



MAKING A DIFFERENCE

TARRANT COUNTY

Help us Celebrate Our Extension Volunteers!

While April 18-24, 2021 may be recognized as National Volunteer Week, we in AgriLife Extension celebrate and appreciate our volunteers daily. Whether they are serving as committee members and helping to drive our programming areas or volunteering to help spread our research-based educational methods throughout the community, our volunteers are essential to the work done by Extension programs across the nation.

Volunteers not only assist us with providing programs and educating the public across Tarrant County, but volunteers also assist with helping us to identify programming needs, reaching new audiences, forming new partnerships, and telling our Extension program story. Without volunteers, the overall Extension program as we know it would not exist.

During the 2020 calendar year, more than 1,283 Tarrant County Extension volunteers contributed more than 68,420 hours to Extension work and outreach for a total contribution of \$1,861,027! All of this during a global pandemic!

While much of the world and our local community shut down during the early stages of COVID-19, our office was inundated with lawn and garden questions and requests for virtual programs. Our volunteers stepped up and answered the call by providing gardening assistance over the phone for Tarrant County residents.

Additionally, our volunteers in all programming areas began offering virtual programs and 4-H meetings to sustain the programs and continue to offer these opportunities to youth and adults across Tarrant County.

While I am consistently mesmerized by the impacts our volunteers make, this year has impressed me more than ever. Thank you from the bottom of my heart to all our Extension program volunteers...you help us make a difference and you are appreciated!

Courtney

Join us on our Facebook Page (Texas A&M AgriLife Extension Service – Tarrant County @agrilife.tarrant) during April as we highlight some of our amazing volunteers!



Courtney Davis,
Tarrant County Extension Director

TEXAS A&M AGRILIFE EXTENSION SERVICE - TARRANT COUNTY

VOLUNTEER IMPACT 2020

1,283

NUMBER OF VOLUNTEERS IN
TARRANT COUNTY WHO REPORTED

68,420

NUMBER OF HOURS REPORTED

\$1,861,027

VALUE OF VOLUNTEER TIME
DONATED TO TARRANT COUNTY

33

FULL TIME EMPLOYEE
EQUIVALENT

IT'S TIME TO PLAY GOLF!

Benefiting the
TEXAS 4-H FOUNDATION
for scholarships and 4-H programs

April 29, 2021

1 pm shotgun start
Waterchase Golf Club

8951 Creek Run Road, Fort Worth, TX 76120

Lunch starting at 11:30 am

Awards following play

Giveaways • Mulligans • Goodie Bags

Fun competition with great people!

More details to follow.



The Texas 4-H Youth Development Foundation is a 501 (C) 3 non-profit organization and all contributions are tax deductible to the fullest extent permitted by law.

Presenting title sponsor \$5000 (one available)

Prominent signage at the event

Recognition on 4-H website

Logo on all printed material (flyers, posters, banners)

Featured on Facebook event page (logo)

One complimentary team entry (four players)

Promotional material can be placed in swag bag

Mentions at the event



Gold sponsor \$1000 (five available)

Signage at the event

Logo on all printed material (flyers, posters, banners)

Featured on Facebook event page (logo)

Promotional material can be placed in swag bag

Mentions at the event

Silver sponsor \$500

Signage at the event

Listed on Facebook event page

Promotional material can be placed in swag bag

Mentions at the event

Registration Goodie Bag Sponsor \$1500 (one available)

Organization name and logo on goodie bag

Organization name on custom tees, ball markers, and golf balls

Complimentary foursome included

Lunch sponsor \$1500 (one available)

Signage at the event and holes

Listed on Facebook event page

Mentions at the event

Complimentary foursome included

Beverage Cart sponsor \$500 (one available)

Organization logo and information sign placement on the beverage cart

Longest Drive and Closest to the Pin sponsor \$500

(one available)

Signage at the event and holes

Listed on Facebook event page

Mentions at the event

Hole sponsor \$300 (18 available)

Sign at sponsored hole

Listed on Facebook event page

Golf Cart sponsor \$300 (one available)

Organization logo and information sign placement on every golf cart

Listed on Facebook event page

Mentions at the event

FOR MORE INFORMATION:

Emily Gainey, Texas 4-H Program Coordinator

(979) 845-1213 - emily.gainey@ag.tamu.edu

Diane Johnson, Committee volunteer

(817) 247-1200 - diane@detailsbydesign.net

The Texas 4-H Foundation
is hosting a local
Golf Tournament
in Fort Worth!

