

T-NEWS

SUMMER 2011

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 Receives the President's Council on Fitness, Sports and Nutrition Award

In May, Texercise was awarded the 2011 President's Council on Fitness, Sports and Nutrition Community Leadership Award.

The Community Leadership Award is given annually to a maximum of 50 individuals or programs that improve the lives of individuals within the community by providing or enhancing opportunities to engage in sports, physical activities, fitness, or nutrition-related programs.

Texercise is honored to receive this recognition from the President's Council on Fitness, Sports and Nutrition.

Age Well ~ Live Well Part two in a four part series

The last issue of T-News introduced the Age Well ~ Live Well (AWLW) initiative and its three primary focus areas -

1. health and wellness,
2. volunteerism, and
3. resource awareness.

The AWLW initiative encourages communities to develop activities and programs on these three important topics for residents to access. For this AWLW article, we will highlight the health and wellness focus area.

AWLW encourages communities to develop health and wellness programs that resonate with their participants and compliment what is currently offered. A great way to start is to develop an AWLW team comprised of a cross section of community leaders from academic, health care, aging and disability, faith-based, and similar areas. The AWLW team assesses what the community is currently providing and identifies where gaps and opportunities exist. The Texas Department of Aging and Disability Services (DADS) AWLW initiative helps take the guesswork out

of creating health and wellness programs by offering tools and programs that can be easily implemented.

Texercise is one of the primary programs offered to AWLW communities seeking ways to engage Texans in health and wellness activities. AWLW communities are encouraged to host 12-week Texercise challenges to involve their older residents in regular physical activity and healthy diets. Texercise provides educational, motivational and recognition incentives to participants 45 years and older to encourage them to make healthy lifestyle behaviors part of their daily routine.

The exercises provided by Texercise are separated into four categories:

- **Balance** – which helps prevent falls.
- **Strength** – which builds muscle tissue and reduces age-related muscle loss.
- **Endurance** – which improves the health of the heart and lungs.
- **Flexibility** – which helps keep the body limber.

Taking part in regular physical activity is beneficial for any age and can:

- reduce the risk of chronic disease,
- reduce the risk of falls,
- decrease joint pain,
- increase energy levels, and
- increase self-confidence.

To start aging well and living well, email Texercise (Texercise@dads.state.tx.us) today to learn how you can host a 12-week challenge as your first step in the AWLW initiative.

Wellness is not just being physically active; it also includes making and keeping social connections. The next issue of T-News will include information about the second AWLW focus area – volunteerism.

Did You Know?



In the US, approximately every 25 seconds someone has a coronary event.¹

Cardiovascular disease (CVD) costs more than any other diagnostic group (direct and indirect).²

¹ American Heart Association

² American Heart Association

What You Need to Know About Heart Disease

Heart disease is defined by a number of conditions, from high blood pressure to arrhythmias, and is the leading cause of death in the United States. According to the American Heart Association, over 80 million, or one out of every three Americans are estimated to have one or more types of cardiovascular disease.

In 2010, an estimated 785,000 Americans experienced a new coronary attack and another 470,000 had a recurrent attack. The economic burden of heart disease echoes these startling statistics. The costs both direct and indirect average \$273 billion annually and are expected to increase to more than \$800 billion by 2030.

Heart disease can affect people of all ages, genders and races; however, those who have a family history of heart disease are more likely to be diagnosed with one or more forms of the disease. African Americans are more likely to be diagnosed with coronary heart disease and are more likely to die from heart disease.

The risk factors for heart disease can be broken down into two categories: non-modifiable and modifiable.

Non-Modifiable Risk Factors:

- Increased Age
- Male Sex (gender)
- Heredity (including race)

Modifiable Risk Factors:

- Smoking
- High Cholesterol
- High Blood Pressure
- Inactivity
- Overweight and Obesity
- Diabetes

Early recognition of a cardiac event is crucial. If you feel one or more of these signs and symptoms, call 911:

- Chest pain, discomfort, pressure or squeezing.
- Unusual fatigue.
- Unusual upper body pain or discomfort in one or both arms, back, shoulder, neck or jaw.
- Nausea.
- Breaking out in a cold sweat.
- Shortness of breath.
- Light-headedness or sudden dizziness.

The next issue of T-News will contain the second article in the heart disease series and will focus on exercising with heart disease.

This is the first article of the heart disease series in T-News. For more information on heart disease, visit the American Heart Association website at www.heart.org or the Texas Department of State Health Services Cardiovascular Disease and Stroke program website at www.dshs.state.tx.us/wellness.

