A how-to handbook for lifelong health and wellness.

TEXERCISE
Fitness and nutrition for life!

No fancy gear, no health club dues – just a fun, practical guide to looking and feeling your best.

An active, healthy lifestyle is a key component to aging and living well!

TEXAS
Department of Aging and Disability Services
Why is exercise important?

Everybody wants to be healthy, and exercise can help keep you looking and feeling your best.

Regular exercise and physical activity:
• Help you look good by toning your body.
• Help boost your calorie-burning ability.
• Help you feel better.
• Give you a sense of achievement.
• Increase self-confidence.
• Improve your general sense of well-being.

As you undertake a fitness program, keep in mind that fitness varies from person to person. It is influenced by age, sex and heredity, as well as by personal habits, activity levels and eating practices. While you can’t control the first three factors, you can improve the others. There are no rules or age limits to physical activity. This handbook provides a foundation both for those just getting started, as well as for those who want to keep going. The following pages offer nutrition facts to help you improve your eating habits, as well as exercise regimens for people at different fitness levels. Texercise your right to look and feel good! We challenge you to make today the first day of a new, healthier life. Proper nutrition every day and 30 minutes of exercise at least five times a week can get you on your way to looking and feeling better.

Make the commitment for good health now.

Remember:
If you have a physical condition that may affect your ability to safely perform any exercise in this handbook, consult your doctor before beginning the program. As with any exercise program, you should stop immediately and consult a physician if, at any point during your workout, you begin to feel faint, dizzy or have physical discomfort.

A word from Dr. Kenneth H. Cooper

As a practicing physician, I’m continually amazed by the widespread perception that there’s not much you can do about the decline in your physical and mental condition past a certain age. What a tragic misunderstanding this is. In reality, there’s a far greater correlation between overall health and physical activity and nutrition than between age and health. I have dedicated my life and career to raising awareness of this fact and giving people the resources they need to take charge of their own health and well-being.

The Texercise program challenges stereotypes about what is possible for men and women at specific stages of life. I endorse the Texercise health and wellness-oriented program and its philosophy of positive lifestyle changes at any age. As this handbook and the variety of Texercise resources make clear, good health is not a number, but the result of smart daily decisions made over a lifetime.

Texercise Honorary State Chairman Kenneth H. Cooper, M.D. is a world-renowned expert and author in the area of fitness and health.
Good nutrition: a recipe for health

Complement your physical activity program with a healthy diet. Good nutrition not only lowers the risk for developing many chronic conditions such as heart disease, stroke, diabetes, osteoporosis and some types of cancer, it also helps fuel your body and provides the energy you need to keep moving. Proper nutrition and exercise may be the perfect recipe to maintain or improve your weight. Eat healthy, feel great!

Healthy eating habits are similar to cooking a meal — they both require the proper ingredients in the right amounts to get the desired result. One of the first ingredients of good nutrition is learning what foods to consume to get the right amount of nutrients. MyPyramid, an easy to follow food guide by the United States Department of Agriculture, provides recommendations to help you make smart food choices, get the most nutrition from your calories, and stay within your daily caloric needs.

MyPyramid is divided into six colored-coded sections that represent six food groups — grains, fruits, vegetables, milk, meat/beans, and oils — and provides general recommendations pertaining to each.

Recommendations:

• Make at least half of your grain products whole grain, such as brown rice, whole-wheat bread and tortillas, oatmeal and whole-grain pasta.
• Eat five servings of fruits and vegetables a day, and be sure to consume a variety of colorful vegetables, since each one has different nutrients. Deep orange and dark green vegetables such as carrots, butternut squash, sweet potatoes, broccoli, spinach and romaine lettuce provide higher levels of nutrients.
• Choose low-fat or fat-free dairy products, such as low-fat or fat-free yogurt, 1 percent or skim milk, low-fat or fat-free cheeses, and frozen yogurt.
• Select lean cuts of meats and poultry.
• Eat protein-rich foods such as beans and fish.
• Get most of your fats from fish and nuts.
• Drink plenty of water daily to stay hydrated and to help you feel full.
• Get plenty of calcium, vitamin D, and vitamin B-12.
• Select foods that are rich in nutrients, and avoid empty calories, such as those found in sugars and fatty foods.
• Reduce sodium intake by limiting the amount of salt added to foods and avoiding consumption of processed foods.