All proceeds will benefit
local 4-H and youth
programming
in Tarrant County!

Help spread the word
and sign up today!

**For more information,
please contact:**

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(979) 845-1213

• emily.gainey@ag.tamu.edu

Diane Johnson,
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[https://
texas4hfoundation.org/
news-and-events/](https://texas4hfoundation.org/news-and-events/)

Tarrant County Youth Set Records

Jacklyn Jones-Doyle, County Extension Agent, Agriculture/Natural Resources

What a record day for Tarrant County Agriculture Youth! On Saturday March 6th, the Civic, Business, and Industry Leaders of Tarrant County came together for Tarrant County 4-H and FFA Agriculture youth and set records! Exhibitors enrolled in Agriculture education programs in Tarrant County school districts had their annual Livestock show at the Will Rogers Complex. These exhibitors raised animals over the past year and learned the importance of agriculture to our daily life activities. The Livestock Sale on Saturday was the culmination of all of their hard work coming together for big rewards and helping these kids take the next step in their lives.

211 kids from Tarrant County FFA chapters participated in the 71st Tarrant County Junior Livestock Sale on Saturday. A record \$610,000 was raised for Tarrant County Agriculture youth by area business and community leaders. The money raised is contributed directly back to the youth. Some will be buying animals to raise and sell at next year's show; others will be using those funds for tuition at local trade program institutions or at area colleges and state universities. Sale dollars spent by local businesses at this sale create a future workforce and develop skills needed going into the future workforce of Fort Worth, Tarrant County, and the State of Texas.

The Grand Champion steer, exhibited by Jackson Poulson – Fort Worth Country Day 4-H, sold for a record \$30,000. Other Grand Champion animals of the Tarrant County show also sold for record-breaking amounts. The Tarrant County Junior Livestock show wants to say Congratulations to the following Grand and Reserve Grand Champions:

Grand Champion Swine – Lauryn Rasco – Azle FFA
Grand Champion Lamb – Reagan Slough – Keller 4-H
Grand Champion Dairy Wether – Madeline Story – Saginaw 4-H
Grand Champion Goat – Sophia Rios – Fort Worth Diocese of Tarrant Co 4-H
Grand Champion Broiler – Gage McAnally – Lake Worth FFA
Grand Champion Turkey – Kole Phillips – Mansfield FFA
Grand Champion Single Fryer (Rabbit) – Ryan Smith – Arlington FFA
Grand Champion Rabbit – Ivan O Kane – Mansfield FFA

Reserve Grand Champion Steer – Emily Scoggins – Grapevine/Colleyville FFA
Reserve Grand Champion Swine – Adilynn Crites – Brewer FFA
Reserve Grand Champion Lamb – Kate Williams – Rendon 4-H
Reserve Grand Champion Dairy Wether – Ryan Osborn – Brewer FFA
Reserve Grand Champion Goat – Hudson Rios – Fort Worth Diocese of Tarrant Co 4-H
Reserve Grand Champion Broiler – Gage McAnally – Lake Worth FFA
Reserve Grand Champion Turkey – Kole Phillips – Mansfield FFA
Reserve Grand Champion Single Fryer (Rabbit) – Toicean Simmons – Birdville FFA
Reserve Grand Champion Rabbit – Jazzy Gomez – Crowley FFA

Congratulations to all the Tarrant County Junior Livestock Show participants!!

