

Texercise Virtual Implementation

Thank you for your support of Texercise and for your commitment to improving the health of older Texans. We appreciate everything that you do as a Texercise program host. Texercise Classic and Select can be implemented virtually to allow for the continued engagement of participants while observing shelter in-place orders during this unprecedented time. Texercise virtual implementation requirements include:

- **Best Practices:**
 - Connect with participants of canceled or delayed programs to see if they would like to continue with a virtual Texercise program
 - Keep program days/times the same as they were for in-person implementation (if possible)
 - Inform Texercise of:
 - Intention to host virtual Texercise program
 - Type of video conferencing software intending to use (e.g. GoToMeetings, Google Hangouts, Skype, etc)
 - What week your Texercise program is currently at (e.g. week 1, week 6, etc)
- **Video Conferencing Software:**
 - Options for video conferencing software include GoToMeeting, Google Hangouts, Skype, and many others.
 - Have free options with limitations including time limit for calls (typically 40 minutes)
 - GoToMeeting does not do group video conference calls
 - May have system requirements for users to access
- **Texercise Program Materials:**
 - Texercise can send Texercise handbooks and reinforcement items (pedometers, resistance bands, stress balls, and water bottles) to program host
 - Program host will then need to send materials to participants
- **Program Safety:**
 - Program host must go over safety precautions at the beginning of each session. Safety precautions for virtual implementation include:
 - Overview of ideal room setup for participants
 - Adequate space for activities



- Adequate lighting
 - Stab chair (arms and no wheels)
 - Encourage participants to preform exercises with someone else present/in-home for fall safety
- Encourage participants to preform exercises sitting in a chair
 - Program hosts should demonstrate this by doing exercises while sitting
- Review the attached safety documents (found in the appendix of the Texercise Select Facilitator Manual):
 - EASY Safety Tips (pg. 119)
 - Exercise Precautions (pg. 120)
- **Select Program Fidelity:**
 - Select facilitators must uphold key components of Texercise Select to maintain fidelity including:
 - Session activities facilitated as outlined in manual (e.g. covering fact sheets in discussion, facilitating action planning, brainstorming, and problem-solving)
 - Change partnering up activities into group activities
 - Exercises can only be the exercises provided in the Texercise handbook

Please let Texercise know if you have any questions regarding how to implement Texercise Classic and Select virtually during COVID. When we return to normal business operations, virtual implementation will no longer be allowed and Texercise will notify program hosts.