Find out more about the health benefits of good nutrition at www.MyPyramid.gov.
Cooking techniques

Ingredients for healthy eating

Another ingredient of healthy eating is learning the best cooking techniques to maintain the nutrient content of your food. There are a variety of healthy cooking techniques available to help you create delicious, good-for-you meals. The best way to cook depends on what type of food (vegetables, meats, grains) you are cooking. When preparing food, avoid using fats (oils, butter, margarine, and other solid fats); instead, use water as much as possible. If fat must be used, choose mono- or polyunsaturated fats, such as olive, canola, sunflower and safflower oils. Not only are they unsaturated, they can also help lower cholesterol levels.

<table>
<thead>
<tr>
<th>Vitamins &amp; minerals</th>
<th>Daily recommended amount for adults 50+</th>
<th>Common food sources</th>
<th>How your body uses these nutrients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>3,000 IU</td>
<td>Green, yellow or orange vegetables and fruits; dairy products</td>
<td>Promotes good vision, especially night vision; keeps skin, hair and nails healthy; wards off bacterial infection</td>
</tr>
<tr>
<td>Vitamin B₆</td>
<td>1.7 mg</td>
<td>Meats, eggs, whole-grain cereals; peanuts, walnuts, wheat germ, soybeans</td>
<td>Helps metabolize carbohydrates and proteins; helps form red blood cells; promotes proper nerve function</td>
</tr>
<tr>
<td>Vitamin B₁₂</td>
<td>2.4 mcg*</td>
<td>Liver, kidney, meats, fish, shrimp, oysters, dairy products, eggs</td>
<td>Helps body break down proteins, fats and carbohydrates; required for blood formation and neural function</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>90 mg</td>
<td>Citrus fruits, tomatoes, green peppers, berries, potatoes, fresh green leafy vegetables</td>
<td>Promotes healing of cuts and wounds; keeps gums healthy; helps resist infection</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>600 IU</td>
<td>Saltwater fish, organ meats, fish-liver oils, egg yolks, fortified dairy products</td>
<td>Helps in normal formation of bones and teeth; helps absorb calcium and phosphorus and maintain calcium levels in tissue</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>15 mg</td>
<td>Wheat germ, plant fats, seeds and nuts, seafood, eggs, oils</td>
<td>Helps form red blood cells, muscles and other tissues; is an antioxidant</td>
</tr>
<tr>
<td>Calcium</td>
<td>1,300 mg</td>
<td>Dairy products, calcium-fortified citrus juices, canned fish (with bones), leafy green vegetables</td>
<td>Maintenance of skeletal muscle rigidity, nerve impulse transmission, muscle contraction and relaxation, heart function</td>
</tr>
<tr>
<td>Iron</td>
<td>18 mg</td>
<td>Red meats, seafood, fortified cereals, dried beans</td>
<td>Helps carry oxygen to tissues, including muscle</td>
</tr>
</tbody>
</table>

* To improve bioavailability it is recommended that people over 50 meet the B-12 recommendations through fortified foods or supplements.
Below are some of the healthier methods for preparing specific types of foods:

- **Steaming** – a quick and easy way to preserve nutrients when cooking fresh or frozen vegetables.

- **Baking** – good for cooking many types of foods, including meats, poultry, fish and potatoes. Using a little extra virgin olive oil and herbs and spices will make these foods taste great.

- **Sautéing** – a great alternative to steaming. Using a small amount of fat (olive or canola oil) gives the vegetables a nice taste while still providing nutrients.

- **Stir-frying** – a healthy way to cook vegetables, meats and grains in one pan while using a small amount (1-2 tablespoons) of olive or canola oil.

- **Grilling** – perfect when cooking meats, poultry and fish. Lean cuts are healthier and prevent charring.

### Substitutes

*Ingredients for healthier meals*

Healthy eating doesn’t mean you have to avoid eating your favorite meals. You can modify recipes you love and continue enjoying them while improving your nutrition. There are several ways you can modify your meals, such as simply flavoring with herbs and spices instead of fats. You can also replace less nutritious ingredients with healthy substitutions for an easy way to make your recipes taste great and still be healthy.

