



# 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.

## JULY CHALLENGE

We'll be doing this upper body strength challenge in addition to our Walk Across Texas (cardio/step program)- we got this!

Join FABLOW AgriLife on Facebook to be updated on all wellness challenges and health programs.



Join the Facebook Group:  
2021 Walk FABLOW AgriLife



Modify by doing knee push-ups or using a wall.

| 30 Day Push-Up Challenge |                     |
|--------------------------|---------------------|
| Day 1 5 push-ups         | Day 16 Rest         |
| Day 2 10 push-ups        | Day 17 65 push-ups  |
| Day 3 15 push-ups        | Day 18 70 push-ups  |
| Day 4 Rest               | Day 19 75 push-ups  |
| Day 5 20 push-ups        | Day 20 Rest         |
| Day 6 25 push-ups        | Day 21 80 push-ups  |
| Day 7 30 push-ups        | Day 22 85 push-ups  |
| Day 8 Rest               | Day 23 90 push-ups  |
| Day 9 35 push-ups        | Day 24 Rest         |
| Day 10 40 push-ups       | Day 25 95 push-ups  |
| Day 11 45 push-ups       | Day 26 100 push-ups |
| Day 12 Rest              | Day 27 105 push-ups |
| Day 13 50 push-ups       | Day 28 Rest         |
| Day 14 55 push-ups       | Day 29 110 push-ups |
| Day 15 60 push-ups       | Day 30 115 push-ups |

NOTE: Depending on your fitness level, you can break up your push-ups into smaller sets as you progress through the challenge.

FABLOW AgriLife

Just Joss'n

Print it out at [justjossn.com](http://justjossn.com) (Printables)



WALK  
ACROSS TEXAS!

DIABETES EDITION

Celebration:  
July 23rd, 2021  
11:45 AM – 12:15 PM

<http://howdyhealth.org>

WALK  
ACROSS TEXAS!

DIABETES  
EDITION

Check your email for all Walk Across Texas - Diabetes Edition Updates!

**\*\*Email sender: [howdy@howdyhealth.org](mailto:howdy@howdyhealth.org)\*\***

Join FABLOW AgriLife FB Group for daily tips, health info, and Walk Across Texas inspiration.

OH, DON'T FORGET TO LOG YOUR MILES ON HOWDY HEALTH!



Fire up the grill and celebrate America's birthday in style with these perfect cookout recipes!  
<http://ow.ly/OrUV50uMvHP>

It's grilling season, and Dinner Tonight rounded up recipes that are sure to inspire your inner grill master. Visit [dinnertonight.tamu.edu](http://dinnertonight.tamu.edu)



## RECAP/UPDATES

**Our Facebook Group has a new name!**  
Go join us on Facebook to be part of all our wellness program and challenges!

**Oh, Jocelin went LIVE during the squat challenge. If you missed it, no worries!**  
You can watch the video on the FABLOW AgriLife FB Group or Just Joss'n YouTube Channel.



## COMING UP....

### A FRESH START to a Healthier You!



**Starts August 9th, 2021 on Facebook!**



Join the Facebook Group:  
2021 Walk FABLOW AgriLife

- A Fresh Start to a Healthier You! is a 4 session series for adults.
- Learn to increase fruit & vegetable intake.
- Learn to cook nutritious meals & spend less on groceries.

**July 25th - 31st**

### Marinades for the Grill on Dinner Tonight

Content and Recipe by Jocelin



### Listen to Podcast Episode 40:

**Fun Q&A on Travel, Animals, & Food**

**With the Fabulous Team!**

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!)

### Contact Us:

#### 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/>