



WALK ACROSS TEXAS PARKER COUNTY 2023 – WEEK 2

We have completed week one and almost completed Week 2. You are all doing so good to walk. Be sure to enter your mileage every day or so. It doesn't take long.

We have some teams that are burning up the trails and are well on your way to walk across Texas.

Below are mileage we have for our teams that have posted their miles.

Team	Current Mileage
AC/DC Chicks	472.34
Kicking Asphalt	277.13
Couts UMC 60+ Team 2	194.84
Motley Crew	224.91
Joyful Walkers	214.72
Weatherford Health Care	188.64
Couts UMC 60+	123.25
PCDA	143.75
Wake Up and Walk	89.90
Wired for Wellness	65.86



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

<https://walkacrosstexas.org/>

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

Warm Up

"Warming up and cooling down are good for your exercise performance — you'll do better, faster, stronger — and for your heart since the increased work on the heart 'steps up' with exercise," said Richard Stein, M.D., professor of cardiology in the Department of Medicine at New York University and co-director of Cardiology Consult Services.

"Stretching also makes many people feel better during and after exercise and in some people decreases muscle pain and stiffness." When done properly, stretching activities increase flexibility.



So, what's the big deal?

A good warm-up before a workout dilates your blood vessels, ensuring that your muscles are well supplied with oxygen. It also raises your muscles' temperature for optimal flexibility and efficiency. By slowly raising your heart rate, the warm-up also helps minimize stress on your heart.

"Warming up before any workout or sport is critical for preventing injury and prepping your body," said Johnny Lee, M.D., director of the Asian Heart Initiative at the New York University Langone Medical Center and president of New York Heart Associates in New York City.

"Stretching allows for greater range of motion and eases the stress on the joints and tendons, which could potentially prevent injury. Warming up, such as low-heart rate cardio, prepares the circulatory and respiratory system for the upcoming 'age- and type-appropriate target heart rate' exercising, whether it's endurance or sprint type of activities."

Before you exercise, think about warming up your muscles like you would warm up your car. It increases the temperature and flexibility of your muscles, and helps you be more efficient and safer during your workout. A warm-up before moderate- or vigorous-intensity aerobic activity allows a gradual increase in heart rate and breathing at the start of the activity.

- Warm up for 5 to 10 minutes. The more intense the activity, the longer the warm-up.
- Do whatever activity you plan on doing (running, walking, cycling, etc.) at a slower pace (jog, walk slowly).
- Use your entire body. For many people, walking on a treadmill and doing some modified bent-knee push-ups will suffice.

Cooling Down After Being Active

While physically active, your heart is beating faster than usual, your body temperature is higher, and your blood vessels are dilated. A cool down period helps your body transition back to normal. Begin to slow down your movements gradually. You can start cooling down by changing to a less vigorous activity, such as moving from jogging to walking. Stopping abruptly may cause dizziness. Cooling down helps reduce muscle soreness and improves relaxation.

Stretch It Out.

Take time to stretch after physical activity to increase muscle and joint flexibility. Here are several stretches from the “Guide to Physical Activity and Your Heart” that comes from the American Heart Association that you can use when cooling down. Do each stretch slowly and steadily, without bouncing.

- **Calf wall push.** Stand facing a wall, about 1 ½ feet away from it. Then lean forward and push your hands against the wall, keeping your heels flat. Count to 20 or 20 for a longer stretch. Rest. Repeat.
- **Hamstring palm touch.** Stand with your knees slightly bent. Then, bend from the waist and try to touch your palms to the floor. If you can't reach all the way to floor, just go as far as you can. Count to 10 or 20, then rest. Repeat. If you have lower back problems, do this stretch with your legs crossed.
- **Overhead triceps stretch.** Bend your right elbow and use your left arm to bring it up behind your head. You should feel a gentle stretch on the outside of your upper right arm. Hold for 10 to 20 seconds. Repeat with the left elbow behind your head. Rest. Repeat.

Chicken and Fruit Salad

5 cups spring mix salad greens
1 ½ cups cubed cooked chicken breast
1 ¼ cup sliced fresh strawberries
2 medium kiwi peeled and sliced
1 large apple cored and chopped
¼ cup reduced fat feta cheese crumbles
¼ cup poppy seed dressing

Arrange salad greens evenly on four plates. Divide chicken, strawberries, kiwi, apple and cheese over greens. Drizzle evenly with salad dressing.

Serve Immediately. Serves: 4

Nutrition Facts: Calories: 270; Fat: 10 g; Sodium 340 mg.; Carbohydrate: 23 g; Protein: 21 g.



GET ACTIVE!

30 - 60

MINUTES

of physical activity each day is recommended for adults, 5 days a week.



60

MINUTES

of physical activity each day is recommended for children by The Academy of Pediatrics.

Choose 10-15 minute activities throughout the day that you and your family enjoy.



Have Fun Every Day!

Take your kids to the playground.
Walk in the park.
Dance in your kitchen.

Families Who Move Together

Improve self esteem.
Help manage weight.
Lower risk for heart disease and Type 2 Diabetes.

Get into the habit of healthy!

WalkAcrossTexas.tamu.edu

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