4-H Youth Learn How to Be the Toast of the Town in 29th Year of Tarrant County 4-H and Toastmasters Community Partnership

Jacqui Frampton, County Extension Agent, 4-H Youth Development



For the past 29 years, 4-H youth in Tarrant County have had the opportunity to get a first-class education in the art of public speaking from the irrefutable experts in that particular field: Toastmasters. Dr. Jeff Johnson, Chairman of *TEDxYouth@FortWorth* and Distinguished Toastmaster, is the volunteer behind the nearly thirty-year partnership. The 4-H Public Speaking Youth Leadership series is led by Dr. Johnson and his associates twice a year in the Fall and Spring. The course is offered at no charge and is open to all active Tarrant County 4-H members in grades 4-12. The classes occur every Thursday evening from 7:00-9:00pm for eight weeks. Traditionally, this program has been hosted at the Tarrant County Extension Office in downtown Fort Worth. When the COVID-19 pandemic hit in Spring 2020, the class was swiftly pivoted to a virtual format using the Zoom meeting platform.

Dr. Johnson combines step-by-step instruction with humor to help youth build their confidence with what can often be a daunting task: speaking in public. In the class, youth deliver prepared speeches every week while getting valuable feedback and critique from their 4-H peers as well as the Toastmaster volunteers. This type of consistent practice allows for youth to overcome any fear or reluctance they may have for public speaking. Dr. Johnson also emphasizes the importance of leadership and includes lessons for being a better leader in order to prepare members for leadership roles in their club, county, or district 4-H program. The final class of the series includes a friendly public speaking competition "TED Talk-style" so the youth can practice all the skills they have learned throughout the series. Dr. Johnson recruits fellow Toastmasters to serve as judges and First and Second place winners receive trophies. All youth receive diplomas for graduating the course and walk away with an invaluable, carefully honed skill that they will undoubtedly use for the rest of their lives.

In the 2019-2020 4-H year, 16 youth graduated the series and 15 youth are on track to graduate in the 2020-2021 4-H year. On March 25th, the Spring 2021 class had their competition and graduation. Pre-COVID, they would have given their speeches on stage in front of an audience. Now they are speaking to a computer screen on Zoom, but the core knowledge gained has remained the same. With the rise in popularity of Zoom for college and job interviews, and in many cases now being the norm, they will arguably be more prepared for their future public speaking endeavors than ever before.

Marquis Washington Tarrant County 4-H volunteer highlight for Black History Month

Jordan Peldyak, Extension Agent, Cooperative Extension Program, 4-H Youth Development

I would like to highlight Marquis Washington, an outstanding Tarrant County 4-H CEP volunteer. Marquis serves as a vital role to the Tarrant County 4-H CEP Advisory committee as well as providing photography education and workshops to schools and community organizations. His expertise with not just photography but community outreach has been outstanding for the Tarrant County 4-H program. Marquis has served as a judge for many county-wide projects along with a large role in providing presentations and taking photos at the 4-H Youth Lab at Prairie View A&M University in 2018. Marquis is someone who is always looking to make a positive change in the community and we are blessed he has partnered and continues to volunteer for Tarrant County 4-H. Below is a biography and description of how Marquis got his start with photography and his experiences with 4-H.

As a young photographer, I was self-taught and learned more about photography as a college student. I wish I had more opportunities to learn through seminars, workshops, or apprenticeships. My personal experience lead me to reach out to youth that had aspirations of becoming a photographer, or didn't realize they could be a photographer, and maybe even those that just wanted to improve their selfie skills.

I met a 4-H Extension Agent during the opening of a Tarrant County multicultural museum. The chance meeting developed into an invitation to join the 4-H CEP Advisory Committee. As a member of the committee I learned so much about the many programs, classes and benefits afforded to the youth of Tarrant County. It wasn't long before I was a judge of a 4-H photography contest, and then an afterschool program for photography, then eventually a photography specific class for an in-school club. My 4-H involvement became the conduit to help young artists develop.

Seven years later, I've enjoyed helping aspiring artists and photographers through 4-H's programs. I hope I've inspired as much as I've been inspired by the creativity and energy of young artists. The many camps, classes, contests, and programs that I've been privileged to take part, have truly been a blessing to me as an artist trying to give back to the communities that are so often the subject of many photographs.

-Marquis Washington



Mulch-Low Tech, High Impact

Mulch is simply a layer of material covering the soil surface around your plants. There is nothing glamorous about mulch, but it is by far the lowest-technology, highest impact gardening practice of all.

Much of the research over the years has shown that unmulched shrubs may lose up to two-thirds of any water applied through evaporation from the soil and only one-third through plant use (transpiration). There is truly much to mulch, from potted plants to the biggest tree in the landscape they all need and benefit from mulch.