Texercise Team and Community Program Highlights

Texercise Making a Difference across Texas

Communities across Texas are investing in the health of their residents and offering Texercise programs as a way for individuals to engage in regular physical activity and form social support networks. Each T-News highlights some of these programs and activities.

The **Corpus Christi Medical Center** is showing just how successful a community event can be. Launched in May at four sites and boasting 200 participants, this event is well on its way to bettering the health of Corpus Christi seniors!

The **Fayette County AgriLIFE** finished their Walk Across Texas/Texercise program with over 200 participants. AgriLIFE extension agents passionately work to improve the lives of their county residents in many ways. This is one example of how Texas AgriLIFE Extension and Texercise work together to improve the lives of older Texans. Good job Fayette County AgriLIFE!

Region 3 Educational Service Center (ESC), an Age Well ~ Live Well participant in Victoria, has

wrapped up a 12-week Texercise challenge with 86 participants. Way to go Region 3 ESC!

Region 1 Educational Service Center, another Age Well ~ Live Well participant in Edinburg, rolled out the health and wellness phase of their initiative by hosting a Texercise event. Region 1 ESC has started their AWLW off strong with 45 participants. Keep up the good work Region 1 ESC!

The **National Senior Games** were held in Houston this June. Texercise was represented at several of the **Senior Games Torch Relays** across the state including Corpus Christi, where the local Mayors Fitness Council and Texercise participants highlighted their team spirit and physical fitness on the U.S.S. Lexington.



The **Shape Up Sugar Land Mayors Fitness Council** is putting their own spin on the Texercise 12-week challenge. Area seniors sign up on the Shape Up Sugar Land website to receive their

Shape Up pedometer and the Texercise handbook. Participants visit one of four participating locations to pick up their incentives and start their 12-week program. The website hosts videos to help participants stay motivated and learn helpful exercise tips. Shape Up Sugar Land is showing their creativity and making the 12-week program their own! Keep up the good work!

www.shapeupsugarland.com

DADS Recognition Ceremony

Texercise Vision Award Winners and Partner Recognition

Three statewide Texercise leaders were recognized at the 2011 DADS Recognition Ceremony. Kay Aubuchon-Odom and The Medical Team / Med Team received Vision Awards for wellness, and Humana received the partnership appreciation award.

Kay Aubuchon-Odom



Kay is a Texercise Champion who continuously works to better the lives of

Tyler seniors. She not only hosts Texercise challenges within her senior center and community, she also encourages other organizations to hold programs as well. Kay embodies what a Texercise Champion truly is. Thank you Kay for all that you do!

The Medical Team / Med Team



The Medical Team / Med Team is a home healthcare agency in Austin, Brownsville and San Antonio. The Medical Team / Med Team host unique, tailored Texercise programs for participants in their service. Let's give a round of applause for The Medical Team / Med Team for their commitment to improving the lives of older Texans.

Humana



Humana has been the principal funding partner for Texercise since 2006. Through their in-kind

donations, older Texans and people with disabilities have received free educational, motivational and recognition materials designed to improve quality of life. In 2010, Humana expanded its relationship with DADS to provide volunteer and in-kind support for the state supported living centers, as well as additional support to enhance the Champions component of the Texercise program. Countless Texans have benefited from and improved their lives through Humana's continued support! Thank you!

Please join us in congratulating all award winners!

Partnership Activities Chelsea Nooney, Texercise Champion, Tyler

Chelsea Nooney, Omega Home Health and Texercise Champion, has what it takes to motivate seniors and communities to live healthier lives. She is currently hosting seven Texercise programs in the Tyler area. Through her classes, she provides health education to various groups as well as mentoring leaders within her groups. Thanks to her passion and enthusiastic personality, Chelsea has motivated Tyler and East Texas communities to host ongoing wellness and Texercise programs. Chelsea uses social media connections and her job to inform organizations and

individuals about health and wellness. Her outreach efforts have resulted in programs at senior, faith-based and medical communities as well as communitywide events. Chelsea is a nonstop advocate for good health and Texercise – she is a real Champion.

Thanks Chelsea!

Resources and Links

Texercise
www.texercise.com

American Heart Association
www.heart.org

DSHS Cardiovascular Disease and Stroke program
www.dshs.state.tx.us/wellness

Texas AgriLIFE Extension
Agrilifeextension.tamu.edu

If you have a program or story you would like to submit to T-News, please contact Chelsea Couch at 512.438.3631 or Chelsea.couch@dads.state.tx.us.

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

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www.texercise.com