

# Take the Texercise Challenge!

## **Texercise Mission:**

To raise awareness of the importance of good physical health and proper nutrition, and to encourage activities and resources that help individuals and communities adopt healthier lifestyles.



## **FITNESS AND NUTRITION GOAL**

Write down the goal you wish to obtain from your Texercise activities.

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## **Fitness Facts**

**Exercise helps build and maintain healthy bones, muscles, and joints!**

### **By exercising regularly, you:**

- Reduce the risk of developing coronary heart disease and stroke
- Lower the risk of developing high blood pressure and non-insulin dependent (type 2) diabetes mellitus
- Reduce feelings of depression, anxiety and stress, and promote psychological well-being

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



## **ACTION ITEMS**

List the action items necessary to achieve your goal. For example; "I will add one new vegetable/fruit weekly to my diet until I reach my goal of five a day."

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## **TIMELINE**

What is the time frame you will need to accomplish each action item?

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