



TEXAS A&M
AGRILIFE
EXTENSION

WELCOME TO WALK ACROSS TEXAS

Welcome to Walk Across Texas Parker County 2023. We hope you are ready to walk, run, jog or do anything to be active. Each week we will bring some encouraging topic. We will report on the milage and provide some useful and helpful information. We will have door prizes each week.

Our Door prize winner this week is: Cindy Hott! Respond to this email and we will mail you gift card to you.

This year we will have Walk N Talk events. This will be a time to meet other WAT walkers and get some good exercise. If you have a dog, you can bring them along.

- April 4 at 5:30 p.m. at the Southern Heritage Park that is just off Jack Borden Way.
- April 12 at 10:00 a.m. at Love Street Park
- April 20 at 5:30 p.m. at Cherry Park
- April 24 at 10:00 a.m. at Parker County Extension Office
- May 2 at 5:30 p.m. at Weatherford Downtown Square meet in the south-west quadrant in front of Bennet's Office Supply
- May 8 at 10:00 a.m. at Holland Lake Park at Holland Lake Park near the pavilion
- May 16 at 5:30 p.m. at Soldier Spring Park on Thrust Street. Meet near Veterans Memorial Soldier Spring Park

Shout out to our teams! Thank you for participating in Walk Across Texas.

AC / DC Chicks

Joy Walkers

Kicking Asphalt

Wake Up & Walk

PCDA

Couts UMC 60+

Couts UMC 60+ Team 2

Motley Crew

Weatherford Healthcare

Road Trip

Wired for Wellness

Youth Groups:

Garner Elementary

Head Start



PARKER COUNTY EXTENSION OFFICE

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<https://parker.agrilife.org/>

<https://walkacrosstexas.org/>

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Here are a list of activities with mile equivalences.

Activity Conversion Chart

TIME SPENT EQUIVALENT TO MILES OR TO STEPS

Please reference this chart for activities italicized in parentheses; they might not be listed on-line when logging your time spent. No other activities will be added, so put forth your best effort to fairly fit another activity into its proper category.

Physical Activity	Time spent to equal 1 Mile or 2,000 Steps	Physical Activity	Time spent to equal 1 Mile or 2,000 Steps
Aerobics (low impact)	16 minutes	Running a 8-minute mile	8 minutes
Aerobics (moderate)	13 minutes	Running a 9-minute mile	9 minutes
Aerobics (high impact)	11 minutes	Skating	20 minutes
Basketball	20 minutes	Skiing (cross-country)	10 minutes
Bicycling (leisurely, 10-11.9 mph)	20 minutes	Skiing (<i>Snowboarding</i>) -(downhill)	15 minutes
Bicycling (moderate, 12-13.9 mph)	10 minutes	Soccer	10 minutes
Bicycling (vigorous, 14-15.9 mph)	8 minutes	Stationary Bicycling (light)	16 minutes
Mountain Biking (hills)		Stationary Bicycling (moderate)	11 minutes
Dancing (all types)	15 minutes	Stationary Bicycling (vigorous)	8 minutes
Elliptical	10 minutes	Stretching - 6 steps per min.	3 hours 33 minutes
Fencing	15 minutes	Swimming (leisure)	15 minutes
Football	15 minutes	Swimming (moderate effort)	12 minutes
Hiking (20-42 lb. load)	9 minutes	Swimming (treading water)	41 minutes
Hiking, general	12 minutes	Swimming laps (vigor. effort)	9 minutes
Jump rope (slow)	11 minutes	Tai Chi - 8 steps per min.	2 hours 50 minutes
Jump rope (moderate/fast)	8 minutes	Tennis (<i>Handball/Racketball</i>)	10 minutes
Kickboxing/Karate	7 minutes	Volleyball (game)	9 minutes (Record actual time performed (ATP))
Pilates (<i>Sit-ups/Crunches/Push-ups</i>)	20 minutes	Volleyball (leisure)	23 minutes (Record ATP)
Resistance Training (<i>Push Mowing/Light Gardening/Raking/ Pruning</i>)	27 minutes	Walking (<i>Jogging</i>)	20 minutes
Rollerblading (<i>Ice Skating</i>)	10 minutes	Water Aerobics	20 minutes
Rowing (<i>Kayaking/Painting</i>) – (light)	27 minutes	Weightlifting (<i>Heavy Gardening and landscaping/Rock Climbing</i>)	27 minutes
Rowing (moderate)	13 minutes	Yoga	40 minutes
Running a 6-minute mile	6 minutes	Bowling, Golfing/Frisbee Golfing/ Baseball/Softball	20 minutes (Only record actual time spent performing activity)
Running a 7-minute mile (<i>Trail-running hills</i>)	7 minutes		

STEPS TO MINUTES TO MILES CONVERSION CHART

STEPS	MINUTES	MILES	STEPS	MINUTES	MILES
500	5	.25	5,500	55	2.75
1,000	10	.50	6,000	60	3.00
1,500	15	.75	6,500	65	3.25
2,000	20	1.00	7,000	70	3.50
2,500	25	1.25	7,500	75	3.75
3,000	30	1.50	8,000	80	4.00
3,500	35	1.75	8,500	85	4.25
4,000	40	2.00	9,000	90	4.50
4,500	45	2.25	9,500	95	4.75
5,000	50	2.50	10,000	100	5.00

Participating in Activities You Enjoy As You Age

There are many things you can do to help boost your health as you age, including making [healthy food choices](#) and not smoking. But did you know that participating in social and other activities you enjoy can also help support healthy aging?

