

FABLOW AgriLife



FABLOW AgriLife is a multi-county collaboration between the Family and Community Health (FCH) Agents of Frio, Atascosa, Bandera, Live Oak, & Wilson County.

WALKING CHALLENGE

Join us for our April Walking Challenge! Keep moving and get your steps in!

Find us on Facebook!



Join the Facebook Group:
2021 Walk N Talk - FABLOW AgriLife

FABLOW AgriLife
WALK N TALK

30 DAY WALKING CHALLENGE

APRIL '21

KEEP TRACK OF YOUR MILES ON WALK ACROSS TEXAS!
[HTTPS://WALKACROSSTEXAS.ORG](https://walkacrosstexas.org)

SUN	MON	TUE	WED	THU	FRI	SAT
NOW NEVER Try walking up hill or stairs 30 Minute Walk Walk while listening to stand up comedy 40 Minute Walk	NEVER GIVE UP Speed Walking Take the stairs and park further from the store all day 20 Minute Walk Walk while stretching	DO WHAT YOU LOVE Walk while listening to FABLOW AgriLife PODCAST 35 Minute Walk 25 Minute Walk 50 Minute Walk	DO AMAZING THINGS! 20 Minute Walk Go on a hike 30 Minute Walk Try a 5K Walk	20 Minute Walk 30 Minute Walk Sunset Walk Go on a nature walk Walk while stretching	Sunrise Walk Go on a nature walk Stretch while walking 35 Minute Walk 20 Minute Walk	25 Minute Walk 25 Minute Walk 30 Minute Speed Walk Walk while listening to FABLOW AgriLife PODCAST YAY! You did it!

Put your heart, mind, and soul into even your smallest acts.
This is the secret of success.

The members of Texas A&M AgriLife will provide equal opportunities to 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.



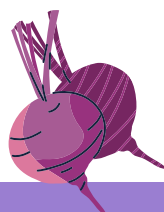
MISSED OUR WALK N TALK? NO WORRIES!

You can watch all our past food demos on our FABLOW AgriLife YouTube Channel! We gathered them all in a playlist.

Playlist: 2021 Walk N Talk - Fruit & Vegetable

We have a total of eight cooking demos that you watch - four fruit recipes and four vegetable recipes. Plus, you can get our recipes on our FABLOW AgriLife Pinterest Page!

Guess the "special" ingredient in our dish!
Who has what & vice versa! Match the ingredient (below) to our food demos on the left.



Watch our cooking demos to know the answer



WALK ALONG WITH JESSICA

Podcast Episode 37:

Walk along with Jessica as she goes over some physical activity tips inspired by an American Heart Association article. To read the full article, visit our FABLOW AgriLife Pinterest Page or join our FABLOW AgriLife Facebook 2021 Walk N Talk Group. Fun fact, this podcast episode was a live video recording from our Feb./March Walk N Talk program. Again join our FB group to see the video and have fun with our wellness posts/challenges.



WATERMELON RADISH, CITRUS SALAD

Ever HAD a watermelon radish? Ever even HEARD of one? Watch Jocelin's cooking demo on Dinner Tonight Facebook Page (@DinnerTonightTx) for a colorful salad recipe featuring watermelon radishes to add to your plate tonight!

*Get the recipe on the Dinner Tonight Website:
<https://dinnertonight.tamu.edu/.../watermelon-radish.../>*



FRIO



Jocelin Villarreal - FCH Ext. Agent

County Events & Programs on
<https://frio.agrilife.org/>

ATASCOSA



Dru Benavides - FCH Ext. Agent

County Events & Programs on
<https://atascosa.agrilife.org/>

BANDERA



Jessica E. Faubion - FCH Ext. Agent

County Events & Programs on
<https://bandera.agrilife.org/>

WILSON



Nicole Demmer - FCH Ext. Agent

County Events & Programs on
<https://wilson.agrilife.org/>



"Health is the greatest gift & Contentment the greatest wealth"

FABLOW AgriLife has several resources you can benefit from - we excel when it comes to social media education, so make sure to check out our "FABLOW -US" content:

- **Podcast:** FABLOW AgriLife is on 11 different platforms (find us!)
- **Blog/Main Hub:** <https://fablowagrilife.weebly.com>
- **YouTube & Pinterest:** FABLOW AgriLife (find us!)

