

## TEXERCISE

First introduced to TRTA at the Houston convention, **Texercise** is no fancy gear, no health club dues - just a fun, practical way to start looking and feeling your best. While Americans are living longer, that doesn't necessarily mean they are living healthier. Regular physical activity can help reduce the risk and minimize the impact of disease. **Texercise** can help you enjoy life and live it to the fullest! Order a free **Texercise** handbook. Regular exercise can help you start improving your health in as little as three weeks.

Why not start a fitness program for your local TRTA chapter? Hosting a **Texercise** program is both easy and free. The **Texercise** folks provide technical and motivational help during the program, including free reinforcement items like stretch bands, exercise balls, and t-shirts at the end.

Group connections are a vital component of **Texercise**. Our local chapter group meets every Monday morning at the local Baptist Church. Although 20 people signed up, our average attendance is 7 to 17. Your group can do this too. When you promote **Texercise** you create ongoing awareness of the benefits of fitness and nutrition.

Email [texercise@hhs.texas.gov](mailto:texercise@hhs.texas.gov) or call 800-889-8595.

Submitted by Carolyn Mashburn, Humble Area Retired Teachers Association



*Photo coming from my iPhone. Caption - Kathy Spirakes and Carolyn Mashburn participate in both **Texercise** and Walk Across Texas. They were both wearing their shirts when they met to walk this morning.*