



WALK ACROSS TEXAS!

TEXAS A&M AGRILIFE EXTENSION

WEEKLY CHALLENGE

Check out what you have to keep in mind as the program comes to an end - because I'm sure we're all asking: What's Next?

ANY TYPE OF EXERCISE IS GOOD FOR YOU!

I'm serious. The Move It Monday campaign gives us a few options and ideas as to how to exercise and feel good!

TEXAS A&M
AGRILIFE
EXTENSION

Top 15 Teams + Walk Across Texas Finale!



CONTENTS

pg. 3

**MOVE IT MONDAY
CAMPAIGN
ANY EXERCISE IS
GOOD!**

pg. 6

**TOP 15
TEAMS**

pg. 7

**WEEKLY
CHALLENGE!
WHAT DO WE HAVE
TO KEEP IN MIND AS
WE FINISH THE
PROGRAM**

pg. 8

**WALK ACROSS
TEXAS FINALE
EVENT!
COME BY AND PICK
UP YOUR
CERTIFICATES!!**





ANY EXERCISE IS GOOD

The human body was meant to move! And we do that all day long—from brushing our teeth to running for the bus stop to lugging books around school to even texting! Through all these activities we burn fuel; there's even a memorable name for it—NEAT (non-exercise activity thermogenesis).

Every activity we do during the day adds to the bank of energy we expend. The best part, these activities can count toward recommended exercise guidelines. The Center for Disease Control suggests two-and-a-half hours of aerobic activity every week, along with muscle-strengthening activities on two or more of those days.

It's easy to take a look at the ordinary chores you do and acknowledge how much energy you spend out. Put a little more passion in each activity and you'll be surprised how much more energy you'll get back. Check out the list below to see why any exercise is good for you.

MOVE IT MONDAY!

Time to move!

Grocery Lugging

Walking up and down aisles burns some calories, especially if you shop in super-big stores with long, long aisles. But why not up your ante? Instead of pushing a cart, carry the small basket around and gradually fill it with “small weights,” (i.e., water and detergent bottles)? Shift the basket from arm to arm and give your biceps a real workout.

Mall Scouting

Remember that day when you went to the mall to get something specific and you had to go to four stores to find it? Take that attitude the next time you go shopping. “Scout” the mall like you’re looking for something, just don’t stop. Pass the stores by, keep your note what’s in the window, but keep going at your brisk rate. You’ll get all the enjoyment of seeing, without losing any energy on buying. And you’ll get some cardio in.

Cleaning House

Bending over to plug in the vacuum, squatting to scrub the tub, or reaching high to dust tall shelves all work different parts of your body. Not to mention the actual action itself, which can stimulate some cardio benefits. You can even get in extra lunges, squats, and leg kicks while waiting for the dry cycle to finish. Pump up the music and do these chores with passion.

MOVE IT MONDAY!

Time to move!

Mowing the Lawn

No one has to tell you that mowing burns fuel—we mean, your own—but only if you aren't sitting atop an electric one! Shift the position your arms sit on the handles and you'll work your biceps and triceps from different angles. The many steps you walk around the lawn count, even more in hot weather. Even pushing the heavy machine forward works your glutes.

Rocking the Garden

Rocking the garden. Prolonged action in one position can freeze your muscles up so alternate movements to give them a rest; for example, rake for a while, then dig holes, then prune. To increase the positive effects, concentrate on deep breathing while you work and increase your range of motion, exaggerating the raking or digging motion.

Bake and Shake It

To be honest, a half hour of chopping veggies or washing pots and pans doesn't really work up a sweat, but if you dance your way through prep and cleanup, you'll not only expend more "fuel," you'll have a lot more fun.

Week 7 Top

15 TEAMS

Rank	Team Name	Total Team Miles
1	MUFFIN TOPS	2698.00
2	Mission SLIMpossible	1997.70
3	Team Breaking Bad	1853.47
4	Heart and Sole	1721.43
5	Rigor Runners	1488.94
6	Los Casi	1298.00
7	The Before and Afters	1065.43
8	Holy Walk O Mollies	1027.03
9	Angels Can Walk	1004.15
10	Fear The Walking Dead	954.81
11	Laredo Steppers	859.77
12	Mighty Morphin Power Walkers	825.76
13	Imperial Marchers	819.42
14	Walking on Sunshine	812.18
15	The Walking Texans	806.43

Last Weekly Challenge

BE THE BEST YOU CAN BE

As these 8 weeks come to an end, remember that your physical activity habits can still go on. Keeping an active lifestyle improves many things - important things - like your health.

Staying active for 30 minutes a day, 5 days a week will keep you on the right track towards a healthy lifestyle.

And being active doesn't mean losing weight! Make your top goal BEING HEALTHY!



HEALTHY SOUTH TEXAS



WALK ACROSS TEXAS!

TEXAS A&M AGRILIFE EXTENSION

FINALE EVENT

IN CONJUNCTION WITH
LAREDO MAIN STREET
FARMERS MARKET - JARVIS PLAZA
MAY 20, 2017
9:00 A.M. - 1:00 P.M.



SMOOTHIE BIKE, COOKING DEMO & CELEBRATIONS



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WALK
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