



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

## SEPTEMBER WAS ALL ABOUT HYDRATION

### Quick Recap

## OCTOBER CHALLENGE



**100 by Halloween** is a challenge to complete 100 miles of cardio! We want you to complete at least 20-30 minutes of cardio every day. More details on the handout.



Get the handout on **FB Group - 2021 FABLOW AgriLife** or [justjossn.com](http://justjossn.com)

## LISTEN TO PODCAST

Episode 43  
**HALLOWEEN SAFETY TIPS & FUN**

With the spectacular...



Nicole  
HEALTHY  
TEXAS YOUTH  
AMBASSADORS

&  
GUESTS



Luke S.



Logan B.

- We're continuing our Rethink Your Drink Series!
- We'll finish the hydration program in October!

Thirsty for more info....



Join the FB Group:

2021 FABLOW AgriLife



## 100 BY HALLOWEEN

We have challenged you all to completing 100 miles of cardio! We want you to **complete at least 20-30 minutes of cardio every day!** (That's only 2% of your day - you can do it!) Any cardio activity like jogging, running, biking, swimming, dancing, jump roping and any additional movement you add to your day that makes you move. By definition, cardio means an exercise that elevates your heart rate and keeps it there for a sustained period of time.

Don't go crazy trying to figure out the miles. As a general rule, 10 minutes of intense cardio = 1 mile. Do not 'run' your miles every day. Remember to mix in spin class, boxing, biking, stairs, elliptical.



Some Examples:  
• Biking: Divide your miles by 3.  
◦ ex. 9 miles = 3 miles  
• Swimming: multiply by 3  
◦ ex. 1 mile swim = 3 miles  
• 40 minute HIIT = 4 miles!  
• Dancing: 1 hour intense = 4 miles

### GET MOVING!

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18		
19	20	21	22	23	24	25			
26	27	28	29	30	31	32	33	34	35
36	37	38	39	40	41	42	43	44	45
46	47	48	49	50	51	52	53	54	55
56	57	58	59	60	61	62	63	64	65
66	67	68	69	70	71	72	73	74	75
76	77	78	79	80	81	82	83	84	85
86	87	88	89	90	91	92	93	94	95
96	97	98	99	100	YOU DID IT!				



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



MORE WELLNESS CHALLENGES ON  
[WWW.JUSTJOSSN.COM](http://WWW.JUSTJOSSN.COM)  
UNDER PRINATABLES

The members of FABLOW AgriLife 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, marital status, sexual orientation or gender identity and will strive to attract and retain a diverse workforce.

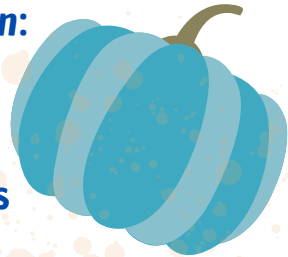
TEXAS A&M  
AGRI LIFE Just Joss'n



## HEALTHY TREATS MINI SUGGESTIONS FROM LUKE & LOGAN

**To the People Who Pass Out Candy on Halloween:**

- Fun Size Candies
- Fruit Snacks
- Animals Crackers
- Rice Krispy Treats
- Fruit Cups
- Small bags of Pretzels



## DON'T FORGET ABOUT THE TEAL PUMPKIN PROJECT

The Teal Pumpkin Project is a simple way to make trick-or-treating safer and more inclusive for the one in 13 children living with food allergies, and many others impacted by intolerances and other conditions. Placing a teal pumpkin on your doorstep signals that, in addition to candy, you offer non-food trinkets and treats that are safe for all trick or treaters. Learn more on <https://www.foodallergy.org>.



\*Non- Food Trinkets Examples: pencils, stickers, spider rings, tattoos, etc.

## QUIZ TIME

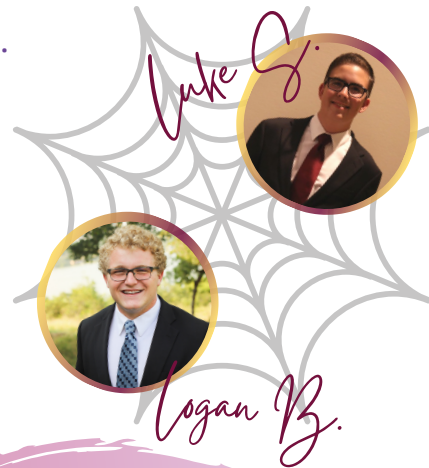
Listen to  
podcast  
**Episode 43**  
for the  
answer...

**Favorite Costume of All Time...  
Who Said What?!**



Who dressed up  
as a caterpillar?

Who dressed up  
as a zebra?



**BONUS ROUND**  
Who gave ghostly tips...  
Luke or Logan?

*Contact Us:*

### FRIO



Jocelin Villarreal - FCH Ext. Agent  
County Events & Programs on  
<https://frio.agrilife.org/>

### ATASCOSA



Dru Benavides - FCH Ext. Agent  
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### BANDERA



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### WILSON



Nicole Demmer - FCH Ext. Agent  
County Events & Programs on  
<https://wilson.agrilife.org/>

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!)