

# WALK ACROSS TEXAS

Parker County 2024 Spring Challenge

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, so 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 male 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.

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

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.



#### 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 herbs).
3. Get your water. You'll need at least 4 cups to every ½ - 1 cup of fresh produce. You can add more or less produce to sweeten your water.
4. Then infuse - Infusion takes about 2 hours, depending on the temperature.



#### INFUSE TEMPS

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



#### FLAVOR - COMBO IDEAS

- **4 Mix Combo:** Veggie + Citrus + Berry + Herb
- **3 Mix Combo:** Citrus + Berry + Herb
- **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.

#### OTHER WAYS TO SPLASH FLAVOR

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.
3. Make ice cubes using 100% juice - then add one or two cubes to a large glass/bottle of water.



#### GET CREATIVE!

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

Example:



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

**Parker County Total - 8,268.60**

