

Contact: Tiffany Pickens
Community Relations Coordinator
Alamo Area Council of Governments
8700 Tesoro Drive, Suite 700
San Antonio, TX 78217
tpickens@aacog.com
Phone (210) 362-5204
Fax (210) 225-5937



News Release

TEXERCISE to Feel Better and Live Longer!

San Antonio, August 9, 2005—TEXERCISE is an exciting new health initiative designed to help you make those small everyday changes that can pay big dividends in feeling better and living longer. To help you get started, a special session of Alamo TEXERCISE will be held Friday, September 23, 2005, from 9 a.m. to 11:30 a.m. at the San Antonio Botanical Garden, 555 Funston Place, San Antonio, Texas.

Physical activity and proper nutrition improve health at any age. In addition to burning calories and strengthening your body, physical activity can lower your risk of developing conditions such as diabetes, hypertension, cancer, heart disease, high blood pressure, and obesity. Activity can improve balance and strength (helping you to stop falls!), and can slow the decline of bone mineral density that leads to osteoporosis. As a physically active person you will require fewer hospital stays and physician visits, and use less medication than those who are physically inactive. Physical activity and nutrition can also improve your mental state, enhance sleep, and lower your risk of depression and anxiety.

Folks across Texas will also participate in this statewide fitness program. Developed by the Texas Department of Aging and Disability Services (DADS), TEXERCISE promotes healthy lifestyles through physical fitness and proper nutrition through tracking logs, resources, and program guidelines for individuals. In addition to special community events—like Alamo Texercise—DADS has developed the TEXERCISE fitness and nutrition program *Handbook for the Individual*. More than 42,500 Texans are currently using the handbook to successfully start their own personal fitness and nutrition regimen. The program's website, www.TEXERCISE.com, provides access to the Handbook, a calendar of community events, partner information, publications, and additional fitness and nutrition resources. For information on Alamo Texercise events, please call the Bexar Area Agency on Aging at (210) 362-5200.

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