<table>
<thead>
<tr>
<th>Original ingredient</th>
<th>Substitution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole milk</td>
<td>Fat-free milk</td>
</tr>
<tr>
<td>Whole eggs</td>
<td>Egg whites</td>
</tr>
<tr>
<td>Fats (when baking)</td>
<td>Applesauce</td>
</tr>
<tr>
<td></td>
<td>Bananas</td>
</tr>
<tr>
<td>White bread</td>
<td>Whole-wheat bread</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>Fat-free sour cream</td>
</tr>
<tr>
<td></td>
<td>Yogurt</td>
</tr>
<tr>
<td>White rice</td>
<td>Brown rice</td>
</tr>
</tbody>
</table>

### Portion sizes

*Ingredients for every recipe*

While everything is bigger in Texas, your waistline doesn’t have to be! Large portion sizes is a growing problem in Texas and the United States.Knowing the correct portion sizes for different foods and how they should look on your plate is important to avoid overeating.

#### Portion sizes

- 3 oz chicken or meat = deck of cards
- 3 oz fish = checkbook
- 1 oz lunch meat = compact disc
- 1 cup = baseball
- ½ cup = light bulb
- Medium fruit = tennis ball

Not only is portion size important, so is knowing how much food to put on your plate. Imagine there are lines dividing your plate into four equal parts. Half of the plate (two-fourths) should be reserved for vegetables, while the remaining two-fourths should be split evenly between the grain and protein of the meal. By knowing the correct portion sizes, you are on your way to better health.

### Eating healthy at restaurants

Eating healthy doesn’t just have to happen at home. Continue the healthy eating habit at restaurants by following these simple rules:

- Drink water.
- Ask for half of your meal to be boxed to go before being brought to the table.
- Ask for sauces and dressings on the side, vegetables to be steamed, and meats to be grilled, not fried.
- Avoid menu items described as crispy, deep or pan fried, breaded or creamy.
- Got a sweet tooth? Share your dessert with a friend or have fruit for dessert.
Congratulations! You’ve joined the growing number of Texans who are adding physical activity and exercise to their daily routines. Proper nutrition and daily physical activity are the best investments you can make for better health!

What do I need?

Exercising doesn’t require you to join a gym or buy expensive gear. Anyone can safely do some form of physical activity at little to no cost. Here are 11 principles you should follow to be successful:

1. Pick a regular day and time for physical activity. Having a routine helps.
2. Exercise 3-5 times a week for 30 minutes.
3. Keep an activity log (see page 22).
4. Work out with a friend.
5. Include activities you enjoy.
6. Wear loose-fitting, weather-appropriate clothes that let you move freely. Wear comfortable shoes, preferably athletic shoes that provide good support and don’t cause blisters or calluses.
7. For strength and balance exercises, consider making your own weights (we’ll show you how).
8. For exercises that require or recommend the use of a chair, please use a sturdy chair with arms and a backrest.
9. Master one fitness level before moving on to the next.
10. Learn to do the exercises correctly and safely.
11. Be patient; success won’t happen overnight. It takes at least three weeks of regular exercise to start noticing changes in your body.

Are there different types of exercise?

Yes, there are four types of exercise to help you gain health benefits:

- 1. Endurance
- 2. Balance
- 3. Strength
- 4. Flexibility

Make your own weights!

You may need weights to do many of the exercises listed in the strength and balance section of this handbook, but you don’t necessarily need expensive equipment. You can buy inexpensive weights at discount stores or make your own with just a few household items. The tables to the right show you how to create serviceable homemade weights and convert container volume to weight.

Conversions for homemade weights

- 1 gal. water = 8 lbs.
- ½ gal. water = 4 lbs.
- 1 qt. water = 2 lbs.
Know your fitness level

What’s your level? Look for your level throughout this book and complete the suggested number of sets and repetitions. A repetition is one movement one time (e.g., one pushup) and a set is a series of repetitions (e.g., 15 pushups). Once you can successfully complete all the exercises at one level, proceed to the next.

