



WEEK 1

TEXAS A&M  
**AGRI**LIFE  
EXTENSION

# WALK ACROSS TEXAS

Parker County 2024 Spring Challenge

## Walking Can Be Good For Your Physical & Mental Health

Welcome to Walk Across Texas 2024 in Parker County. I am pleased to say that we have 15 teams including 3 youth teams.

If you are on a team, be sure to log in your your miles into your team captain each week. If you have any problems please let me know. I will help you out.

Spring time makes you want to spend time outdoors and inspires you to want to be more active. One of the ways you can be more active is through walking. Walking is a gentle, low-impact exercise that most anyone can do. You can begin slow and then ease into a higher level of fitness and health. Walking is accessible to everyone. It is not expensive. It is safe and doesn't require any practice.

Like any exercise, walking can help you to achieve several important health benefits. It can help you lower your LDL cholesterol (the bad), raise your HDL cholesterol (the good), lower your blood pressure, reduce your risks of or help you manage type 2 diabetes, manage your weight, improve your attitude and mood and help you to stay strong and fit.

Research shows that regular, brisk walking can reduce the risk of a heart attack by the same amount as more vigorous exercise such as jogging.

Walking does not take a lot of skill. Still, you want to take the time to prepare yourself in order to prevent injuries, such as muscle pain and blisters.

Begin with good, comfortable shoes. Choose shoes that have proper arch support, a firm heel and thick flexible soles to cushion your feet and absorb shock. When shopping for a new pair of shoes, be sure to walk in them in the store.

Dress in loose fitting, comfortable clothing and in layers if you need to get used to the temperature change. If you walk outside, choose clothes that are appropriate for the weather. Avoid rubberized materials that don't allow for your body to perspire and breath. Wear bright colors or reflective tape if you are walking after dark so that motorists can see you.

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

Using correct posture and movements is important in order to get the most benefit from walking. Warm up about five minutes. This can include walking slowly to warm up your muscles. Increase your pace until you feel warm.

Stretch after warming up your muscles before walking. This can include calf stretches, quadriceps stretch, hamstring stretch, and side stretch.

Cool down after each walk to reduce stress on your heart and muscles. End each walking session by walking slowly for five minutes and then repeat your stretches.

Begin walking slowly and easily. Try short walks at first 10 to 15 minutes. Then gradually work your way up to 30 to 60 minutes.

Measure the intensity of your workout. As you walk check your heart rate. Knowing your heart rate allows you to increase the intensity to maximize your workout or to slow down so that you won't overdo it.

Stay motivated and stick with your commitment to walk. Think about the potential health benefits. Make it fun. If you don't like to walk alone, invite someone to walk with you. Vary your routine, walk on tracks, walk in neighborhoods, and go to the gym to walk, or even the store or a shopping mall.

## The Clark Gardens

This year we will include locations in our area to walk. Some you may be familiar with, and others may be new to. We hope that you will take time to go explore these locations and enjoy walking and the beauty of these locations.

This week we will begin with one of my favorites. Clark Gardens. Clark Gardens is located between Weatherford and Mineral Wells on Maddux Road, just off 180. It began as a private garden in 1972 by Max and Billie Clark. What was once rugged land is now a botanical masterpiece. The place is truly a tranquil place with many different gardens, flowers, and trees. There are some wonderful trails and pathways. One of my favorites is the prayer garden. I also love the trains.

I encourage you to visit the Clark Gardens and walk.



Team Name	Overall Miles
Shake N Bake	334.03
Kicking Asphalt	220.58
Walking Dead	196.25
HotMessExpress	166.21
Saucer Sippin'™ Sisters	90.65
Strolling Sisters	69.32
404 Name Not Found	56.52
Joyful Walkers	55.4
Couts 60+ 2	12.41



## Beet, Tuna, and White Bean Salad Course Main Dish

Servings 4 2 cup servings

### Ingredients:

15 ounces canned cannellini beans, no salt added rinsed and drained.  
10 ounces canned solid white tuna, packed in water drained and broken into chunks.  
1/4 cup red onion chopped.  
1/4 cup green olives pitted and chopped.  
1 Tablespoon dry mustard powder  
4 Tablespoons red wine vinegar  
2 Tablespoon lemon juice  
4 Tablespoons olive oil  
1 teaspoon dried dill  
1/2 teaspoon dried parsley  
1/2 teaspoon black pepper  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
15 ounces canned beets, no salt added rinsed, drained, and chopped into bite size pieces.  
8 cups spring mix lettuce

### Instructions

1. Combine beans, tuna, red onion, and green olives in a large bowl.
2. Whisk together mustard powder, red wine vinegar, lemon juice, olive oil, dill, parsley, salt, pepper, garlic powder, and onion powder in a small bowl.
3. Add half of the vinaigrette to tuna mixture, mix thoroughly.
4. Combine spring mix salad and beets in a large bowl.
5. Add remaining vinaigrette to the salad mixture and toss gently to coat.
6. To serve, divide the salad and beet mixture evenly on to four plates and top with 1/4 of the tuna mixture.

Nutrition Facts: Calories: 380; Fat: 18 grams; Carbohydrates: 28 mg.; Protein: 24 mg.