



WALK ACROSS TEXAS PARKER COUNTY 2023 – WEEK 8

We are in the final stretch of Walk Across Texas. I am amazed at how many teams have met the goal of 830 miles and have walked so many more miles. I will be out of the office next week. We will give final miles walked and recognize teams and the top walkers after Memorial Day.

Once you have completed Walk Across Texas, please complete the Wrap-Up form located on the Walk Across Texas Website. Make sure your team members have entered all their mileage and have completed the Wrap Up form. Please do this by May 31. All individuals' names who complete the wrap up form will be put in a draw for a \$25.00 gift card.

Team	Current Mileage
AC/DC CHICKS	2631.11
Kicking Asphalt	2046.8
Couts 60+ 2	1450.32
Motley Crew	1433.5
Joyful Walkers	1133.29
Weatherford Healthcare	1087.92
Couts UMC 60+	929
PCDA	552.5
Wake up and Walk	375.45
Wired for Wellness	344.53



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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

Places to Be Physically Active

If you're looking for fun ways to be physically active or new places to put some variety in your activity routine, check out the options below.

For more ideas, search the Internet using terms like "walking groups near me," "dance classes near me," or "roller skating rinks near me." You can also get information about programs from your city or county parks and recreation department.

Free Apps

AllTrails <https://www.alltrails.com>

Search by city, park, or trail name.

ParkPassport <https://parktrust.org/resources/parkpassport-mobile-app>

Search for local, state, and national parks and recreation areas.

Playground Buddy <https://www.playgroundbuddy.com>

Identify more than 200,000 playgrounds in 170 countries.

TrailLink <https://www.traillink.com/mobile-apps>

Find trails for walking, hiking, running, skating, and biking by city, state, zip code, or trail name.

Websites

American Heart Association <https://www.heart.org/en/healthy-living/fitness/walking/start-or-join-a-walking-club>

See how to start or join a walking club.

GirlTrek <https://www.girltrek.org/connect>

Find Facebook pages for Black women's walking groups in 33 states.

Park Finder <https://findyourpark.com/park-finder>

Explore national parks, recreation areas, and historic sites.

Recreation.gov <https://www.recreation.gov>

Search for recreation activities at outdoor and cultural destinations.

Walk With a Doc <https://walkwithadoc.org/join-a-walk/locations>

See free events to learn about a health topic from a health care professional, then enjoy a walk and conversation with others.

YMCA <https://www.ymca.org/find-your-y>

Find a facility or camp by city, state, or zip code. Fees vary.

Other Ideas for Physical Activity

[DeskFit \[PDF-1.27MB\] https://www.nasa.gov/sites/default/files/atoms/files/hq_deskfit_booklet_6.10.2020.pdf](https://www.nasa.gov/sites/default/files/atoms/files/hq_deskfit_booklet_6.10.2020.pdf)

Learn activities you can do without leaving your home or office.

[Move Your Way](#)

Watch videos in English or Spanish with ideas for being physically active.

[Physical Activity for People with Disability](#)

Find ways people with disabilities can stay active and healthy.

[Take a Walk in the Mall](#)

Walk indoors if you prefer.

[Walk with Ease https://www.arthritis.org/health-wellness/healthy-living/physical-activity/walking/walk-with-ease](https://www.arthritis.org/health-wellness/healthy-living/physical-activity/walking/walk-with-ease) Use a self-guided online walking program for people with arthritis.

Summer Veggies with Bow-Tie Pasta

- 2 yellow crook-neck squash sliced
- 2 zucchini sliced
- 12 baby carrots sliced
- 1/2 head red/purple cabbage chopped, about 2.5 cups
- 3 green onions chopped
- 1/2 green bell pepper sliced 2 tsp canola oil
- 1 (16 ounce) box Farfalle pasta bowtie (whole- wheat)
- 1/4 cup shredded Parmesan cheese
- 2 tbsp low sodium soy sauce Instructions

1. In skillet, put all vegetables with sprays of butter.
2. Place a lid on vegetables and cook until tender.
3. In saucepan, prepare pasta as directed on box.
4. Drain pasta, and toss with cooked vegetables.
5. Sprinkle with Parmesan Cheese

Nutrition Facts	
8 servings per container	
Serving size	(214g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 49g	18%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 72mg	6%
Iron 3mg	15%
Potassium 635mg	15%
*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.	

Chocolate Mug Cake

Servings 1

Ingredients

2 Tablespoons strawberries
1/2 teaspoon slivered almonds
2 teaspoons semi-sweet chocolate chips sugar free
1 tablespoon + 2 teaspoons unsweetened cocoa powder
3 Tablespoons all-purpose flour
1/8 teaspoon salt
2 teaspoon splenda/sugar substitute
1/4 teaspoon baking powder
3 teaspoon mashed banana
3 Tablespoons Unsweetened Vanilla Almond Milk
1/2 teaspoon vanilla extract Instructions



1. Wash hands before beginning preparation.
2. Mix all dry ingredients into an 8 oz. coffee mug
3. Add in wet ingredients (mashed banana, almond milk, vanilla extract) to dry mixture and mix well.
4. Fold in chocolate chips gently.
5. Bake in microwave on high for 1 minute and 20 seconds
6. After baking, top with strawberries and slivered almonds.

Enjoy!