

4/28/21

W – Wow! We now have **52 active teams and 362 people** with a **total of 24,203 miles so far!** And the youth team “Team Ocean” of **10 kids** is doing great with **238 miles**. Way to go!!

There **may still be others who want to join** in this 2021 Montgomery County Walk Across Texas Community Challenge and **they are more than welcome** to do so. We love seeing teams who walk for a special cause and welcome team **Pink Ribbon Walkers** who have joined us!

Of course, WAT is not a race and teams accumulate miles on different timelines. But participants do like to see how teams are doing in the overall challenge. Attached is this week’s **spreadsheet sorted by start date and total mileage**. You’ll notice many teams are nearing, or have already passed, their 832 miles across Texas. We encourage everyone to keep going! In addition to the overall mileage goal, part of the challenge is consistently participating over the entire 8-weeks of the project. Consistency will help lead to healthier habits!

A – Action! Our winners for last week’s challenge of entering at least 15 miles are **Stephan Paras** on team *MCJPD*; **Monna Kline** of Team *Bunco Babes* in the CO League; and **Santiago Morales** of Team *Straight off the couch* in the Alight Solutions league. You have your choice of a \$10 gift card to Kroger, HEB, or Amazon! Send us an email to let us know which one and how to send it to you.

Next week’s mini challenge is super easy...we want you to **send us pictures of you and/or your team** doing something related to your Walk Across Texas experience... it can be walking, getting ready, recovering, team shenanigans, or anything else. Email a pic (or pics) to Amy (a-ressler@tamu.edu) and/or Rose (rose.cervantes@ag.tamu.edu) before next Wednesday, May 5th at noon and you’ll be in the drawing!

L – Learn! Regular physical activity is super important, but so is **Healthy Sleep**. According to the National Institute of Health’s U.S. Library of Medicine website called *MedlinePlus*, when you don't get enough sleep it can affect your performance, including your ability to think clearly, react quickly, and form memories. Sleep also helps children get the hormones that help them grow and helps adults and children build muscle mass, fight infections, & repair cells. Check out this article to learn more: <http://ow.ly/2cru50E2R5e>

K – Keep up! Don’t forget you can see past WAT W.A.L.K. emails on our website: <https://montgomery.agrilife.org/fcs/walk-across-texas-montgomery-county/>

You can also follow us on Facebook for updates and information: <https://www.facebook.com/mocohealthyliving>

Every month we send a Family and Community Health e-newsletter to the in-boxes of those who have asked to be on our list. If you would like to be included, just send us an email and we can add you.

Team themes! We are noticing some themes in fun team names this year. Last week... food...this week we see... modes of moving: **Team Tortoise, Auto Pilots, Speed Racers, Hot Mother Truckers, Texas Steppin’, Conroe Dashers, and Inspired Striders!**

All fun names and good advice... let’s all just keep on moving!

Until next week...

Amy