As you grow older, you may find yourself spending more time at home alone. [Being lonely or socially isolated](#) is not good for your overall health. For example, it can increase feelings of depression or anxiety, which can have a negative impact on many other aspects of your health. If you find yourself spending a lot of time alone, try participating in activities you find meaningful — those that create a sense of purpose in your daily life. These can include hobbies, volunteer activities, or time with family and friends.



Benefits of an active lifestyle

Engaging in social and productive activities you enjoy, such as taking an art class, joining a hiking club, or becoming a volunteer in your community, may help to maintain your well-being and independence as you age. An active lifestyle is more than just getting your daily steps in. It includes doing activities that are meaningful to you and benefit your mind, spirit, and body.

Research has shown that older adults with an active lifestyle:

Are less likely to develop certain diseases. Participating in hobbies and other social activities may lower risk for developing some health problems, including [dementia](#), [heart disease](#), [stroke](#), and some types of cancer.

- **Have a longer lifespan.** Studies looking at people's outlooks and how long they live show that happiness, life satisfaction, and a sense of purpose are all linked to living longer. Doing things that you enjoy may help cultivate those positive feelings.
- **Are happier and less depressed.** Studies suggest that older adults who participate in activities they find meaningful, such as volunteering in their communities or being physically active, say they feel happier and healthier.
- **Are better prepared to cope.** When people feel happier and healthier, they are more likely to be resilient, which is our ability to bounce back and recover from difficult situations. Positive emotions, optimism, physical and mental health, and a sense of purpose are all associated with resilience.

May be able to improve their thinking abilities. Research suggests that participating in certain activities, such as those that are mentally stimulating or involve physical activity, may have a positive effect on memory — and the more variety the better. Other studies are providing new information about ways that creative activities, such as music or dance, can help older adults with memory problems or dementia.

Find the right balance

Everyone has different limits to the amount of time they can spend on social or other activities. What is perfect for one person may be too much for another. You might start by adding one or two activities to your routine and see how you feel. You can always add more. Remember: Participating in activities you enjoy should be fun, not stressful.

Activities to consider

There are plenty of places to look for opportunities to engage in activities you enjoy, depending on your interests and ability. Following are ideas that might work for you. Some of these include activities that can be enjoyed even from a distance using phones, computers, and other devices. Others can be done alone. So even if you're in a rural area or have other restrictions, you can still find ways to engage in activities you like.

Connect with family and friends

- Play cards or other games with friends in person or online.
- Travel with a group of older adults, such as a retiree group.
- Video chat or call your friends and family members.
- Try different restaurants with your loved ones.
- Listen and share favorite music with your family.
- Join a group interested in a hobby, such as knitting, hiking, birdwatching, painting, or wood carving.
- Reconnect with old friends through your high school or college alumni association.

Learn something new

- Take a cooking, art, dance, language, or computer class. Get in touch with your local community college or library. Many offer free or discounted courses for older adults. You may even be able to find classes online.
- Form or join a book or film club
- Try yoga, tai chi, or another new physical activity
- Learn (or relearn) how to play a musical instrument
- Visit local museums. Many offer free group tours and educational programs.

Become more active in your community

- Visit a community or senior center and take part in its events and activities
- Serve meals or organize clothing donations for people in need
- Run errands for people with limited mobility or access to transportation
- Join a committee or help out with an activity at your place of worship
- Volunteer at a school, library, museum, hospital, or animal shelter
- Help with gardening at a community garden or park
- Organize a park clean-up through your local recreation center or community association
- Sing in a community choral group, or play in a local band or orchestra
- Take part in a local theater troupe
- Get a local part-time job or explore opportunities online
- Teach a favorite pastime or skill, such as embroidery, photography, building models, chess, baking, woodworking, calligraphy, or quilting, to a new generation



Go out and get moving

- Garden (indoors or out) or do yard work
- Take an exercise class or do exercises at home
- Go dancing
- Join a sports club for older adults, like a bowling club or bocce league
- Walk or [bicycle](#) with a friend or neighbor
- Take a swimming class
- Play with your grandchildren. Teach them a game or dance you remember from childhood
- Take a stroll around the neighborhood or on nature trails

Adopt healthy stress-relieving habits

- Read a good book, magazine, or newspaper
- Practice gratitude and mindfulness
- Do tai-chi or yoga
- Cook your favorite healthy meal
- Enjoy the little things, such as a cup of coffee or sunrise

Source: NIA.NIH.gov/health/participating-activities-you-enjoy-you-age

Asian Chicken and Brown Rice Salad

3 tablespoons low sodium soy sauce

3 tablespoons rice wine vinegar

2 tablespoons sesame oil

2 cups whole grain brown and wild rice mix

3 cups shredded cooked chicken

1 cup diced yellow bell pepper

1 can water chestnuts chopped

1/2 cup green onions chopped

1 cup chow Mein noodles

6 cup baby spinach leaves

pepper to taste

Whisk together soy sauce, vinegar, and sesame oil in a large bowl.

Prepare brown and wild rice mix according to package directions.

Stir chicken, next 4 ingredients, and rice into soy sauce mixture.

Add pepper. Serve on bed of baby spinach. Serves 6



Nutrition Facts	
6 servings per container	
Serving size	1 cup chicken + 1 cup spinach (280g)
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 500mg	22%
Total Carbohydrate 30g	11%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 0mcg	0%
Calcium 76mg	6%
Iron 4mg	20%
Potassium 342mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,300 calories a day is used for general nutrition advice.	