- **Level 1 (Beginner):** Has not exercised in the past month
- **Level 2 (Beginner/intermediate):** Exercises once a week
- **Level 3 (Intermediate/advanced):** Exercises three or more times a week

Listen to your body

Begin slowly and gradually work your way to more vigorous exercises. Your body will naturally tell you when it is time to reduce the level of exercise or to stop an exercise. Never exercise to the point of exhausition or breathlessness. Stop if you find yourself panting or feeling nauseated, if your breathing does not return to normal within 10 minutes after exercising, or if your sleep is affected. If you have difficulty breathing, experience faintness or have prolonged weakness during or after exercise, consult your physician. Follow the “10 Percent Rule:” Never increase your program (walking/running distance or weight lifted) by more than 10 percent a week. Check your pulse and stay within your target heat rate zone (see the chart on page 9).

Don’t forget

Always include a warm-up and a cool-down in your routines.

**Warm-up** improves your overall performance by preparing you for more vigorous exercise; increasing your body temperature, heart rate, and breathing; redistributing your blood flow; increasing your flexibility; and decreasing the risk of injury and pulled muscles. Warm up for at least 10 minutes at moderate intensity with activities such as marching or jogging in place, doing arm circles, or moving from side to side.

**Cool-down** allows your heart rate and breathing to return to normal levels. Allow 10–15 minutes for cool-down exercises such as slow walking or low-level exercises done without a bouncing motion. Walking slowly will prevent blood from pooling in the legs, which can cause dizziness and blackouts. Stretching during your cool-down will keep your muscles from getting sore and stiff.

Arm weights

You will need:
- Plastic container with handles.
- Water.
Select the container size (quart, half gallon, gallon) and the type of container (milk, juice, detergent). Clean out container. Fill with water to desired weight.

Ankle weights

You will need:
- Knee-length tube sock.
- Beans or rice.
Stuff sock with beans or rice, leaving enough space on the ends so you can tie around your ankle or wrist and keep the filler from coming out.

Writing down your goals and placing them in a prominent place where you can see them every day will help you stay committed.
Endurance activities increase your breathing and heart rate and improve your stamina for daily tasks such as climbing stairs and shopping. You should participate in this type of exercise at least five times a week for 30 minutes, but you can always do more.

Level 1 — Get stepping!

Don’t think you have to join an aerobics class to be active. Every step you take counts. The steps you accumulate throughout the day can make a big difference. In fact, you should take about 6,000 steps daily for health benefits and 10,000 for weight management. No reason to think distance; start thinking steps. Get up off that couch and start counting those steps. How many steps are you taking in a day?

—you have to join an aerobics class to be active. Every step you take counts. The steps you accumulate throughout the day can make a big difference. In fact, you should take about 6,000 steps daily for health benefits and 10,000 for weight management. No reason to think distance; start thinking steps. Get up off that couch and start counting those steps. How many steps are you taking in a day?

Level 2 — Breaking a sweat!

Start with five minutes of light to moderate activities such as those listed in the box to the right. Gradually increase the time spent on the activity to 30 minutes, and then work your way to the more intense, intermediate-advanced activities.

Beginner-level activities

2,000 steps = Approximately one mile
10,000 steps = Those first few calories are starting to burn off

Have fun and burn some calories!

- Take a walk with your spouse, a child, or a friend.
- Walk the dog.
- Park farther from the store—or better yet, walk to the store.
- Use the stairs instead of the elevator.
- Rake the leaves instead of using a blower.
- Use a push mower rather than a self-propelled or riding model.

Beginner/intermediate-level activities

- Go for a brisk walk in the neighborhood.
- Dance.
- Row a boat.
- Swim.
- Play volleyball.
- Ride a bicycle or stationary bike.
- Play tennis (doubles).
- Play golf (walk the course — don’t use a cart!).
- Garden.
Endurance

Level 3 — Your heart’s pumping!

Work gradually to increase your time to more than 30 minutes of endurance exercises per session at least five times per week.

Pay particular attention to your heart rate and always be sure not to over-exert yourself.

Intermediate-advanced level activities

- Jog/fast-walk.
- Briskly ride your bicycle up hills.
- Play basketball.
- Swim laps.
- Ski cross-country.
- Ski downhill.
- Play tennis (singles).
- Climb stairs or walk up hills.
- Hike.

