

Welcome to Week 5 of Walk Across Texas! Keep on going! Don't give up!. If you have lost your mojo, it is time to reset and continue. We have three teams who have made it across Texas!

Everyone is encouraged to move to their own beat. Dancing is an excellent way to move, soo turn the music on and dance like nobody is watching.

Water. . . the forgotten nutrient

With warmer weather, there are a couple of things to keep in mind when spending time outdoors and when doing physical activity such as walking and running. First, we want to make sure we are drinking enough fluids to prevent dehydration. Water is an essential nutrient that every cell, tissue, and organ of the body needs. In fact, our bodies are made up of about 75 percent water.

Some functions of water include:

- Transporting nutrients, oxygen, and waste
- Helps medication work properly.
- Keeps skin, eyes, and mouth moist.
- Helps prevent constipation.
- Helps temperature regulation in the body.

On average the typical mail consumes about 10 cups of water a day and typical female consumes about 7 to 8 cups of water a day. Of this, 20 percent comes from the food that is eaten and the remaining 80 percent comes from beverages including caffeinated beverages. Beverages not only add water, a necessary nutrient, to the eating plan but can all be a source of calories as well.

Healthy adults need about 6 to 8 glasses of water every day. During hot, humid weather and strenuous activity, fluid loss may be much higher.

Parker County Extension Office

Kathy Smith

County Extension Agent -Family & Community Health Parker County

604 North Main, Suite 200 Weatherford, Texas 76086

817-598-6168

kathy.smith@ag.tamu.edu https://parker.agrilife.org https://walkacrosstexas.org

Texas A&M AgriLife Extension Service provides equal opportunities in its programs and employment to all persons, regardless of race color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.



Here are some easy tips to add water to your diet.

- Take frequent water breaks throughout the day.
- Start lunch or dinner with a cup of soup.
- Take a bottle of water with you when you go out.
- Drink milk during meals.
- Enjoy decaffeinated teas and coffees.
- Take time out with a friend to have a water break.

Dehydration can occur in people of all ages. If you experience signs of dehydration, replace lost fluids immediately.

Some of the symptoms can include:

- Thirst, dry mouth, flushed skin
- Fatigue
- Headache
- Dizziness, weakness
- High body temperature
- Increased breathing rate, rapid pulse
- Dark yellow urine
- Skin that stays in a pinched position.

Springtown Park

Springtown is home to a 33-acre park with amenities such as playgrounds, soccer and baseball fields, sand volleyball courts and an 18-hole disc golf course. There is a walking/jogging trail that winds through the park and passes by an area of creek bed which hosts a newly discovered set of dinosaur tracks.

You can access the park in the southeast part of downtown or off 199 east behind the Brookshire's Shopping Center.





We have a gift card winner: **Becky Host!**

The gift card is on the way to you.



INFUSED WATER BASICS

Splash of Flavor



WHAT IS INFUSED WATER?

Infused water is a combination of fruits, herbs, and vegetables mixed into plain old water. Whichever fruit or vegetable that use can either be sliced or mashed when adding it to the mix.



INFUSE TEMPS

- Warm climates 1 hour (left on the counter for example)
- Cold climates 2 hours (placed in the refrigerator)

INFUSED WATER BREAKDOWN

- 1. Pick your produce. You can use one item or a combination of fruit and vegetables.
- 2. Decide if you want to add a garnish (fresh
- 3. Get your water. You'll need at least 4 cups to every 1/2 - 1 cup of fresh produce. You can add more or less produce to sweeten your water.
- Then infuse Infusion takes about 2 hours. depending on the temperature.

Team Mileage Shake N Bake 1686.48 1535.24 **Kicking Asphalt Walking Dead** 1418.30 HotMessExpress 790.16 Saucer Sipping Sisters 772.55 404 Name Not Found 645.77 Joyful Walkers 544.99 448.54 Strolling Sisters The Legendary Mr Hale 240 141.21 Florida Sunshine Couts 60+2 45.36

Parker County Total - 8,268.60



FLAVOR - COMBO IDEAS

- 4 Mix Combo: Veggie + Citrus + Berry + Herb
- 3 Mix Combo: Citrus + Berry +
- 2 Mix Combo: Citrus + Melon

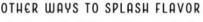
FOOD SAFETY

- · Make sure to use a clean your container (glass) for your infused water.
- · Wash your fruits, vegetables, and herbs before making your recipe
- · During the infusion process decide hot (warm) or cold.

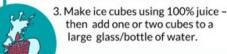
Whether you place the water in the refrigerator or leave the container on the counter, once infused (done), place in the refrigerator or add ice after to avoid spoilage.

- · Chill for later If you are not going to drink the flavored water right away, put the container in the refrigerator
- · Lastly, if you plan to keep your flavored water for more than a day, strain out the produce before storing it in the refrigerator.





- 1. Squeeze fresh lime or lemon wedge in the water (classic)
- 2. Add a splash (like a tablespoon or teaspoon) of juice to a glass of water.



GET CREATIVE!

Mix what you like by adding all or just one produce element.

Example:











