

T-News, a quarterly e-newsletter providing Texercise updates, highlights, resources and fitness and nutrition related activities and opportunities.

Texas Round-Up Recap

Congratulations to everyone who participated in the 2007 Texas Round-Up. This years 5K and 10K walk/run at the Capitol had more than 7,000 participants and thousands more participated in the 6-week online fitness challenge. Texas Round-Up affiliate cities across the state held local events for participants to attend.

Thanks to the Texas Round-Up for their support of the Texercise program and offering a variety of incentives to participate.

Remember you can always use the Texas Round-Up online database for tracking your daily activity.



May is Older Americans Month

When Older Americans Month began in 1963, only 17 million living Americans had reached their 65th birthday. Today, thanks to awareness of healthy aging needs and issues, older

Americans are living longer, quality lives.

This years Older Americans Month theme "*Making Choices for a Healthier Future*" highlights the importance of our aging well choices and the quality of our future.

This May, many Texas area agencies on aging and senior services providers are hosting events and activities to create public awareness of older Americans and the importance of living our best. Contact your area agency on aging to find out about local Older Americans Month celebrations. 1.800.252.9240

Did You Know?

A joint study of the National Institute on Aging and Mount Sinai School of Medicine reveals a new class of food toxins - advanced glycation end products (AGEs) – may soon be as important a risk factor to heart disease as trans fats.

AGE toxins are absorbed into the body through the consumption of grilled, fried, or broiled animal products, such as meats and cheeses. AGE toxins are also produced when food products are sterilized and pasteurized, and have been linked to inflammation,

insulin resistance, diabetes, vascular and kidney disease, and Alzheimer's disease.

Complete survey findings were reported in the April issue of the *Journal of Gerontology: Medical Sciences*.

Highlights: Texercise Teams

Central Texas launched the **Belton Texercise Team** on May 1 at the Belton Senior Activity Center. The event hosted a large number of health-oriented exhibitors, fitness demonstrations and special guest speakers.

Mayor Covington challenged residents to participate in ongoing local health and fitness activities and lead attendees on a brisk walk along a newly develop park trail.

The Belton Texercise Team is using the Walk Across Texas program as a way to

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Commissioner
Adelaide Horn
Manager of Volunteer and Community Engagement
Betsey Bishop
Editor
Holly Riley

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track and coordinate the number of participants in their programming.

Alamo Texercise held *Alamo Texercise Walk in the Park* in conjunction with their third annual *Celebration of Seniors Ice Cream Social* on May 4. More than 50 participants joined in the half-mile and mile walks through Brackenridge Park and then enjoyed a nice cool dip of sugar-free Blue Bell.

The **Houston Texercise Team** is holding its first annual Senior Water Festival on June 30 at the Memorial Park swimming pool. The event is free to everyone over 50 and will offer a variety of exciting water sports. For more information on the Senior Water Festival, visit the Houston Texercise Team page.

Community Texercise Programs

Shape Up Sugar Land won the Governors Cup Award as the fittest city for a city size between 20,000-99,999 per capita for the third year in a row. Mayor Wallace and his team of community leaders continue to inspire their community to engage in healthy lifestyle choices. Congratulations Sugar Land!

Resources and Calendar

The **American Heart Association** announces its first patient magazine.

Heart Insight covers a variety of topics relevant to patients and caregivers, including:

- Nutrition tips for preventing and managing heart disease, including heart-healthy recipes in every issue
- The latest news on medication and treatments
- Profiles of people surviving—and thriving—with heart disease
- Quizzes and tools to help you manage your risk for heart disease and stroke.

Patients and family members may order their own free subscriptions to the magazine for home delivery, or visiting:
www.HeartInsight.com.

May 30 - National Senior Health & Fitness Day

More than 1,000 local organizations in all 50 states will celebrate the 14th annual National Senior Health & Fitness Day. The common goal for this day is to help keep older Americans healthy and fit. Always set for the last Wednesday in May, National Senior Health & Fitness Day is the nation's largest annual health promotion event for older adults.

http://www.fitnessday.com/senior/nshfd_info.htm

Older Americans Month

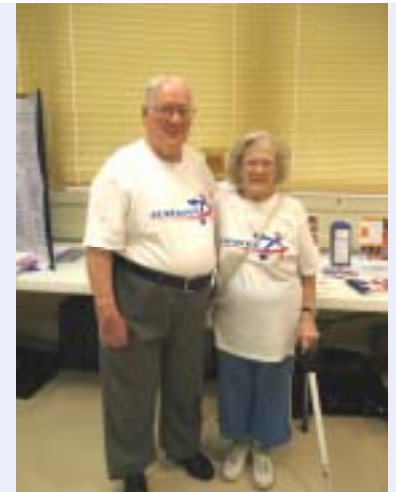
<http://www.aoa.gov/press/oam/oam.asp>

Walk Across Texas

<http://walkacrosstexas.tamu.edu/>

Making a Difference

Sometimes we ask ourselves if what we do makes a difference. Below are two people who help to make a difference in the lives of their fellow Texans.



Nan and Ernest

Two times a day, five days a week you will find Nan at the Belton Senior Center doing what she loves, teaching chair aerobics. Nan was “volunteered” to be the chair aerobics instructor at the Senior Center 22 years ago. She credits her good health to regular physical activity and good friends.

Ernest began assisting Nan with her classes 2 years ago. You will find him at every class she teaches helping with set-up, doing the exercises and leading with lots of moral support.

Texercise would love to hear from you. Send in your letters, stories, testimonials and pictures to;
Holly.riley@dads.state.tx.us