

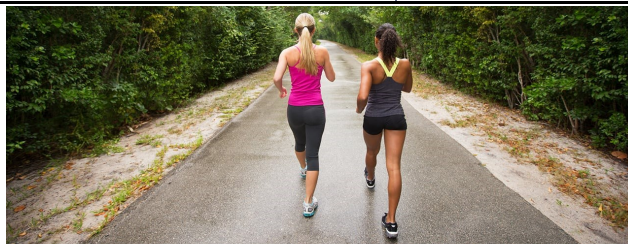


WALK ACROSS TEXAS PARKER COUNTY 2023 – WEEK 7

This week's winner is: **Annie Watson** from team Wired for Wellness!

Total Miles: 10,344.48! The team miles this week today are:

Team	Current Mileage
AC/DC CHICKS	2281.46
Kicking Asphalt	1725.24
Couts 60+ 2	1249
Motley Crew	1158.34
Joyful Walkers	1017.99
Weatherford Healthcare	922.09
Couts UMC 60+	845.42
PCDA	472
Wake up and Walk	351.65
Wired for Wellness	321.29



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10 Reasons to get and stay Moving.

Physical activity is one of the best things you can do to improve your health. Here are 10 benefits of physical activity to keep you moving.

1. **Better Mood.** Getting enough physical activity can immediately reduce feelings of anxiety and help you sleep better. Over the long-term, it can reduce the risk of depression. Regular walking, for example, can improve your mood, and participating in walking groups can help you remain socially connected to your friends, co-workers, and neighbors.
2. **Better Brain Function.** Regular physical activity can keep your thinking, learning and judgement skills sharp and delay the decline of these skills as you age.
3. **More Money in Your Wallet.** \$117 billion! That is how much our country spends each year in health care costs associated with low levels of physical activity. Not getting enough physical activity can increase your risk of developing a chronic disease, which comes with higher health care costs. Staying active is good for your health and your wallet, too.
4. **Lower Risk of Heart Disease and Stroke.** Heart disease and stroke are two of the leading causes of death in the United States. Being regularly active at a moderate intensity level can help lower the risk of these diseases. Regular physical activity can also lower your blood pressure and improve your cholesterol levels.
5. **Lower Risk of Some Cancers.** Getting the recommended amount of physical activity can lower the risk of many cancers. These include cancers of the bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach.
6. **Lower Risk of Type 2 Diabetes or Diabetes Complications.** More than 34 million Americans have diabetes. Another 88 million US adults have a condition called prediabetes, which puts them at risk of type 2 diabetes. Regular physical activity helps prevent type 2 diabetes. If you already have diabetes, you can help control your blood sugar levels by staying active.
7. **Longer Life.** Being physically active can reduce your risk of dying early from leading causes of death such as heart disease and diabetes. About 110,000 deaths per year could be prevented if US adults ages 40 and older increased moderate-to-vigorous physical activity by even 10 minutes a day.
8. **Stronger Bones and Muscles.** Doing aerobics, muscle-strengthening, and bone-strengthening physical activities of at least moderate intensity can slow the loss of bone density. Being physically active can also help with arthritis pain and reduce the risk of hip fracture.
9. **Fewer Sick Days.** Physically active people tend to take fewer sick days. Some wellness programs offer a gym, gym membership or outdoor walking paths. If your workplace doesn't have a wellness program, management may be willing to start one. And you can always add physical activity on your own with walking meetings, physical activity breaks during long meetings, or taking a walk during your lunch break.
10. **Better Grades in School.** For kids, school physical activity programs can improve attention and some measures of academic performance. Students who are physically active tend to have better








grades, school attendance, brain function, and classroom behaviors. You can also make physical activity part of your family's daily routine by taking family walks or playing active games together.

If you are wondering how to add physical activity to your life here are some sample schedule ideas. Just be sure to pick activities that are enjoyable and match your abilities and your kids' too. This will help everyone stay in the game.

If you have a chronic health condition such as heart disease or arthritis, talk with your doctor first about the types of physical activity that are right for you.

Source: Division of Nutrition, Physical Activity and Obesity, National Center for Chronic Disease Prevention and Health Promotion.






Example 1: Moderate-Intensity Activity and Muscle-Strengthening Activity

Sunday 30 minute brisk walk 	Monday 30 minute brisk walk 	Tuesday 30 minute brisk walk 	Wednesday Weight Training 	Thursday 30 minute brisk walk 	Friday 30 minute brisk walk 	Saturday Weight Training 
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Example 1: Moderate-Intensity Activity and Muscle-Strengthening Activity

Total: 150 minutes moderate-intensity aerobic activity + 2 days muscle-strengthening activity








Example 2: Vigorous-Intensity Activity and Muscle-Strengthening Activity

Sunday	Monday 25 minute jog 	Tuesday	Wednesday 25 minute jog and weight training  	Thursday	Friday Weight training 	Saturday 25 minute jog 
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Example 2: Vigorous-Intensity Activity and Muscle-Strengthening Activity

Total: 75 minutes vigorous-intensity aerobic activity + 2 days muscle-strengthening activity

Example 3: Mix of Moderate- & Vigorous-Intensity Activity and Muscle-Strengthening Activity

Sunday 30 minute brisk walk 	Monday 15 minute jog 	Tuesday Weight Training 	Wednesday 30 minute brisk walk 	Thursday Weight Training 	Friday 15 minute jog 	Saturday 30 minute brisk walk 
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Example 3: Mix of Moderate- & Vigorous-Intensity Activity and Muscle-Strengthening Activity

Total: The equivalent of 150 minutes of moderate-intensity aerobic activity + 2 days muscle-strengthening activity

Vegetarian Enchilada Casserole

Servings: 8

2 teaspoon canola oil

1 medium onion chopped

1 medium zucchini grated or diced

1 (15.5 ounce) can low sodium black beans rinsed and drained

1 (14 ounce) can low sodium diced tomatoes rinsed and drained

1 1/2 cup frozen corn kernels thawed, can also use fresh 1 teaspoon ground cumin

12 corn tortillas quartered

1 (10 ounce) can red enchilada sauce

1 cup reduced fat cheddar or fiesta blend cheese



Preheat oven to 400°F.

Lightly coat a 9 X 13 inch baking dish with cooking spray.

Heat oil in a large nonstick skillet over medium-high heat.

Add onion, and cook stirring often, until starting to brown (about 5 minutes).

Stir in zucchini, beans, tomatoes, corn, cumin, and salt; cook, stirring occasionally, until the vegetables are heated through, about 3 minutes.

Scatter half the tortilla pieces in the pan.

Top with half the vegetable mixture, half the enchilada sauce and half the cheese.

Repeat to form another layer.

Cover with foil.

Bake the casserole for 15 minutes.

Remove the foil and continue baking until the casserole is bubbling around the edges and the cheese is melted, about 10 minutes more.

Nutrition Facts: Calories: 240: Fat: 5 g; Carbohydrates: 40 g.; Protein: 11 g.