Easy steps to getting and staying in shape

If you’re walking Your goal should be Increase steps by Reach the goal in

<table>
<thead>
<tr>
<th>If you're walking</th>
<th>Your goal should be</th>
<th>Increase steps by</th>
<th>Reach the goal in</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 2,500 steps</td>
<td>5,000 steps</td>
<td>250 per day</td>
<td>10–20 days</td>
</tr>
<tr>
<td>2,501 – 5,000</td>
<td>7,500</td>
<td>300</td>
<td>8–16</td>
</tr>
<tr>
<td>5,001 – 7,500</td>
<td>10,000</td>
<td>400</td>
<td>6–12</td>
</tr>
<tr>
<td>7,501 – 10,000</td>
<td>12,500</td>
<td>500</td>
<td>5–10</td>
</tr>
<tr>
<td>10,001 – 12,500</td>
<td>15,000</td>
<td>500</td>
<td>5–10</td>
</tr>
<tr>
<td>12,501 – 15,000</td>
<td>17,500</td>
<td>500–750</td>
<td>3–6</td>
</tr>
<tr>
<td>15,001 – 17,500</td>
<td>20,000</td>
<td>750</td>
<td>3–6</td>
</tr>
</tbody>
</table>

Checking your pulse

To check your pulse, press the tips of your index and middle fingers against the opposite wrist, where your hand meets your wrist. Count the pulse, starting with zero on the first beat, for 15 seconds. Multiply that number by four to get your heart rate. Always check your pulse during your workout to make sure you stay within your target heart rate zone.

Target heart rate

The target heart rate helps you judge how hard to exercise during endurance activities.

<table>
<thead>
<tr>
<th>Your age</th>
<th>Target heart rate</th>
<th>Maximum heart rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>50</td>
<td>102-136</td>
<td>170</td>
</tr>
<tr>
<td>60</td>
<td>96-128</td>
<td>160</td>
</tr>
<tr>
<td>70</td>
<td>90-120</td>
<td>150</td>
</tr>
<tr>
<td>80</td>
<td>84-112</td>
<td>140</td>
</tr>
</tbody>
</table>

If you feel winded or find it hard to breathe during any exercise — stop! It should never be painful to breathe during exercises. Perform the activity at a lower intensity or shorten the time spent exercising until you build up your stamina.
Health and longevity fitness-walking program

Below is a three-phase fitness-walking program aimed at easing you gently into the habit of regular exercise, a habit that can last a lifetime. However, to maintain a walking program, be sure to choose a convenient location to walk — around the neighborhood, local school track or inside a mall. Health and longevity fitness can be reached by accomplishing one of the following during Phases I-III:

- Two miles in 30 minutes or less, three times a week.
- Two miles in 35 minutes or less, four times a week.
- Two miles in 40 minutes or less, five times a week.

### Fitness and longevity walking program

<table>
<thead>
<tr>
<th>Phase</th>
<th>Week</th>
<th>Distance (miles)</th>
<th>Time (minutes)</th>
<th>Freq./wk.</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>1</td>
<td>1.0</td>
<td>24:00</td>
<td>5x</td>
</tr>
<tr>
<td>I</td>
<td>2</td>
<td>1.0</td>
<td>22:00</td>
<td>5x</td>
</tr>
<tr>
<td>I</td>
<td>3</td>
<td>1.0</td>
<td>20:00</td>
<td>5x</td>
</tr>
<tr>
<td>I</td>
<td>4</td>
<td>1.5</td>
<td>30:00</td>
<td>5x</td>
</tr>
<tr>
<td>I</td>
<td>5</td>
<td>1.5</td>
<td>29:00</td>
<td>5x</td>
</tr>
<tr>
<td>I</td>
<td>6</td>
<td>2.0</td>
<td>&lt;40:00</td>
<td>5x</td>
</tr>
<tr>
<td>II</td>
<td>7</td>
<td>2.0</td>
<td>38:00</td>
<td>4x</td>
</tr>
<tr>
<td>II</td>
<td>8</td>
<td>2.0</td>
<td>38:00</td>
<td>4x</td>
</tr>
<tr>
<td>II</td>
<td>9</td>
<td>2.0</td>
<td>&lt;35:00</td>
<td>4x</td>
</tr>
<tr>
<td>III</td>
<td>10</td>
<td>2.0</td>
<td>34:00</td>
<td>4x</td>
</tr>
<tr>
<td>III</td>
<td>11</td>
<td>2.0</td>
<td>32:00</td>
<td>4x</td>
</tr>
<tr>
<td>III</td>
<td>12</td>
<td>2.0</td>
<td>&lt;30:00</td>
<td>3x</td>
</tr>
</tbody>
</table>
Lifting weights is the most effective way to increase your strength. Do at least two 20-minute sessions of strength training per week that include all the major muscle groups. Beginners should complete a minimum of one set of repetitions listed under each exercise (a repetition is one movement one time; a set is a series of repetitions—for example, five pushups). Avoid exercising the same muscle groups two days in a row. Muscles need a chance to rest and recover. Remember: start light and then gradually increase the weight. Always remember to breathe! To make your own weights, see page 6.

