

# T-NEWS

## Winter 2012

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

### What's New?

#### *Texercise Nutrition*

With all the updating and redesigning Texercise has been doing in the last year, we are pleased to announce that the nutrition portion of Texercise has been expanded. The enhanced nutrition section provides participants with the knowledge and tools to start improving their eating habits.

The updated nutrition information in the Texercise handbook includes various topics on healthy eating including healthy cooking techniques and portion control. The handbook also includes a daily food log for participants to track the type and amount of food they eat each day.

To complement the handbook, Texercise has developed eight new nutrition fact sheets. These fact sheets provide in-depth information on topics ranging from understanding food labels to reducing your sodium intake. The handbook and fact sheets are offered in both English and Spanish.

The great thing about all the new updates and resources is that they can all be found on the Texercise website. In addition to the resources being available online, there is a new nutrition section on the website that provides healthy eating information. To see all this and more visit the Texercise website at [www.texercise.com](http://www.texercise.com).

#### *Texercise Champions*

Texercise is happy to announce a new educational and community capacity-building component – Texercise Champions.

Texercise Champions are individuals with a passion and commitment for helping adults in their communities engage in and live healthier lifestyles. Through Texercise, Champions receive the tools and support to advocate for, and help implement, Texercise, and other physical activity programs in their communities. The goal of the Champions program is to expand opportunities for adults to engage in healthy activities throughout Texas.

Texercise Champions support the Age Well ~ Live Well concept that people can

improve their quality of life and prepare for their future by:

- engaging in healthy lifestyle behaviors,
- sharing information about available services and resources, and
- creating change in their community through volunteerism and community engagement activities.

Champions are provided with continuous support and resources to help them succeed in their efforts. Resources include ~

- Texercise Champions Kit: Contains a flash drive with electronic resources (power point presentation, awareness resources...), 12-week Texercise coordinator's kits, Texercise polo shirt, and media/promotions guide and resource information.
- Access to complimentary wellness programs and partners.
- Ongoing technical assistance and updated tools/resources for Champions will be provided.

If you are interested in the Champions program and would like to know more,

please contact Texercise at 800.889.8595 or [Texercise@dads.state.tx.us](mailto:Texercise@dads.state.tx.us).

## Age Well ~ Live Well

*Part three in a four part series*

The Texas Department of Aging and Disability Services (DADS) Age Well ~ Live Well (AWLW) initiative

encourages Texas communities to provide their residents with information, resources and activities that promote living and aging well. The initiative focuses on three key focus areas –

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

In the last two issues of T-News, we have provided an overview of AWLW as well as an in-depth look at its first focus area - health and wellness. In this issue, we are highlighting a community that is actively implementing an AWLW initiative.

The Denton area has come together to develop a comprehensive, intergenerational, AWLW community program that involves a variety of local partners including: the University of North Texas, Texas Women's University, City of Denton, North Central Texas Area Agency on Aging (AAA), Cooper Clinic and other community partners. The program and partnership focuses on promoting the three AWLW focus areas,

developing mutually beneficial partnerships, and creating an evidence-based, sustainable model for other communities to implement.

The Denton AWLW initiative formally launched on January 26 at the Denton Visual Arts Center. The kick-off featured presentations from the Mayor of Denton, both University presidents and Todd Whitthorne from the Cooper Clinic. The event also featured leaders from the Denton community in business, health care, non-profit organizations, government agencies, faith based, academic and other identified community connectors.

The Denton AWLW planning committee will continue to expand and develop long-term goals, strategies, and outcomes that can serve as a model for other Texas communities in the future.

## Did You Know?



A sedentary (inactive) lifestyle is one of the top risk factors for heart disease.<sup>1</sup>

Exercise can help lower LDL cholesterol ("bad" cholesterol) and raise HDL cholesterol ("good" cholesterol).<sup>2</sup>

<sup>1</sup> American Heart Association

<sup>2</sup> American Heart Association

## Exercise and Heart Disease

Heart disease is the leading cause of death among men and women in the United States. To help prevent and treat various forms of heart disease, individuals are encouraged to take part in daily physical activity. The American Heart Association recommends taking part in 150 minutes of moderate exercise a week.

Regular physical activity has many benefits to a person's overall health including their heart health. One benefit of physical activity is that it helps delay or prevents chronic illness and diseases associated with aging which helps maintain quality of life and independence longer. Other benefits of exercise include:

- Improved blood circulation
- Improved blood cholesterol
- Preventing and/or managing high blood pressure
- Helping manage stress and
- Reducing coronary heart disease in women by 30-40%

Many people know they should be active but don't know where to start. Always check with your doctor before starting any exercise routine. Once, your doctor approves, you can get started by:

- Wearing proper attire for your activity
- Wearing comfortable, good fitting sneakers
- Setting reasonable goals and expectations
- Taking part in your activity at the same time every day to help make it a habit
- Staying hydrated before, during and after your activity
- Picking an activity you enjoy doing

To improve heart health, take part in regular cardiovascular (cardio) exercises. This can be anything from walking, swimming, cycling, and aerobic dance. Cardio exercises increase your heart rate which helps make your heart healthier. While performing cardio exercises you will feel warmer, perspire and breathe heavily but should never be out of breath. Strength and stretching exercises are also important to improve your overall stamina and flexibility. If you experience shortness of breath, chest pain, or dizziness, stop whatever you are doing and consult with your doctor.

Start exercising today to begin your journey to better heart health!

*This is the third 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](http://www.heart.org) or the Texas*

*Department of State Health Services  
Cardiovascular Disease and Stroke  
program website at  
[www.dshs.state.tx.us/wellness](http://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 **University of Houston, College of Education** under the direction of Dr. Joel Bloom held their first Texercise program that consisted of 50 participants. Way to go University of Houston!

**Westminster Manor** in Austin held their first Texercise 12-week fitness challenge. They had 30 participants complete the program. Good job Westminster Manor!

### Partnership Activities

In February 2012, the Corpus Christi Medical Center (CCMC) and YWCA are planning a kick-off event for the next Texercise challenge. The weekly classes will be held at the medical center with YWCA

fitness staff leading the exercises and the CCMC doctors and nutritionist providing presentations on making healthy lifestyle changes.

The goal is to further expand their program to include more community participation. As part of the expansion, they have invited the Corpus Christi State Supported Living Center residents to attend.

In addition to the Texercise incentives provided, each participant will receive a free three-month member to the YWCA upon completion of the 12- week program.

*Texercise TNews is a publication of the Texas Department of Aging and Disability Services.*

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