

Texercise Overview



Texercise is a health promotions initiative of the Texas Health and Human Services. Through its educational and motivational resources, Texercise can help Texans improve their health and quality of life – helping ensure they age and live well.

Texercise provides resources to help Texans engage in regular physical activity and have a healthy diet.

- **Texercise handbook:** features general nutrition information as well as detailed drawings and explanations for low-impact exercises on balance, strength, endurance and flexibility.
- **Texercise exercise videos:** 30-minutes of instructor-led exercise videos featuring exercises from the handbook. These videos can be found on the Get Texercise page of the website.
- **Texercise website:** provides a wide range of health information including nutrition and exercise tips and access to resources and programs. (www.texercise.com)

Texercise Classic: a 12-week program that brings people together in groups to engage in physical activity. Texercise Classic can be held anywhere adults gather like senior and community centers, worksites, faith-based organizations, and long-term care facilities. Texercise provides a coordinator kit containing step-by-step instructions for leading the classes and obtaining the associated incentives, like pedometers, resistance bands and shirts.*

Texercise Select: a structured 10-week evidence-based program. Texercise Select requires at least one trained facilitator to lead the class, and for participants to meet twice a week for the duration of the 10 weeks. Online training and passing a completion test is required to receive the trainer manual and become a trained facilitator. Texercise Select program participants receive incentives throughout the program.*

Texercise Special Projects: include four projects in collaboration with SNAP-Ed to expand the Texercise Classic and Select outreach, create Texercise 12-week nutrition program, develop a malnutrition in older adults campaign, and create an intergenerational activity workbook with activities on physical activity, nutrition, mental and social health.

For more information contact Texercise at Texercise@hhsc.state.tx.us or 1-800-889-8595.

*Hosts of Texercise Classic and Select programs are responsible for contacting Texercise to order incentives in accordance to the timeline provided.

