS CRUCIAL TO KEEPING FIT

Stretching increases your range of motion and loosens muscle stiffness. Work in dynamic stretching to warm your muscles before a workout and to cool down afterwards.



Pick Your Perfect Tunes

Working out with music has been shown to help one to keep pace, elevate one's mood, and make one want to move! Find and play those tunes that put you 'in the zone'.

PICK YOUR PERFECT TUNES!

Working out in the wintertime can be cold and dark at times, but playing uplifting music that revs up your heart rate will help to heat up your workout! Sometimes all you need is a fresh playlist to reinvigorate your fitness routine.



MOVE IT MONDAY!

BE A FITNESS MODEL!

Going for a pre- or post-dinner walk, staging an impromptu dance party or making a game out of household chores are a few ways to include your kids in a workout. Be a fitness role model for your kids so they too will enjoy exercising regularly.



MOVE IT MONDAY!

Be a Fitness Model!

There's no greater way to teach your kids than by example. Making family movement a fun and regular ritual will lead to your kids enjoying and looking forward to exercising!

RACE READY!

If you're feeling like working towards a new goal will increase your activity, consider signing up for a walk or race! Decide on a distance goal when training, then go at your own pace when it's time for the event – finishing will feel great!



**MOVE IT
MONDAY!**

Race Ready!

Setting and achieving a fitness goal can make exercising incredibly rewarding. The feeling of accomplishment and progress can bring a lot of joy to working out!

Pump It Up!

Strength training is an important component of overall health and fitness, and provides an important balance to aerobic workouts!

Try free weights, weight machines, or resistance bands to strengthen your muscles. You will feel the difference.

PUMP IT UP!

Strength training can increase bone density, rev up your metabolism, build muscle and boost your self-esteem! Add some resistance exercises to your fitness plan and reap the benefits.



**MOVE IT
MONDAY!**

Most Importantly for WAT



The New Year is upon us, which, for most of us, means it's time to rethink our goals and aspirations. Do you have trouble sticking to your fitness goals? You're not the only one. It can be hard. Things happen, life happens. We get side tracked, lose motivation and often times have nothing that holds us accountable. A fitness journal is the key to staying on track and monitoring your progress!



WALK ACROSS TEXAS!

TEXAS A&M AGRILIFE EXTENSION

Week 4 Update

Way to Go Rigor Runners!

Rank	Team Name	Total Team Miles
1	Rigor Runners (8 walkers)	1830.84
2	MUFFIN TOPS (8 walkers)	1533.00
3	Mission SLIMpossible (8 walkers)	742.70
4	Heart and Sole (8 walkers)	713.77
5	The Before and Afters (8 walkers)	635.62
6	Firefighters Plus 1 (8 walkers)	466.60
7	Fear The Walking Dead (8 walkers)	439.49
8	Eramos Gordos (7 walkers)	297.88
9	Webb Extension Walkers (7 walkers)	208.00
10	The Walking Dead (8 walkers)	194.65
11	The Pacing Eight (7 walkers)	22.80
12	Team Justice 1 (1 walkers)	0.00
Total Miles:		7085.35



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