The primary benefit of mulching is water conservation, but it also does the following:

- Reduces soil erosion (especially on slopes) from wind and rain, protecting your soil.
- Moderates soil temperatures by keeping soils warmer in winter and cooler in summer.
- Reduces weed populations by keeping weed seed in the dark, smothering weeds, restricting weed growth, or making them easier to pull.
- Reduces soil borne plant diseases by preventing rain or irrigation water from splashing soil fungi up onto the stems, foliage, flowers and fruit.
- Provides organic matter to the soil by decomposing into the soil or with tilling into the soil annually.
- Creates aesthetically pleasing soil covering, whether full of plants or not!

Mulches can be organic materials, such as shredded bark, compost, recycled paper, pine straw and wood chips; or inorganic materials, such as chipped granite, lava rock, limestone, woven plastic, river rock, and recycled, chipped tires.

Organic mulches are preferred by most, as they return organic matter back to the soil. Rock mulches have their place though; take a hint from the natural environment. Stone and rock mulches are very natural in West Texas or in your more xeriscapic designs. Pine straw mulch looks great in East Texas and good old cypress mulch looks good pretty much anywhere. Organic mulches still have the advantage over rock mulches in most situations. Organic mulches decompose and add much needed organic matter to the soil. They also reflect less sunlight, reducing heat loads on plants and surrounding buildings. The disadvantages of organic mulches are they can wash away in “toad floating” rain events and they need to be replenished annually.

Here are some more guidelines to aid you in choosing and using mulches in your landscape:

- Cost of mulches varies primarily based on distance shipped to your nursery or garden center; try to use locally processed mulches – don’t select pine straw in West Texas or composted cotton bur hulls in East Texas.
- Cost of mulches varies significantly between mulch in bulk versus bagged; bulk is usually cheaper (about 20% less) but not often recommended by the best landscape contractors. Bulk mulch must be moved twice: it must be shoveled into a wheelbarrow or cart, pushed pulled or dragged to the planting bed, dumped; shoveled around the bed; and spread. Way to much work!!!
- Use bagged mulch if at all possible. It is worth the added expense. Bags save you time and lessen the workload; bags are easy to transport to the planting bed, and mulch is easier to spread from the cut bag!

The main lesson to learn is some mulch is better than no mulch, it may not be hi tech but Mother Nature has been very successful with it for thousands of years!!

Source: Steve Chaney, Former Horticulture County Extension Agent

Chat with Green Aggies

Laura Miller, County Extension Agent, Horticulture

The 2020 COVID-19 pandemic had an immediate effect on Texas A&M AgriLife Extension programming when most in-person Extension educational events were suspended indefinitely. The impact on horticulture went beyond the many adjustments we all made to work safely in a dramatically different environment. As people spent more time at home, many of them sought out horticultural information, goods, and services.

To provide timely information to extremely busy Green Industry professionals, the Chat with Green Aggies weekly multi-panelist webinar was born on April 9, 2020. With a few notable exceptions-Thanksgiving, Christmas Eve, and the middle of Winter Storm Uri, the show has gone on at 12:12 each Thursday since.

What makes it special? To quote Horticulture Specialist Dr. Mengmeng Gu, *“the multi-discipline holistic approach, specialist-agent-industry collaboration, nationally-known guest panelists, combination of in-depth and informal discussions, and regular consistent delivery of timely topics.”* With Texas Nursery and Landscape Association being a major industry collaborator, the Interdisciplinary Team consists of faculty from Horticulture, Plant Pathology (Dr. Kevin Ong), Entomology (Dr. Erfan Vafaie), Soil and Crop Sciences (Dr. Becky Bowling and Dr. Chrissie Segars), and the two horticulture agents who work primarily with commercial audiences, Paul Winski in Harris County, and your own Laura Miller.

The weekly format allows Chat with Green Aggies to respond quickly to issues from Mystery Seeds and Murder Hornets this summer to the previously mentioned winter storm and its potential impact. Anyone who wants to relive the year in horticulture can check out the playlist of archived programs on [Chat with Green Aggies - YouTube](#).

