

Hello WAT friends!

*Welcome back to the weekly WAT W A L K on this wonderful Wednesday! For those of you who have just joined us, I am including last week's email too.*

Let's get to W A L K ing...!

**W – Wow!** We now have **53 adult teams** with **324 people participating!** We also have **1 youth team** with **10 kids participating.** A **fun fact** about the youth team: they are children of WAT participants at **Alight Solutions!** Also, Alight has its own league with 8 teams participating, led by the amazing **Andie Pruitt!**

There's still room for more teams to participate. **Let others know they can still join us!**

BTW, Did you know the **Montgomery County Commissioners** are supportive of WAT? Here is a link to the "proclamation" kick-off at the Commissioner's Court meeting on March 23:  
<https://montgomerycountytx.swagit.com/play/03232021-765> (our presentation starts at the 6 minute mark) We are thankful for their support!

And here is the link to an online article (that also ran in Sunday's printed paper on April 11) from the **Conroe Courier:** <https://www.yourconroenews.com/neighborhood/moco/events/article/Walk-Across-Texas-community-challenge-currently-16087119.php#photo-20844277> A special thanks to **Sandra Hernandez** for helping us get the word out.

**A- Action!** Last week we said anyone who entered miles would be in the drawing for prizes. We are so excited to have so many people walking, we drew 3 names! **Laura Lee** and **Beverly Winfree** from the team **Conroe Curves Steppers** won the drawing. (I guess Curves is a lucky place to be this week!) Also, **Angelina Batiste** of the **MCJPD** team is a winner too! They have a choice of one \$10 gift card from HEB, Kroger, or Amazon! Contact Amy or Rose to let us know what you'd like and how to get it to you. Shout out to **Rubin Sandlin** of Goosehead Insurance for donating the Amazon Gift cards!

Let's step it up for next week's mini-challenge! Anyone who puts in **at least 10 miles** between today and next Wednesday will be in a drawing for more gift cards!

**L – Learn!** Have you ever thought "**But I don't feel like exercising...**"? I know I have! Although I know I *should* exercise, it doesn't always mean I will... or want to. The good news is that there isn't one "best" anything to achieve fitness. This article from Harvard Health has some great suggestions for **crafting a plan** to increase chances of exercising success! Check it out: <http://bit.ly/3lpSfCU>

**K – Keep Up!** We have lots to share with you over the next few weeks. We want to tell you about some of the other great programs we do in Extension, about **cool groups and teams** that are participating, and about other stuff we hope you will find interesting.

For this week: Did you see where **Rubin Sandlin of Goosehead Insurance** has donated **Amazon Gift Cards** for WAT prizes!?!?! **Rubin is a healthy living advocate** 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 any where 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!

One of our favorite part of the annual WAT community Challenge is the fun team names. Spotted this week: **Treasurer Trotters; Hot Mother Truckers; Holy Walkmolies; Baby Got Track; and Chasing the Ice Cream Truck!**

A few last things:

Included below is last week's email along with this one, in case you missed it. All of the **WAT WALK emails** this year will be posted on our website: <https://montgomery.agrilife.org/> under the "Family & Community Health" tab, then under the "Walk Across Texas" tab. I tell you to get there that way to highlight the great job Rose has done of updating our website! But, to get to the WAT emails more directly, you can also go here: <https://montgomery.agrilife.org/fcs/walk-across-texas-montgomery-county/> At any time you check to see if you missed a WAT W A L K!

Also, attached are a couple of "**progress**" **graphics you can use on social media** if you want to share. If there are other types of graphics you'd like to see, let us know. Rose can create some really cool stuff.

AND, last but not least.... **Extension needs your help**. We are conducting a state-wide needs assessment called "**Texas Speaks**" it is a short online survey that ask for your opinion about what is important in Texas. Tell us what you think: <https://tx.ag/TexasSpeaks>

Until next week....

Amy