



Fort Bend County Podcasts

Podcast Episode 44- Fit for Fort Bend

August 14, 2025

Gina: Welcome to this week's benefit detective podcast. I'm Gina.

Wendy: And I'm Wendy. And we have our Wellness Coordinator, Elexis, here with us today.

Elexis: Hey, everyone. Have y'all ever heard of the public health slogan, "Sitting is the new smoking"?

Gina: No.

Elexis: This actually became popular around 2014 after researchers started publishing large studies linking excessive sitting to serious health problems. Also, did you know that your heart works twice as fast while sitting and resting versus you actually going for a run or doing a cardio workout?

Gina: Oh, wow.

Wendy: I have heard that you should be getting at least 30 minutes a day of physical activity.

Elexis: With commissioner McCoy's support and advocacy for healthy living along with Larissa Jacobs, founder of Fit Houston, we started a movement called Fit Fort Bend.

Wendy: I have seen the emails about that. Tell us more.

Elexis: Fit Fort Bend is a movement on trying to help people develop a walking routine and stay consistent to that walking routine. Every step contributes to your health. So, this movement is just increasing your physical activity wherever you're at.

Gina: So how can I do that? Do I do it by myself, with my family, friends, coworkers?

Elexis: You can do it with whoever you want, whenever you want, or you can do it by yourself. We actually have a walking group that meets every Friday at the Marabou B. Lamar Homestead Park, it's across the street from the Justice Center. We meet every Friday, weather permitting, at 7AM, and we walk for at least thirty minutes right before work.

Gina: So, can anybody join at that moment?

Elexis: Absolutely. Anybody can join.

Wendy: How do I get started? Do I need to register?

Elexis: Yes. Please register before starting to actually walk.



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Elexis: Whenever you look at your email, there was an email with a flyer that has been labeled Fit Fort Bend Grow the Movement. Go to that email and select the QR code. Once you scan the QR code, it will populate into a JotForm, you will select the Fit Fort Bend employee walk on Friday group. Once you select that group, then it will populate again, and you will just complete your information. Once your information has been complete, you have been registered and added to our Fit Fort Bend walking group. Oh, and did I mention that every walker who participates gets entered in a drawing for a monthly raffle prize?

Gina: Oh, prizes and incentives?

Elexis: Yes. We will hold monthly drawings for raffle prizes for those who have been logging their activity minutes. We like to reward those who are developing these healthy walking habits.

Wendy: Well, I've already been physically active. I can be rewarded for that?

Elexis: Yes. Of course. But remember, you have to join the Fort Bend County employee walking group and start logging your activity minutes. So, what are you waiting for? Join the movement today. Get up, stay active, and remember, wellness is a lifestyle.

Gina: Well, thanks Elexis for joining us today.

Elexis: Absolutely. It's always great to talk about wellness.

Gina: And it sounds like I will be registering soon for the for Fit for Fort Bend. Well, that's a wrap for this week's Benefits Detective Podcast. I'm Gina.

Wendy: And I'm Wendy, listen for our next podcast.

Elexis: And I'm Elexis. As always, wellness is a lifestyle.

Gina: And remember, the Benefit Detectives are here to help.