Landscape Recovery Tips from Green Aggies

Is this the year you wanted to completely redo your landscape? You have a great excuse. For everyone else here are a few quick tips:

1. Be patient with your plants. While it is fine to remove dead leaves, give woody stems a chance to show you where and even if they need to be pruned. We just need to learn to live with ugly for a little while.
2. Be patient with yourself. If you missed your traditional Valentine’s Day rose pruning, that is probably a good thing. If you missed the window to apply pre-emergent herbicide, that might help your cold-stressed turf recover and will be a blessing if you need to reseed.
3. Be patient with new purchases. Supplies of plant materials may be short this spring. Be picky when it comes to large investments and wait for the trees, shrubs, and turf that you want. In the meantime, try out some new annuals and perennials, and mulch bare areas that must wait for future plantings.

CHAT
WITH
GREEN
AGGIES

Weekly
Webinars for
Green Industry
Professionals

Thursdays at
12:12 pm CST.

Register Here:



sixleggedaggie.com/cwga

TEXAS A&M
AGRI LIFE

PROGRAM SCHEDULE | APR - JUN 2021

APRIL

- Apr 1 ARBORICULTURE LIVE OAKS AND THE WINTER STORM; ENCOURAGED V. DISCOURAGED TREES
- Apr 8 TURFGRASS ORGANIC MATTER AND CARBON SEQUESTRATION WITH DR. JOEY YOUNG
- Apr 15 N & G LANDSCAPE PLANTS: VARIETY IMPROVEMENTS AND NEW OFFERINGS
- Apr 22 LANDSCAPE SPRING SHRUB PRUNING; SPRING FOLIAR DISEASES: SIGNS AND SYMPTOMS
- Apr 29 BRING IT, GROWERS! (BIG) - Q & A

MAY

- May 6 ARBORICULTURE "WHAT'S UP, DOC?" WITH DR. DAVID APPEL (1 TDA GENERAL CEU)
- May 13 TURFGRASS TAKING DOWN SUMMER WEEDS; SUMMER DISEASE MANAGEMENT
- May 20 N & G TEXAS NATIVE PERENNIALS; IRRIGATION WATER SAMPLING
- May 27 LANDSCAPE IS YOUR LANDSCAPE READY FOR SUMMER?: A CHECKLIST

JUNE

- Jun 3 ARBORICULTURE TREES IN THE EDIBLE LANDSCAPE; STONE FRUIT DISEASES
- Jun 10 TURFGRASS ADVANCEMENTS IN TURF IRRIGATION; TAMU TURF RESEARCH UPDATE
- Jun 17 N & G GREENHOUSE MANAGEMENT CONSIDERATIONS; PGR'S FOR ORNAMENTALS
- Jun 24 LANDSCAPE OPTIONS FOR EDIBLE LANDSCAPES

Tarrant County EFNEP: A Year in Review

Robin Hall, Extension Agent, Expanded Food & Nutrition Education Program

The Expanded Food and Nutrition Education Program (EFNEP) influences nutrition and physical activity behaviors of limited-resource families, particularly those with young children. Through a community-based, hands-on educational approach, EFNEP has directly impacted economic, obesity, and food insecurity challenges that hinder the health and well-being of this nation.

Annual data consistently confirms that EFNEP graduates: improve their diets, improve their nutrition practices, stretch their food dollars farther, handle food more safely, and increase their physical activity levels.

Tarrant County EFNEP utilizes a state-developed, 8-week lesson series called "Healthy Bites, Healthy Moves." This curriculum is designed to teach adults key skills to promote their family's health and wellness. "Healthy Bites, Healthy Moves" teaches adults a variety of concepts, including diet quality, physical activity, food resource management, food safety, food security, and food preparation. The curriculum is evidence-based through the guidance of USDA's MyPlate and the Dietary Guidelines for Americans and builds upon creating healthy habits and a healthy environment at home.

