



WALK ACROSS TEXAS PARKER COUNTY 2023 – WEEK 5

We are over halfway through Walk Across Texas challenge. I hope that you all are enjoying it and have made a point to challenge yourself to go and extra few miles. Some days have been more challenging than others. Many of you have pets. Whether it is a dog, cat, horses, or any other animal, they can be a part of your exercise program for good health.

This week's winner is: **Kim Heath** from team Joyful Walkers

Total Miles: 7,044.31! The team miles this week as of April 25, 2023 are:

Team	Current Mileage
AC/DC CHICKS	1521.95
Kicking Asphalt	1189.84
Motley Crew	785.98
Joyful Walkers	745.41
Couts 60+ 2	731.4
Weatherford Healthcare	636.02
Couts UMC 60+	546.09
PCDA	355.5
Wake up and Walk	299.35
Wired for Wellness	232.77



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Exercise is good for you and your pet!!

It is a well-known fact that regular physical activity is good for your health. A lesser-known fact is that it is not just good for you individually, your physical activity positively influences the physical activity and health of others around you, even your pet! Here are a few ways to consider working out with your pet, to make sure you both get to live a long, healthy life.



Consider your pet as a workout buddy.

This may be more realistic for some pets and breeds over others, but incorporating your pet is a great way to have fun and encourage you to exercise. There is the classic walk or run, or even the hike, to get you both outside. For smaller dogs (or even some cats) they also make running strollers or hiking backpacks for animals to incorporate your smaller pets into the outdoors safely. Some other ways to include your pet are incorporating a tennis ball or Frisbee. You can hit or toss the object for your own work out while playing fetch for your dog. Then there is the more untraditional exercises, like adding your pet into your yoga session (doga – it's a thing!) or floor work out. With a trained dog, you can do hand-shakes while you hold a plank, squat, or push-up. You can have your dog lay down and sit up with you between crunches or keep them close and still while you complete exercises and reward them with some treats, hugs, and a cool down walk between circuits or at the end of a workout.

Help your pet to help you.

Research suggests that individuals who exercise with a pet are more likely to stick to their fitness routine (1). Regular walks may help with pet behavior problems, along with improving their heart health, just like it does for your blood pressure, bone density and mental health. Much like humans, it is always good to check with the doctor before starting an exercise program for your pet and start low while slowly building a routine. Be sure to keep other factors like temperature, terrain, hydration, and comfort in mind for your pet too.

We all need exercise.

Cats need exercise as a part of their mental stimulation and play, dogs need to expend energy, and



even smaller pets of hamsters/gerbils have their wheels (2).

This exercise or play time is an important part of socialization for your animal and can contribute to your bond with your pet. Think of the size of the animal to influence the duration and intensity of your exercise. Ten minutes may be enough with your cat, but your dog may need 30 or more minutes.

Fun Facts:

- Dog owners have a 24% reduced risk for death from any cause. Those with heart problems saw an even greater benefit to pet ownerships (3).
- Walking your dog 20-30 minutes a day allows you to meet American Heart Association physical activity recommendations of (75-150 min/week) of moderate to vigorous physical activity.



Citations:

1. 10 workouts to do with your dog. Elite Sports Clubs. (n.d.). <https://eliteclubs.com/10-workouts-to-do-with-your-dog/>.
2. Flowers, A. (Ed.). (2021, July 17). *Exercising with your dog*. WebMD. <https://pets.webmd.com/dogs/ss/slideshow-exercising-with-your-dog>.
3. Kramer, C. K., Mehmood, S., & Suen, R. S. (2019). Dog ownership and survival. *Circulation: Cardiovascular Quality and Outcomes*, 12(10). <https://doi.org/10.1161/circoutcomes.119.005554>

Sautéed Vegetable and Potato Hash Breakfast

Servings 6, 1 cup servings

- 3 tablespoons olive oil, divided
- 1/2 cup red onion, chopped
- 1/2 cup red bell pepper, chopped
- 1/2 cup zucchini, chopped
- 1/2 cup Mushroom, chopped
- 1/2 teaspoon fresh ground pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon salt
- 4 cups frozen hashbrowns or sweet potato, thawed
- 6 cups spinach
- 1/2 cup fat free mozzarella cheese shredded
- 1/4 cup green onion tops, chopped.



Nutrition Facts	
6 servings per container	
Serving size	1 Cup
Amount per serving	
Calories	130
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 125mg	10%
Iron 1mg	5%
Potassium 424mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1. Wash hands and food preparation area.
2. Heat 1 tablespoon of olive oil over medium-high heat. Add onions and sauté for about 3 minutes.
3. To the onions, add peppers, zucchini, mushrooms, and seasonings. Stir to evenly distribute the seasonings. Cook for about 8 – 10 minutes, or until vegetables are cooked through.
4. Remove all vegetables from the pan and set aside.
5. Add 2 tablespoons of olive oil to the pan over medium-high heat. Add hashbrowns in an even layer. Cook for 12- 15 minutes, occasionally stirring to ensure even browning.
6. When the hashbrowns are cooked through, lower the heat, and add the sautéed vegetables. Stir to combine.
7. Add spinach and stir gently to combine. Cook until spinach is just wilted.
8. Evenly top with cheese and green onions, then serve.