Take the TEXERCISE Challenge!

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

Fitness and Nutrition Goal

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

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.”

TIMELINE

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

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.

Signature: __________________________

Date: __________________________