Arm raises

★ ★ Level 1
Sit or stand with arms at side, palms facing in and elbows slightly bent. Move arms out from sides to shoulder level. Slowly lower your arms, making the motion last five seconds. Repeat 15-20 times for one set.

★★ Level 2
Do 2-3 sets of the exercise above.

★★★ Level 3
Perform the exercise holding a weight. Start with a weight that you can fully lift 15 times with mild to moderate fatigue and no pain. Then increase the number of sets or the weight.

Variation
Front arm raise: Repeat the exercise, but position your arms with palms facing back. Raise arms straight up in front of body to shoulder level; slowly lower.

Elbow raise: Repeat the exercise with arms at side, palms facing in. Raise forearms to create a 90 degree angle at the elbow. Raise elbows to shoulder level (palms should now be facing down), and then slowly lower.

Caution!
If you choose to perform the exercise while standing, be sure to maintain good upright posture, keeping your knees slightly bent to avoid lower back strain. Never swing your arms.
Seated knee flexion

☆ Level 1
Sit upright in a chair, with both feet on the floor. Extend one knee so that only your heel remains in contact with the floor. Press your heel down with your toes pointed up, flexing the muscles tightly. Slowly allow your foot to slide toward you, bending your knee. Repeat 15-20 times with each leg, making each repetition last five seconds.

☆☆ Level 2
Do 2-3 sets of the exercise.

☆☆☆ Level 3
Do 4-6 sets of the exercise.

Elbow (tricep) extensions

☆ Level 1
Elbow extensions can be performed sitting or standing. Place your left hand on your left shoulder, and raise your elbow in front of you as high as you can. Support just below the elbow with your right hand. Straighten your arm, bringing your hand up toward the ceiling. Allow your arm to slowly extend, making the motion last five seconds. Keep your upper arm up throughout the exercise. Repeat 15-20 times for one set, and then switch arms and repeat.

☆☆ Level 2
Do 2-3 sets of the exercise.

☆☆☆ Level 3
Perform the exercise holding a weight. Start with a weight that you can fully lift 15 times with mild to moderate fatigue and no pain. Then increase the number of sets or the weight.

Caution!
Be sure to keep you stomach muscles tightened, and do not allow your lower back to arch during any part of this exercise. Poor posture or too much weight can cause lower back strain.

Heel raises

☆ Level 1
Stand, placing feet shoulder width apart. Hold arms out for balance or use support. Rise up on toes. Hold for five seconds; then lower. Repeat 15-20 times to complete one set.

☆☆ Level 2
Do 2-3 sets of the exercise.

☆☆☆ Level 3
Perform the exercise using ankle weights. Start with a weight that you can fully lift 15 times with mild to moderate fatigue and no pain. Then increase the number of sets or the amount of weight.

Variation
Repeat the exercise, but position toes so they face inward.
Repeat the exercise, but position toes so they face outward.
**Toe raises**

★ **Level 1**
Holding a stable object, such as the kitchen counter, lift toes. Hold for five seconds; then lower. Repeat 15-20 times to complete one set.

★ ★ **Level 2**
Do 2-3 sets of the exercise.

★ ★ ★ **Level 3**
Holding on to a countertop or railing for balance, lift toes and practice walking on your heels. Gradually increase the distance walked.

