

4/21/2021

Hello walkers! Welcome to another weekly WAT W A L K update! Hope you are all staying safe, healthy, and well!

W – Wow! We now have a total of **55 teams** and **359 people** participating! So far, we have walked 16,611.87 miles together. Our resident kid's team "**Team Ocean**" has also logged 80 miles on their own. Welcome back to Master Wellness Volunteer and League Commissioner, Betsy McKernan with the Crown Oaks neighborhood league who are participating again this year!

A – Action! To be eligible for this week's prize, anyone who put in at least 10 miles was put into the drawing. Congratulations to **Barb Robertson** on the "Buns On The Run" team in the CASA Montgomery County League; **Laurie Lea** on the "We Thought They Said Rum" team in the CO League; and **Misty Douglas** on the "Rockstars" team.

We will up the ante a bit this week and ask you to aim for **15 miles during the week** to walk your way into the drawing.

Also, heads up for the next challenge: we want to see you and/or your team in action! **Send us your pics** between now and May 5th and we'll put you in the drawing. We'd like to use the pics in promotional and encouraging stuff too, if that's okay with you!

L – Learn! The weather is generally nice this time of year, but it can be unpredictable. Check out this article from University of Nebraska-Lincoln on **Indoor Fitness Activities: What to do During Spring Showers** and try one of the simple activities to help you get active when the weather is not so nice outside: <https://bit.ly/3rGQ3bH> Remember, in general, 20 minutes of sustained moderate physical activity, inside or outside, is equivalent to 1 mile.

K – Keep Up! The WAT website has made some improvements from past versions, and I'm really liking how easy it is to put in my miles, especially using the icon on my smartphone screen that takes me directly to the mobile-friendly website. But one thing that is a little different with this system is that it's hard to see **where teams are in comparison** to other teams. Also, the way we do it in Montgomery County can be a little wonky since we have so many different start dates. But, I have downloaded a spreadsheet and sorted it by start dates and total miles and attached it for those of you who like to see those kinds of stats. Not to sound too much like your first-grade teacher, but you all are winners just by participating! Kudos to all who have signed up and are working toward healthy habits! **You are doing great!**

Also attached are some more progress graphics you can use on social media if you'd like. We'd love for you tag us in Facebook @mocohealthyliving with your posts and pics!

Don't forget you can also see past emails our webpage. Did you win a prize last week? Or do you need a reminder of the mini-challenge, or want to find that informative article from a few weeks ago... it will be there... waiting for you online at <https://montgomery.agrilife.org/fcs/walk-across-texas-montgomery-county/>

And my favorite... **fun team names we've spotted: Running for Queso; Buns on the Run; Red Hot Chili Steppers; Rice and Noodles; the M&Ms; Scrambled Legs; and "We Thought They Said Rum"**

Hmmmm... now I'm hungry! Catch ya next week!

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Amy