

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

## September is Healthy Aging Month and Active Aging Week

Texercise has posted a community promotions packet on the website for Texercise Teams and community programs to use in creating public awareness of their *Healthy Aging* events and activities.

The packet includes a Power Point presentation, press release template, proclamation points, a Texercise poster template, and a stock Texercise advertisement.

## Texercise Receives National Recognition

Texercise has been included in the *Reference Guide of Physical Activity Programs for Older Adults: A Resource for Planning and Intervention* by the U.S. Department of Health and Human Services' Center for Disease Control and Prevention.

The guides' primary focus is to preserve physical function in older adults to help eliminate the preventable burden of diabetes and other chronic diseases associated

with inactivity. The work group in charge of compiling content for the reference guide sought programs across the nation that emphasized practical program features that would be valuable to those wanting to implement physical activity programs in their community.

In the end, 17 physical activity programs were highlighted as programs that could be applied to older adults and the prevention of chronic disease.

We are proud to receive this recognition of Texercise and to be included with these respected physical activity programs.

## Don't Sit Down to Arthritis - Stand Up and Take Charge!

Arthritis consists of more than 100 different diseases and conditions that affect joints and the surrounding tissue. It is the leading cause of disability in the United States, and contributes to substantial pain, activity limitations, and compromised quality-of-life. Forty-six million Americans have a doctor diagnosis of arthritis with a cost to the U.S. of over \$86 billion in medical care and lost productivity annually.

Arthritis affects persons of both sexes and all ages and races.

In Texas, approximately 3.7 million, or 22% of adults suffer from arthritis, and as the population ages, this number is projected to increase. Of those Texans with arthritis, 1.3 million have activity limitations due to their arthritis or joint symptoms. Arthritis affects women more than men, and as age increases, so does arthritis prevalence. Fifty-four percent of Texas adults over the age of 65 have doctor-diagnosed arthritis. In Texas, arthritis prevalence is higher in non-Hispanic Whites and African Americans, than in Hispanics.

The most important step in stopping arthritis from progressing is getting your arthritis diagnosed by a health care practitioner so that appropriate medical treatment can help prevent arthritis-related diseases from advancing. Medication, physical activity, rehabilitation, and surgery can reduce pain and improve quality-of-life. Persons with arthritis can reduce the effects of the disease by staying physically active, maintaining a healthy weight,

and becoming informed about arthritis self-management. There are specially designed exercise programs for people with arthritis that are proven to reduce the pain and disability associated with this disease. These exercise programs focus on flexibility, range of motion, strength, and balance. Programs are provided in a friendly and supportive atmosphere in which you can make new friends and try new activities. The best news is that the majority of people who take these classes report less pain and stiffness, greater flexibility, and fewer doctor visits.

For more information, contact Susan Ristine, Texas Department of State Health Services, Texas Arthritis Program Coordinator. 512.458.7111 x 2458. <http://www.dshs.state.tx.us/arthritis/default.shtm>

### Meeting Goals

Are you having trouble reaching the recommended 10,000 steps per day? It's easy, especially with the help of a pedometer to add just 10 to 20 percent more steps each week.



Mark Fenton, author of "Pedometer Walking", suggests ways to burn more calories and add more steps.

1. Incorporate short walks whenever you can. Park your car a block away, get off the bus a stop early, walk to the next post office drop box, or take a lap around the park on the way home. *600 steps per 5 minutes*
2. Buy a new or used treadmill and vow to only watch TV while you walk. *7,800 steps per hour*
3. Join an active group. Meet with fellow dog owners to walk your dog, or link up with a local running or hiking group. *7,800 steps per hour*
4. Take an extra lap around the mall before you shop. *1,200 steps per 10 minutes*
5. Be an active volunteer. Become a guide at your local art museum or at the zoo, or start taking part in your neighborhood watch. *4,000 to 6,000 steps per hour*
6. Convert downtime to walking time. During your child's after school activities, walk to town hall to pay your taxes or do laps on the adjacent track. *3,900 steps per 30 minutes*
7. Eliminate one trip - car, bus, or subway - per week; walk or bike instead. Work up to replacing one trip per day. *3,600 steps per 30 minutes; count 110 steps per minute of pedaling*
8. Plan an active getaway. A hiking trip in Big Bend, for example, can rack up lots of steps. *8,000 steps per hour*

### Highlights: Texercise Teams

On June 30 the **Houston Texercise Team** held the first ever Water Texercise event at the Memorial Park pool. Challenge events included *Newspaper Sidestrokes, Wacky Raft Races* and *Noodle Biking*. The word is everyone had a splashing good time!

Right on the heels of their successful water event, the Houston team is planning their second annual *Get in the Game* challenge scheduled for September 28 at the City of Houston Adaptive Recreation Center. Contact Nicole Volek 281.932.9844 for information about this event.

In October, the **Denton Texercise 2-Step Team** will be sponsoring a community fitness fair to highlight local resources at the Golden Triangle Mall. The event will host a Texercise walk through the mall and health and wellness related resources. For information about this event, contact Doni VanRyswyk at 817.696.9193.

Keep an eye out for the **Collin County Texercise Team** that will be launching in October!

## Community Texercise Programs

The **Tyler Senior Center** launched a 12-week Texercise program in early June. The centers director, Kay Odom, has seen the benefits of regular activity in her senior participants.

"Seniors are living a lot longer and many of them have heart disease, high cholesterol and diabetes," Mrs. Odom said. "Thirty minutes of exercise, three times a week really helps get those numbers down. So many seniors say their doctors are amazed at the results."

The center emphasizes many aspects of wellness in their Texercise program including regular physical activity, good nutrition and lots of social interaction.

September 10, **East Texas** hosted a 12-week Texercise program kick-off event. Local gyms, Jazzercise, TOPS and Weight Watchers are a few of the partners that participated in the launch event that had over 300 community members attend.

The Good Shepherd hospitals ClassiCare senior exercise program is spearheading this community initiative and is offering strength and stretching classes, yoga, Pilate's and Tai Chi

throughout the programs run. East Texas communities affiliated in the 12-week Texercise program include Longview, Linden, Kilgore, Jefferson and Lake Cherokee. These affiliated communities have signed up over 750 residents to participate in the 12-week program.

The **Active Aging Collaborative of El Paso** is holding a "Harvest Hop Dance" to celebrate active aging week on September 25 at Bassett Place. The event is for adults 60-and-over and features dancing, refreshments and entertainment. For information, call 915.533.0998

**Beaumont Texas** held a Texercise event and will be launching a Texercise Team this fall. Marty Craig, local community leader, senior advocate and cancer survivor, was the master of ceremonies at the event and is quoted as saying "Taking the Texercise challenge is something all seniors should do even if they have an established exercise program; the Texercise program provides an opportunity for healthy fun."

On September 12, **Addison Texas Parks and Recreation Department** launched a 12-week Texercise program through their athletic center.

## Resources and Calendar

Active Aging Week:  
<http://www.icaa.cc/aaw.htm>

The Healthy Aging Community Promotions Packet Got is on the Texercise Team home page at: [www.texercise.com](http://www.texercise.com)

Download a copy of the *Reference Guide of Physical Activity Programs for Older Adults: A Resource for Planning and Intervention* by the U.S. Department of Health and Human Services' Center for Disease Control and Prevention at: [www.cdc.gov/diabetes/pubs/refguide\\_physactivity.htm](http://www.cdc.gov/diabetes/pubs/refguide_physactivity.htm)

## Correction

The **Belton Texercise Team** launch was held at the T.B. Harris Community Center, not the Belton Senior Activity Center as the Spring T-News had stated.