**Hip abduction/adduction**

★ **Level 1**
Sit upright in a chair. Spread legs wide, then bring them together again. Repeat 15-20 times to complete one set. Try gradually moving closer to the edge of the chair to make this exercise more challenging.

★ ★ **Level 2**
Do 2-3 sets of the exercise.

★ ★ ★ **Level 3**
Perform the exercise using ankle weights. Start with a weight that you can fully lift 15 times with mild to moderate fatigue and no pain. Then increase the number of sets or weight.

**Variation**
Repeat the exercise, but start with legs raised straight out in front, parallel to the floor, and move them apart and together. If you have trouble lifting and holding your legs up, try sitting farther back, so that your thighs are mostly resting on the chair seat.

**Caution!**
To avoid straining your lower back, use the armrests for assistance, and tighten your stomach before you lift and separate your legs.

**Torso stabilizer**

★ **Level 1**
Lie on your back with both knees bent and feet flat on the floor. Breathing normally, tighten your stomach muscles while pressing your back to the floor or mattress. Hold 5-10 seconds and repeat 15-20 times for one set.

★ ★ **Level 2**
Perform the exercise, squeezing your buttocks together while pressing your back to the floor or mattress and breathing normally. Increase the number of sets.

★ ★ ★ **Level 3**
Tighten your stomach muscles and keep your lower back flat. Breathing normally, slowly slide one leg up toward your buttocks. Return and switch legs. Increase the number of sets.
**Hip backward kick**

**Level 1**
Using something sturdy for balance, such as a heavy chair, keep legs shoulder width apart and toes pointed forward. Slowly extend one leg back, keeping knee straight. Don’t lean forward. Repeat 15-20 times with each leg to complete one set.

**Level 2**
Do 2-3 sets of the exercise.

**Level 3**
Perform the exercise using ankle weights. Start with a weight that you can fully lift 15 times with mild to moderate fatigue and no pain. Then increase the number of sets or the weight.

**Chair raises**

**Level 1**
Sit in a chair with armrests. Position your body as though you are getting ready to stand. Push up with your arms and legs until your arms are straight, and lower slowly until your bottom touches very lightly on the seat; then push up again. Repeat 10-15 times for one set. Be sure to control the lowering so that you don’t sit completely down in the chair between repetitions. This is a great exercise for your legs, too!

**Level 2**
Do 2-3 sets of the exercise.

**Level 3**
Do the exercise above one-handed.

**Variation**
Repeat the exercise, cross your arms in front of your chest, and use your legs only.

**Caution!**
If you experience knee pain during this exercise, try pushing straight up using mostly your arms, or stop this exercise.

**One-step stairs**

**Level 1**
Stand near a wall to help with balance. Step up onto a stair or stool, and then step down with same leg. Repeat 15-20 times with each leg for one set.

**Level 2**
Do 2-3 sets of the exercise.

**Level 3**
Perform the exercise using ankle weights. Start with a weight that you can fully lift 15 times with mild to moderate fatigue and no pain. Then increase the number of sets or the amount of weight.

**Caution!**
If you experience knee pain during this exercise, position your feet so that your knees do not move past or over your toes, or stop this exercise.
Elbow (bicep) curls

Level 1
Sit or stand with arms in front, palms facing up or in a fist, if possible. Bend your elbow, bringing your palm and wrist up toward your shoulder. Slowly lower your arms, making the straightening motion last five seconds. Repeat 15-20 times with each arm for one set, focusing on tightening and squeezing the muscle as tight as you can each time.

Level 2
Do 2-3 sets of the exercise.

Level 3
Perform the exercise holding a weight. Start with a weight that you can fully lift 15 times with mild to moderate fatigue and no pain. Then increase the number of sets or the amount of weight.

Variation
Hammer curl: Repeat the exercise, but position your hand so your thumb nears your shoulder and palm faces inward.
Repeat the exercise, but turn your palm facing down, bringing the back of your hand up toward your shoulder.

Caution!
If you perform the exercise while standing, be sure to maintain good upright posture, keeping your knees slightly bent to avoid lower back strain.

Seated leg extension

Level 1
Sit upright in a chair. Slowly extend and raise one leg as high as you can, or until it is parallel to the floor, with your foot flexed. Hold in the extended position for 3-5 seconds; then slowly lower. Repeat 15-20 times with each leg for one set.