Each lesson is broken up into three components:

1. **Nutrition Lesson**
Trained EFNEP educators teach lesson content using hands-on activities and practical, easy to understand materials in group settings. Participants are given a workbook to use in each session and are encouraged to interact with each other to share ideas to improve eating and physical activity habits. Lesson topics include goal-setting; MyPlate; budget and menu planning; food safety; how to read food labels; knife skills; healthy eating for kids; and celebrating successes. At the end of each session, participants create a goal related to the session topic that will be reviewed in the following session.
2. **Physical Activity**
Every "Healthy Bites, Healthy Moves" session is accompanied by a fun and interactive physical activity mini session. These activities include everything from a series of stretching exercises, to a resistance band routine, to fun games that get the heart beating. Through these activities, participants come to realize how painless physical activity is to incorporate into their daily routine. Face-to-face lessons include at least 10 minutes of physical activity, providing one-third of the physical activity recommended for one day.
3. **Recipe Demonstration**
The recipe demonstration continues to be the most popular component of EFNEP sessions; not

only does it provide participants with an opportunity to practice utilizing new skills they may have learned during the nutrition lesson, they also get to sample the prepared recipe. EFNEP recipes are healthy and cost-effective to appeal to limited-resource families. This portion of the class allows for even more interaction and engagement amongst participants and provides a new recipe to add to their repertoire. Furthermore, the recipe demonstration gives participants the confidence to begin preparing more meals and snacks at home. Recipe samplings are currently suspended to prevent the spread of COVID-19, so alternative recipe demonstration methods have been adopted to keep this component intact.

Through the EFNEP series, participants will explore how to:

- Cook more meals and snacks at home
- Eat more fruits and vegetables
- Be more active with your family
- Reach and/or stay at a healthy weight
- Save money on groceries
- Control portion size
- Have more energy
- Keep food safe

As various community organizations begin to open to the public, adult EFNEP lessons are slowly transitioning to going back to face-to-face instruction. In the meantime, lessons are being offered online via Teams.

If you or someone you know are interested in improving your family's health, saving money at the store, and basic nutrition tips, EFNEP would love for you or your group to participate in the "Healthy Bites, Healthy Moves" series. Contact Robin Hall at robin.hall@ag.tamu.edu for more information.

Try This Popular EFNEP Recipe at Home

Green Monster Smoothie

Ingredients

- 1/2 cup frozen spinach
- 3/4 cup low-fat vanilla yogurt
- 1 medium banana
- 1/2 cup pineapple chunks in 100% juice
- Ice and water as needed

Instructions

1. Wash your hands and clean your cooking area.
2. Add all ingredients to blender and process until smooth.
3. Serve immediately.
4. Cover and refrigerate leftovers.

Dinner Tonight Goes Virtual!

Alaina Woolsey, County Extension Agent, Family & Community Health



Figure 1: Dietetic Intern, Perry Nix, Makes a Rustic Veggie Flatbread on February 18, 2021

We've all scrolled through Facebook, lured in by upbeat music and the promise of a yummy meal. And then they add 5 sticks of butter. What if you could join a virtual class that was focusing on healthy, Mediterranean inspired dishes from a source you knew you could trust?

Enter Virtual Dinner Tonight! Agents from Tarrant, Dallas, Kaufman, Red River and Lamar counties joined together to bring our Trip to the Mediterranean to an online platform-Facebook.

The Mediterranean Diet is a diet inspired by the eating habits of the countries along the Mediterranean Sea-Spain, Italy, and Greece. The Mediterranean Diet typically includes or encourages:

- plenty of fruits, vegetables, bread and other grains, potatoes, beans, nuts and seeds;
- olive oil as a primary fat source; and
- dairy products, eggs, fish and poultry in low to moderate amounts.
- limits added sugars, sugary beverages, sodium, highly processed foods, refined carbohydrates, saturated fats, and fatty or processed meats.

From February 15-February 19, the Agents collaborated to bring seven different recipes to virtual attendees over the course of 5 days.

- ✓ Rustic Veggie Flatbread
- ✓ Hummus
- ✓ Asparagus Fries
- ✓ Mustard Crusted Salmon
- ✓ Roasted Kale with Caramelized Onions
- ✓ Balsamic Berries
- ✓ Mediterranean Charcuterie Board

Agents also talked about several key tenets of the Mediterranean diet: using herbs and spices to flavor food instead of salt, including fatty fish in the diet, including lots of fruits and vegetables in the diet and encouraging family mealtime.

