

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

Resolutions

Many people create New Year resolutions to add good behaviors into their routine or stop negative ones.

Unfortunately, 35% of resolutions are broken in the first two weeks. How can we set realistic goals that we can achieve?

The author of "Attitude Is Everything", Paul J. Meyer's suggests being **SMART** when setting goals:

- **Specific** –specific goals have a much greater chance of being accomplished.
- **Measurable** – measuring progress helps you stay on track.
- **Attainable** – a side effect of identifying goals is figuring out ways to make them come true, developing the attitudes, abilities and skills, to reach them.
- **Realistic** – goals must represent an objective that you are *willing* and *able* to work.
- **Tangible** – tangible goals have a better chance of being specific, measurable, and as a result attainable.

Texercise wants to share with you a few of the goals we have set for 2007.

- Develop more tools to assist individuals and communities in adopting healthy lifestyle choices.
- Create more awareness of our partners, teams and communities activities.
- Improve the Texercise website and make use of current technology.
- Increase our partners and programs.

Texercise would love to help you attain your 2007 goals. Let us know how we can help!

Texas Round-Up

Include the Texas Round-Up when setting your 2007 goals. The Texas Round-Up is the Governor's annual challenge to all Texans to become more active and incorporate healthy choices into their daily lives.

The Texas Round-Up has proven to be a fun, multigenerational event Texercise can compliment. Use the Texas Round-Up as a way to kick off a timed fitness program. Track your participation and activity through the Texas Round-Up website and finish the program by celebrating successes at the 4th annual Texas Round-Up events in Austin on April 28, 2007.

New Opportunity!

This year the Texas Round-Up and Texercise have teamed up to provide Texercise affiliates with a variety of incentives including:

Discounts to the April

race: Texercise affiliates wishing to participate in the Texas Round-Up races in April will be offered a special Texercise discount coupon code. Individuals who qualify for senior citizens discounts and are a part of Texercise will receive both discounts!

Awards: The Texas Round-Up awards are based on completion (per capita) of the six-week activity-training program. Each award category (city, agency, organization, corporation, school district, family, fitness club, and municipal organizations) with the highest participation rates will be awarded the Governor's Cup and named "Fittest in Texas." If enough Texercise

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

affiliates log in to the Texas Round-Up activity website and create a group name beginning with "Texercise" there is a potential to win a Governors Cup award in a new awards category for Texercise. Representatives from the participating Texercise groups and community programs will be invited to the awards ceremony in Austin.

Designated meeting place:

The Texas Round-Up is providing Texercise with a location at the Wellness Expo where Texercise affiliates can meet to share best practices. Based on response from Texercise affiliates, plans call for fitness experts to address our group.

How does Texercise support the Texas Round-Up? Simple - participate! Whether an individual, group, worksite, team, family, or neighborhood, the Texas Round-Up is for all Texans. It's easy, it's fun, and it's good for you and your consumers. With all the added bonuses, there is no reason not to participate in the Texas Round-Up!



Detailed information on Texercise coupons and the awards competition will be posted to the Texercise website.

Texercise DVD

Pilgrim's Pride, the Cooper Aerobics Center and Texercise created a Texercise DVD that contains information about the program, fitness facts, demonstrations and nutrition tips. Dr. Kenneth Cooper, Cooper spokesperson Todd Whitthorn, trainer Karen Hughes and DADS Commissioner Horn encourage Texans to adopt healthy lifestyle to age well.

To obtain a free DVD visit the Texercise website or call 512.438.4293.

Highlights: Texercise Teams

Texercise-Houston launched its team September 22, 2006 at the Adaptive Recreation Center. A ceremony to celebrate participation was held on December 8, attended by Houston Mayor Bill White. Texercise-Houston is committed to helping Houstonians of all ages and fitness levels to get moving, eat right, and stay fit.

Many Thanks!

The progress that Texercise, the Teams and community programs made through the year could not have happened without the generous support from partners such as Pilgrim's Pride, Humana, RunTex, AT&T and many others.

Thank you!

Community Texercise Programs

The **Austin State School** started a 12-week Texercise program in October 2006. The interest by consumers and staff for the program was overwhelming with over 290 individuals participating. Coordinator Cheryl Pessall, arranged for attendees to participate in weekly exercise classes, campus walks, and a holiday parade. On December 17, 2006, 30 consumers and 16 staff participated in the Jingle Bell 5K.



Enthusiasm for wellness is so great at the Austin State School, they have signed up to participate in the Spring RunTex/Born to Run program. Look for them at the Texas Round-Up!

Shape Up Sugar Land will hold its annual Texercise awards ceremony February 28 at the Sugar Land Community Center. Eleven facilities participated in the 13-week fitness program. Special awards recognize the most motivated, most improved and the eldest participants. Kudos to Nicole Volek of Weston Group who developed and coordinates

this successful community wide senior fitness program.

The City of Grapevine Parks and Recreation Department is sponsoring a 12-week **Grapevine Texercise** program through their local senior centers. The program kicks off January 22.

First Baptist Church of McKinney started a **McKinney-Texercise** program led by volunteer instructor Carey Coleman, with Senior Select. The 12-week program included “tip of the week” fact cards and a celebration wrap up event. The program, open to the community, plans to initiate another 12-week program this spring.

Resources and Calendar

Senior Day at the Capitol

At the beginning of each new legislative session, seniors from across Texas gather at the Texas State Capitol to collect information and provide feedback to their local representative. This year Senior Day at the Capitol will be held on February 13. The exhibit area located in the lower rotunda of the Capitol will focus on wellness. Texercise will have a booth. All Texercise affiliates are invited to provide information about their Texercise activities to include at the Texercise booth. Contact

Holly if you would like to provide team information.

To request a copy of the Texercise DVD or questions about Texercise/Texas Round-Up opportunities or the Senior Day booth, contact Holly at 512.438.4293 or Holly.Riley@DADS.state.tx.us.

February 13th Senior Day at the Capitol
http://www.tsac.org/senior_day.html

April 28th Texas Round-Up
www.texasroundup.org

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

Making a Difference

Sometime we ask ourselves “Does it make a difference?” Below is a letter Texercise received that highlights the impact the program has made in a fellow Texans life.

We at Greatwood Retirement are all so excited about the Texercise Program that I have needed to purchase additional one-pound weights for our afternoon chair aerobics class. We have so many seniors who are over the age of eighty and many in their nineties, who participate daily.

That said, the oldest who is 97 years young, has attended my chair aerobics class every weekday. She told me that

before she began the classes she could not step up into her son's SUV without quite a bit of assistance. After months of our chair aerobics, her children were delighted to see that she could climb into their car without help. Unfortunately, this month, she had a fall and fractured her hip.

Motivated and determined, at the age of 97, after surgery, she is back at Greatwood Retirement and looking forward to continuing Texercise. She tells me “it's fun to do chair aerobics”. (By the way, we exercise to the music of John Philips Sousa).

The Texercise program has encouraged so many of our Greatwood residents to participate in our daily chair aerobics or to walk around the building with the pedometers that you have generously provided.

Thank you for a wonderful program.

Elizabeth Varela
Activities Director of Greatwood Retirement

Texercise would love to hear from you. Send in your letters, stories, testimonials and pictures to;
Holly.riley@dads.state.tx.us