

# T-NEWS

## Summer 2010

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

### What's New?

#### Texercise Extreme Make-Over

**A brand new look with the same great information**

To keep the Texercise program fresh, Texercise is redesigning its materials for the first time since its inception in 1999.

The recently updated Texercise website has an attractive new look while continuing to provide users with quality information in an easy to access manner.

The cornerstone resource of the Texercise program, the Texercise handbook, will be receiving a massive 2010 make-over, designed to make the handbook more appealing to a wider variety of older Texans.

Another component of the Texercise remodel is updating the nutrition section. The nutrition section is not only being redesigned, but also expanded, adding more in-depth information, healthy eating tips, cooking techniques and nutrition recommendations.

The program is also creating new packaging for the coordinator's kit. The sleek new design focuses on providing 12-week Texercise program

coordinators with an organized and practical toolkit.

The Texas Department of Aging and Disability Services (DADS) goal of the redesign is to keep the content of the Texercise program resources relevant, timely, factual and attractive.

Keep your eyes peeled for the unveiling of the new Texercise designs!

#### Texas Round-Up 2010 and the Winners are...

In the spring 2010 issue of T-News, Texas Round-Up had just started; now the races are over and the results are in for the variety of "Fittest in Texas" awards.

**Fit Team** -This year's Texercise Tango group received a silver medal in the Texas Round-Up competition. Way to go team! Texercise Tango has its eyes on the Governor's Cup for the 2011 Texas Round-Up.

**Fit cities** - For the second year in a row, Longview won the Governor's Cup in the FitCities division (20,000 – 99,999 residents), as well as many of the other divisions. With its commitment to the health of its residents through the many physical activity opportunities, including active Texercise programs, it is no wonder Longview is one of 35 cities in Texas given the title of "FitCities." Good job Longview residents, keep up the good work!

Two other FitCities that take part in Texercise took home awards from the 2010 Texas Round-Up. Grapevine received several gold medals, including the gold medal for the FitCities division (20,000 – 99,999 residents). In that same division, Sugar Land received the bronze medal. Way to go Grapevine and Sugar Land!

Linda Thornton, 57-year-old Fit Texan winner, underwent gastric bypass surgery and decided to make a lifestyle change as well. She started participating in regular physical activity and healthy eating habits. In her interview with the Texas Round-Up, after receiving the Fit Texan award, she stated, "I have found this is a way of life for me...I now live to exercise and exercise to live. It is tough, but anyone can do it."

#### Did You Know?

Research shows that since 2007, approximately 1.6 million people 20 years of age or older are diagnosed with diabetes every year.<sup>1</sup>

Unlike Type 1 diabetes, which is not preventable, Type 2 diabetes has modifiable risk factors that make it preventable.<sup>2</sup>

<sup>1</sup> National Diabetes Education Program  
<sup>2</sup> WebMD

## Know the Truth about Diabetes

Diabetes, a chronic disease that affects the body's blood sugar due to impaired production/utilization of insulin, has become a major health issue for many Americans. According to the American Diabetes Association, approximately eight percent (18 million) of Americans have diabetes and six million Americans are living with undiagnosed diabetes. It is important to recognize the signs and symptoms of diabetes, how it is diagnosed and common forms of treatment once diagnosed.

### Symptoms

A few common symptoms related to diabetes are:

- Dry mouth
- Increased thirst and hunger
- Frequent urination.
- Unexplainable weight loss
- Extreme fatigue
- Headaches and blurred vision
- Tingling in the hands and feet

It is recommended that a person with one or more of these symptoms sees his or her doctor to be tested for diabetes.

### Testing

There are three different tests that can be performed to diagnose diabetes:

- Fasting Plasma Glucose Test
- Oral Glucose Tolerance Test
- Random Plasma Glucose Test

A person's blood glucose levels will determine whether he or she is diagnosed with diabetes. For more detailed descriptions of the tests above please visit the American Diabetes Association website (see link provided in the Resources and Links section).

### Treatment

There are several treatment plans a doctor may prescribe for someone diagnosed with diabetes. It is important to talk with a doctor about the different forms of treatment and what is the best option for each individual case. Some common components of treatment include:

- Regularly checking blood sugar levels
- Exercise and a healthy diet plan
- Insulin injections
- Oral medications

Watch out for the fall 2010 issue of T-News for information on exercising with diabetes.

