

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

Spring Round-Up

It's springtime in Texas and that means bluebonnets and the Texas Round-Up!

In February, Governor Perry launched the third annual Texas Round-Up, a fitness program that encourages Texans to make healthy lifestyle options a part of their daily routine.

The Texas Round-Up offers participants with an online training program designed to help them to track their progress, as well as access training tips and advice. Gov. Perry will send a signed certificate to everyone who completes the online training program. On Saturday, Apr. 29th the Round-Up will culminate in a fitness festival on the Capitol grounds featuring 5 and 10K competitive races, a health and fitness expo, opportunities to meet professional athletes, and live music throughout the day.

Texercise and the Texas Department of Aging and Disability Services (DADS) are strong supporters of the Texas Round-Up and will

have a booth at the fitness expo April 28th and 29th. Come out and see us.

Texas Governors Advisory Council on Physical Fitness

The Governor's Advisory Council on Physical Fitness is charged with advising the Governor on matters related to physical fitness.

The council consists of eleven (11) members appointed by the Governor. Council members represent a variety of interests, such as business and labor, health care, education, state and local governments, senior citizens, persons with special needs, and the general public.

The council has been integral in the development of a wealth of health programming across the state.

Did You Know?

The United States spends more on health care than any other industrialized nation in the world.

US health care costs exceed 14% of the gross domestic product.

The economic costs of overweight and obesity (including direct and in direct health care costs) in Texas in 2001 was an estimated \$10.5 billion. If this trend persists, the annual cost associated with excess weight in Texas is projected to reach \$15.6 billion by 2010 and \$39 billion by the year 2040.

Highlights: Texercise Teams - Going the Distance

The **Capital Texercise** chair and co-chair were recently appointed to the Austin Mayors Fitness Council ~ Austin in Motion. The two serve on the fitness and nutrition sub-committees.

Alamo Texercise recently presented to city and county leadership to encourage their

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<http://www.texercise.com/>

partnership and gather support for the team. The presentation centered on Texercise Team awareness and the city's role in improving health and wellness for its residents.

In May, **Texercise Dallas** will participate in the annual MayFair Celebration and host a "Texercise Dallas Walk in the Park".

Also in Dallas, the Dallas Area Rapid Transit (DART) was looking for healthy lifestyle resources to offer their employees when they heard about **Texercise Dallas**. Keep an eye out for future activities involving **Texercise Dallas** and DART.

The **Denton County Texercise Two-Step** will hold their kick off event May 5th in conjunction with other Texercise Team partners in Denton County. The event will host a walk and community wide health and fitness fair. Denton has spent time developing the content for their team page on the Texercise website. It looks great - check it out!

Waco Texas is in the processes of developing a Texercise Team **HOT Texercise** and will launch their community wide program in late May or early June. The launch will coincide with "Aging Well in Waco", a city-wide Older

Americans Month celebration.

Gracias!



Thanks to Texercise statewide partner, **Pilgrim's Pride**, all teams will

soon receive a Texercise banner. **Pilgrim's Pride** has been an integral part of the many successful team launches by providing t-shirts, banners and additional local support.

Community Texercise Programs

Marshall Texas launched a 13-week fitness program in March. **Texercise pledge sheets** were distributed to more than 150 participants. The 13-week program hosts monthly fitness workshops and challenges participants to engage in physical activity every other day.

Healthy Lubbock has been hosting community wide fitness activities and will hold a health fair May 4th complete with a Texercise walk, resources and booth.

Team Planning Guide

Texercise developed a Team Planning Guide to assist the team chair and co-chairs in the coordination and motivation of team members and activities.

Highlights of the guide include incentive templates, fitness program tips and a media packet complete with timelines and press templates.

Resources and Calendar

Texercise Pledge Sheet has been designed to provide individuals with motivation to stay committed to their fitness and nutrition goals. *Available electronically*

Texercise Team Planning Guide (see above article) is designed to support the creation and implementation of a Texercise Team. *Available electronically*

For electronic Texercise pledge sheets or Team Planning Guides contact Holly at 512.438.4293 or Holly.Riley@DADS.state.tx.us.

April 29th Texas Round-Up
www.texasroundup.org

Governors Advisory Council on Physical Fitness
www.governor.state.tx.us/divisions/press/initiatives/fitness

May is Older Americans Month. For more information visit: www.AOA.gov

Visit the Texercise Team home pages to find out about events in your area.
www.texercise.com/teams/index