



WALK ACROSS TEXAS!

TEXAS A&M AGRILIFE EXTENSION

WHERE ARE THEY NOW?

Take a look at the top 15 teams as they reach the 5 week mark

4 WAYS TO SHED THE WEIGHT FOR GOOD!

The Academy of Nutrition and Dietetics detail helpful ways to lose the weight on their eatright.org website.

TEXAS A&M
AGRILIFE
EXTENSION

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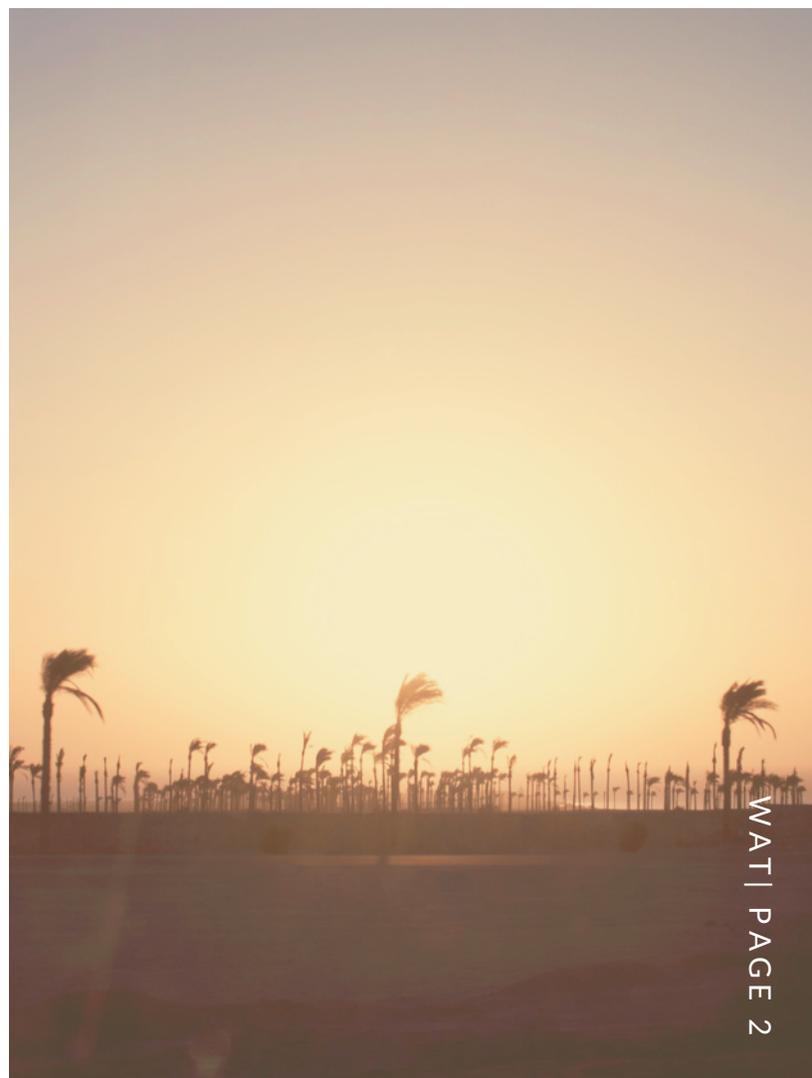
**4 WAYS TO SHED
THE WEIGHT FOR
GOOD - AN ARTICLE
FROM EAT RIGHT.
ACADEMY OF
NUTRITION AND
DIETETICS**

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**WEEKLY
CHALLENGE!
WHAT HAVE YOU
BEEN DOING TO
REACH YOUR DAILY
STEPS?**

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**WALK ACROSS TEXAS
PROGRESS WEEK 5
THE ENTIRE
COUNTY'S TOP 15**





Academy of Nutrition
and Dietetics

4 Ways to Shed

the Weight for Good

While losing extra weight can be challenging, keeping the weight off can be even more challenging. Most people who lose weight gain it back, but there are a handful of key strategies research has suggested helps keep the weight off for good.

STEP UP

On the scale, that is. People who maintain their weight loss are more likely to continue weighing themselves on a scale regularly than people who gain back their weight loss. "Stepping on the scale regularly is important for staying on track," says Libby Mills, MS, RDN, LDN, a spokesperson for the Academy of Nutrition and Dietetics. "It helps motivate setting healthy intentions for the day and that's a good reason to weigh first thing in the morning. Whether you weigh once a week or daily, regular weigh-ins will help you control your weight."



Academy of Nutrition
and Dietetics

KEEP IT GOING



To maintain weight loss, you have to maintain the behaviors that helped you lose the weight in the first place. Weighing yourself regularly is one of those good behaviors; Mills says it also is important to eat breakfast, keep track of your food intake and exercise habits, and stick to appropriate portions. "Practicing portion control works whether you are at a party, restaurant or home," she says. "Simply choosing the right amount eliminates having to know how many calories are in each specific food."

BE A PROBLEM SOLVER

Weight loss maintainers more often used productive problem solving skills. "It's okay to have treats now and again, or to even slip up a little, but you want to be able to stop a slip before it becomes a complete fall off your plan," says Mills. "It can be tough to pick yourself up after a fall, so catching yourself can make a big motivational difference." For instance, maintaining an exercise routine and planning meals for the week are a couple helpful strategies.

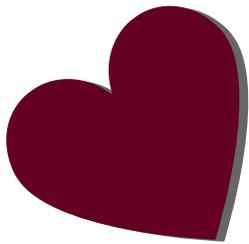
TALK TO YOURSELF

Those who maintain healthy lifestyle behaviors are more likely to engage in positive self-talk. And that doesn't necessarily mean chatting to the mirror. Journaling can be a form of positive verbal reinforcement. Mills says keeping a food and activity log promotes mindfulness, provides accountability and motivates more good choices.

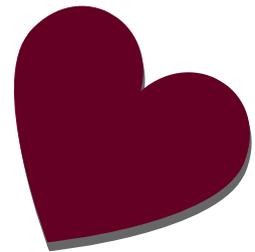
How can you overcome a plateau if you're still trying to lose — or if you do start to regain? Try shaking up your exercise routine rather than slashing calories drastically. "Nothing is worse than trying to do something that is boring," says Mills. "Keep physical activity exciting by doing different things that you enjoy. Having fun is key no matter what you do, plus doing a variety of activities will keep the calories burning by challenge muscles in a different ways."



Weekly Challenge



**Show your car
some love!**



Did you know an person of 140 lbs washing their car for 60 minutes is equivalent to 4.5 miles - that's 302.4 calories burned!

Spend time outside and detail your car. By doing you spend time with your family, get a nice looking car, and stay active during the day





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Week 5 Update

Rank	Team Name	Total Team Miles
1	MUFFIN TOPS	2600.00
2	Heart and Sole	1389.18
3	Rigor Runners	1388.00
4	Los Casi	1298.00
5	Team Breaking Bad	1135.94
6	The Before and Afters	1065.43
7	Fear The Walking Dead	954.81
8	Las Damas y El Caballero	781.96
9	Las Golondrinas	760.00
10	Mission SLIMpossible	742.70
11	Firefighters Plus 1	670.20
12	Holy Walk O Mollies	654.74
13	Angels Can Walk	594.82
14	Driscoll Health Plan Journey to Lose	557.93
15	Las Divas	550.72



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