

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

What's New?

Mayors Fitness Council Grants

The Governor's Advisory Council on Physical Fitness (GACPF) has awarded grants to create local mayors' councils to develop and implement wellness and fitness programs in communities across Texas.

Local fitness councils have the ability to bring together key members of the community to identify solutions that are tailored to address the needs of the community. Local fitness councils can also bring together organizations, agencies and businesses that share in the vision of a healthier, more physically active community, and manage these resources to create a larger, more visible, community-wide effort.

Ten Texas cities were awarded the grants, they are:

- City of Abilene
- City of Austin
- City of College Station

- Town of Dish
- City of El Paso
- City of Houston
- City of Longview
- City of Palestine
- City of Van
- Village of Wimberley

2008 Texas Round-Up is a Success!

The Texas Round-Up held its fifth annual events on April 26 at the Capitol. Over 5,600 people participated in the race and many more participated in the online six-week challenge.

This year, the USA Track and Field (USATF) selected the Texas Round-Up to host their Masters 10K Championships. The USATF's Masters programs provides competitive and fitness opportunities in track and field, long distance running, and race walking. Age divisions begin at age 30 for track and field and race walking, and at age 40 for long distance running. 71 USA Track and Field Masters competed in the race along with Olympians Sean Wade and Colleen De Reuck, and national champion Dennis Simonitis.

The **Texercise Tango Team** won the Governor's

Challenge bronze medal in the fitness clubs and groups category, and our **Shape-Up Sugar Land** friends raced away with fifteen Governor's Challenge awards.

Since its beginning five years ago, the Texas Round-Up has provided Texans with a fun, challenging way to get healthy and 2008 was no different. But you don't have to wait a whole year to participate in the excitement. The Texas Round-Up's website is active year-round, providing online tracking tools, listings of events across the state and fitness resources.

Did You Know?

Research shows that 90% of adults can prevent weight gain by increasing daily physical activity by just 2,000 steps and eating 100 fewer calories.¹

By losing as little as 5 to 10 percent of your total weight you can significantly improve your health.²

¹ Hill JO, Wyatt H, et al. Science, vol 299: February 7, 2003

² Diabetes Prevention Research Group. JAMA, vol 346, no 6:

Exercise Your Arthritis: How Exercise Helps Arthritis

Not long ago, people with arthritis were told to avoid exercise because it was believed that exercise would aggravate arthritis symptoms. However, research now points to exercise as being essential for most arthritis sufferers. The American College of Rheumatology has recently recommended that exercise be the basis of treatment of osteoarthritis of the knee and hip.

So, what are the benefits of exercise for people with arthritis? Here's a start:

- Relieves pain and stiffness
- Maintains normal joint movement
- Controls weight, a major risk factor for osteoarthritis of the knee
- Improves energy levels
- Improves mood and well-being
- Protects joints from further damage
- Improves range of motion

The good thing about exercise is that it doesn't have to be strenuous in order to reap its benefits. Anything from dancing, to swimming, gardening, golfing, walking, and riding a bicycle are perfectly safe. There are also evidence-based physical activity classes offered by local

YMCAs, YWCAs, senior centers, rehab centers, and hospitals. These exercise classes are proven to reduce pain, increase flexibility, range of motion, and strength.

Below are a few reminders about engaging in any form of exercise if you have arthritis:

- Always check with your doctor first.
- Start slow and be patient.
- Be persistent – don't lose sight of your goal. It may take a while before you begin to obtain the benefits of your exercise program.
- Do only what your body tells you is ok. Do not ever "push" through pain.

From the Texas Arthritis Program, wishing you the best of health!

For more information contact Susan Ristine, Program Coordinator, Texas Arthritis Program at 1-888-963-7111.

Texercise Team and Community Program Highlights

Each year the **Passport-to-Fitness** group highlights a health or fitness program to provide area residents with the latest wellness information and resources. For its first highlight, the **Passport-to-Fitness** group in Humble

hosted a 12-week Texercise program.

On May 3, the group celebrated the completion of the 12-week program with an awards event featuring hula dancing, fitness workshops, door prizes and a healthy Hawaiian themed lunch.

The **Tyler Parks and Recreation Department** and over 60 partnering organizations sponsored "A Day at the Garden", Seniors Celebrating Life event on May 3.

More than 1,000 people attended the event that included lunch sponsored by Meals on Wheels. The days activities included seminars on gardening, volunteering opportunities, safety tips, fraud and scam awareness, brain aerobics and of course **Texercise!**



Ms. Kay Odom leading a group in a 30 minute workout of fun at the "Day at the Gardens" event in Tyler.

On May 7, the **Beaumont Texercise Team** held a lively awards ceremony to recognize Beaumont area residents who participated in a 12-week Texercise fitness

program. The celebration was held at the Best Years Senior Center and featured fun-filled activities and Texercise certificates and t-shirts for participants in the program.

Upcoming Events

May is Older Americans Month. Organizations across Texas are hosting events to recognize the contributions of older Texans. Many of the local celebrations are highlighting the importance of health and wellness as we age.

The **Active Aging Collaborative of El Paso** is hosting its annual spring event - Turn Back Time - on May 22 from 9 to 11:30 a.m., at Bassett Place. The event includes swing, salsa, rock 'n' roll, country and other dance music, physical fitness demonstrations and door prizes to help older adults begin and maintain an active lifestyle.

The event is free to people age 60 and older. For more information on this event call (915) 533-0998.

On May 23, the **Alamo Texercise Team** is hosting a Walk in the Park and Old-Fashioned Ice Cream Social. The event will be held at the Lions Field Adult and Senior Center on 2809 Broadway in San Antonio from 10am to 1pm.

This event is free and open to the public. For more information or to RSVP call (210) 362-5273/5220 or 826-9041.

Partnership Activities

DADS and Texas AgriLife staff presented at the 2008 Texas Conference on Aging and the Texas Retired Teachers Association convention to create awareness of the Walk Across Texas (WAT) / Texercise partnership.

The partnership encourages Texans ages 55 and older to make healthy lifestyle choices by developing awareness of the importance of exercise and good nutrition.

Resources and Links

Texas Round-Up
www.texasroundup.org

USA Track and Field
www.usatf.org

Arthritis Foundation
Texas Chapter
1-800-442-6653
Call for a listing of evidence-based arthritis exercise programs.

The Active Aging
Collaborative of El Paso
www.riocog.org/AAA/ageless.htm

A consortium of agencies, facilities, and individuals who believe appropriate physical activity is the most important thing older adults can do to age successfully, regardless of health status.

Walk Across Texas and
Texercise Partnership
<http://www.texercise.com/calendar/wat.html>

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

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