*This is the first in a series of diabetes articles in T-News. For more information on diabetes visit the American Diabetes Association website at [www.diabetes.org](http://www.diabetes.org) or the Texas Diabetes Council website at [www.dshs.state.tx.us/diabetes](http://www.dshs.state.tx.us/diabetes).*

## Texercise Team and Community Program Highlights

### Texercise Making a Difference across Texas

Many Texas communities have invested in the health of their residents by providing 12-week Texercise programs to help residents engage in regular physical activity and form

social support networks. These are a few community program highlights.

Texercise has built relationships with many Texas Parks and Recreation Departments. The **Houston Parks and Recreation Department** has embraced Texercise as part of its activities and launched several 12-week programs in January. At the end of their 12 weeks, 365 Houston residents were successful in their goals to begin living healthier lives.

Due to the success of its first 12-week program, the **Brownsville MedTeam** plans to host another 12-week Texercise program. MedTeam has been instrumental in helping Texercise reach the Hispanic population in this area and in bettering the program's ability to impact the health of every culture in the community. Congratulations Brownsville MedTeam, keep up the good work!

**North Houston** launched Age Well ~ Live Well through a large-scale community health and wellness expo. Donna Martin, the event organizer and local Silver Lining and Texercise supporter, in association with Champion Forest Baptist Church, hosted the Age Well ~ Live Well Houston Expo on Friday, May 21. The event hosted more than 40 exhibitors, free health screenings and an Age Well ~ Live Well presentation from local participants and DADS staff.

Age Well ~ Live Well, an initiative of DADS Volunteer and Community Engagement (VCE) office, underscores VCE programs and the importance of being involved in health and wellness activities through Texercise and volunteering with Silver Lining.

Through the expo, older Texans received information on healthy living and how important it is to aging well.

## Upcoming Events

### Deep East Texas

Deep East Texas (Tyler, Trinity, Nacogdoches and several others communities) is launching Age Well ~ Live Well. For more information regarding this launch please contact:

- Donna Sprouse – 409.384.5704 x268
- Holly Anderson – 409.384.5704 x231

### West Central Texas

A consortium of area agencies on aging in West Texas and DADS VCE office will be launching Age Well ~ Live Well West Texas in the near future. Texas residents in West Texas, keep an eye out for the start of this exciting program in your region.

### Sherman, Texas

The community in Sherman launched the Living Well ~ Aging Well initiative on June 25. To help kick-off the program, Todd Witthorne, president and chief executive officer of Cooper Concepts, Inc., was the keynote speaker at the event.

## Fall Heart Walks

With cardiovascular disease the number one cause of death in America, the American Heart Association will host fall heart walks known as Start! Heart Walks. The following are several of the heart walks that are taking place in Texas:

- Dallas – September 11
- Austin – October 16
- Houston – November 6

## Partnership Activities

### Texas AgriLIFE

Through the Texercise and Texas AgriLIFE partnership, many extension agents have begun using Texercise resources to compliment the Walk Across Texas program and help improve the health of their communities. One Texas county that has greatly benefited from this partnership is La Fayette County.

The AgriLIFE extension agents of La Fayette County held several 12-week Texercise events in the spring of 2010. These Texercise programs had staggered end dates and helped 330 individuals live healthier lives.

### Sam's Club Pharmacy and North Texas Walmart

Sam's Club pharmacies and North Texas Walmart continue their initiative to help improve the health of their patrons and to increase their support of Texercise. Through the partnerships, the stores provide shoppers with state and local resource contact information in

addition to Texercise resources; they also support local Texercise events.

Texercise would like to thank all its partners for their support of Texercise and their commitment to improve the health of others.

## Resources and Links

**Check out the new Texercise website!**

[www.texercise.com](http://www.texercise.com)

American Diabetes Association  
[www.diabetes.org](http://www.diabetes.org)

Houston Parks and Recreation Department  
[www.houstontx.gov/parks](http://www.houstontx.gov/parks)

Texas AgriLIFE  
[texasextension.tamu.edu](http://texasextension.tamu.edu)

American Heart Association – Start! Heart Walk  
[www.americanheart.org/presenter.jhtml?identifier=3053039](http://www.americanheart.org/presenter.jhtml?identifier=3053039)

*Texercise T-News* is a publication of the Texas Department of Aging and Disability Services.

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[www.texercise.com](http://www.texercise.com)