Over the course of the week we recorded 210 active group members on Facebook in 9 different states.



Figure 2: Dallas County Extension Agent, Brittany Martin, makes a Mediterranean Charcuterie board

Spring into Health

Fralonda Aubrey, County Extension Agent, Family & Community Health

As the seasons change what better time to initiate healthy habits. Spring brings warmer weather offering the perfect opportunity to get outdoors. Whether you choose to walk, run, jog, or garden; it is no secret that increasing your physical activity is beneficial to your overall health. The most inexpensive easiest form of physical activity that you can add to your daily routine is to simply walk. From the busiest of schedules to the person with an openly free schedule; finding ways to include walking can be as simple as parking farther from a building. Every step counts because each step ignites your muscles to work in your favor.

BENEFITS OF WALKING

- ▶ Improves circulation
- ▶ Improves your mood
- ▶ Strengthens muscles
- ▶ Supports your joints
- ▶ Improves your breathing
- ▶ Improves your sleep
- ▶ Helps maintain and/or lose weight

Here is an exciting way to get moving and build a support system!

Walk Across Texas! (WAT!) is an eight-week program designed to help Texans establish the habit of regular physical activity using a fun and motivating team approach. Each adult team may include up to 8 team members, all working together towards the goal of 832 miles. This program can be tailored to fit the needs of any group. Schools, businesses, faith-based organizations, clinics; Walk Across Texas is the perfect fit for a group looking to support and encourage one another through an exercise journey. Grab your friends, family, co-workers and contact the Tarrant County Extension Office. Get ready to Spring into Health!

Learn More!

walkacrosstexas.tamu.edu

Reference: <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/walking/12-benefits-of-walking>

The Run Down on Physical Activity

Tiffany Lankford, Extension Agent, Better Living for Texans

Many people struggle finding time or motivation to exercise. Some people don't know where to start or feel like they lack resources to exercise.

Being physically active helps reduce your risk of certain diseases, maintain a healthy weight, strengthen your bones and muscles, and help you sleep better.

Finding Motivation

Most people would probably agree that they prefer to spend their time doing something they enjoy. If someone doesn't like running, lifting weights, or lunges, they probably won't do those things very often.

Find an activity that is enjoyable! Anything that involves moving counts – gardening, dance party in the living room, walking with family or friends, or bicycling!

Hydration is key

While you are being physically active it is important to stay hydrated. If you want to learn more about different beverages that keep you hydrated, join in on our next series called *Walk N Talk Rethink Your Drink*. It is an 8-week series for individuals of all ages to establish regular physical activity and learn about different types of beverages that can support hydration and nutrition as well as a healthy weight.

Recipe of the Month!

Triple Berry Smoothie

Servings: 2 smoothies

Ingredients

- ½ cup strawberries, fresh or frozen
- ½ cup blueberries, fresh or frozen
- 1 banana
- ½ cup fat-free yogurt
- 1 cup low-fat milk
- ½ cup ice cubes

Directions

1. Wash your hands and clean your cooking area.
2. Wash strawberries and blueberries.
3. Blend banana, ice, yogurt, milk, and berries together until a smooth drink is formed.
4. Pour into a cup and enjoy a very fruity, healthy smoothie.

Nutrients Per Serving: 170 calories, 2 g total fat, 1 g saturated fat, 8 g protein, 32 g carbohydrates, 3 g dietary fiber, 22 g total sugars, and 85 mg sodium

WALK 'N TALK

RETHINK YOUR DRINK!

8 week series; 30 minute session each week



VIRTUAL PROGRAM

The Walk 'N Talk - Rethink Your Drink! series teaches youth about different types of beverages that support hydration, nutrition, and a healthy weight.

The Walk 'N Talk Sessions:

- Are fun and interactive!
- Engage youth in physical activity
- Motivate youth to choose healthy beverages
- Boost confidence in youth's ability to be active and healthy

INCLUDES:

- Incentives & Certificate of Completion

For more information, contact:

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UTSEA is an equal opportunity provider and employer. This material was funded by UTSEA's Supplemental Nutrition Assistance Program - SNAP. The members of Texas A&M AgLife 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 AgLife, The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Court of Texas Cooperating.