Level 2
Do 2-3 sets of the exercise.

Level 3
Perform the exercise using ankle weights. Start with a weight you can fully lift 15 times with mild to moderate fatigue and no knee pain. Then increase the number of sets or the weight.

Variation
Repeat the exercise, but point your toes instead of flexing your foot.

Caution!
If you have had ACL reconstruction surgery, you should avoid fully extending the knee in the early stages of rehabilitation.

“By becoming an elite player in the game of growing older, you’ll not only discover the power of youth but a joy in the very process of aging.”
– Dr. Kenneth H. Cooper
Balance exercises help prevent falls. You can combine the balance exercises with the strength exercises. Do at least two 20-minute sessions of balance exercises per week. Beginners should complete a minimum of one set of repetitions. Start light; then gradually increase the weight. Remember, you can buy inexpensive weights at discount stores, or you can make your own (see page 6). Balance is a key component of fitness and is essential to any physical activity we do, including sports or aerobic activities. Balance exercises strengthen leg muscles to help keep you on your feet!

**Hip side kick**

*Level 1*
Hold on to a heavy chair or kitchen countertop for balance. Keep legs shoulder width apart and toes pointed forward. Extend your left leg out to the side, keeping your knee straight. Do not lean. Repeat 15-20 times with each leg for one set.

*Level 2*
Do 2-3 sets of the exercise.

*Level 3*
Perform the exercise using ankle weights. Start with a weight that you can fully lift 15 times with mild to moderate fatigue and no pain. Then increase the number of sets or the weight.

**Variation**
Repeat the exercise, but extend leg back. Return leg and repeat.

**Caution!**
Make sure you don’t let your foot turn out; keep your toes pointing forward.

**Leg lifts**

*Level 1*
Using a chair if necessary, march in place four times in each phase: 1. Foot raised six inches; 2. Foot raised 12 inches; 3. Foot raised 18 inches; 4. Foot raised as high as you can. Repeat 15-20 times for one set.

*Level 2*
Do 2-3 sets of the exercise.

*Level 3*
Do the exercise using ankle weights. Start with a weight that you can fully lift 15 times with mild to moderate fatigue and no pain. Then increase the number of sets or the weight.

**Caution!**
Be sure to keep your body tall and vertical. Do not allow your leg to swing your body. Tighten your stomach muscles before each lift to help prevent upper body movement.
**Leg stand**

★ **Level 1**
Stand on one leg, using a wall or sturdy object for support. Try to maintain balance for 10-15 seconds or as long as possible. Repeat 5-10 times with each leg. Eventually, try doing this exercise without using support.

★★ **Level 2**
Do the exercise without support, and begin taking alternating steps as quickly as possible. Repeat 5-10 times.

★★★ **Level 3**
Do the exercise using support; then close your eyes. Try to balance on one leg. Increase the number of sets completed.

**Heel/toe raises**

★ **Level 1**
Using support, gently rise up on your toes and rock back on your heels. Repeat 15-20 times to complete the set.

★★ **Level 2**
Do 2-3 sets of the exercise.

★★★ **Level 3**
Do the exercise using one hand or no hands. Increase the number of sets.

**Walking figure eight**

★ **Level 1**
Practice walking in a figure eight. Start with a large figure eight.

★★ **Level 2**
Practice walking in a figure eight. Make it more difficult by walking in a smaller figure eight.

★★★ **Level 3**
Practice walking in a figure eight. Challenge yourself by looking straight ahead, not down.

**Leg swing**

★ **Level 1**
Using a sturdy object for support, swing leg forward and back, making sure each movement is controlled. Repeat 15-20 times with each leg for one set.

★★ **Level 2**
Do 2-3 sets of the exercise.

★★★ **Level 3**
Do the exercise, but try holding on with one hand or without support. Increase the number of sets.

**Caution!**
Be sure to keep your upper body still and vertical. Move your legs only as far as possible without moving your upper body.
Remember to stretch after completing strength or endurance exercises. Slowly stretch into the desired position as far as you can without causing pain. Making progress requires you to know your limits — a stretching exercise should never hurt. It may be slightly uncomfortable, but it shouldn’t be painful. Each time you stretch, push yourself to stretch farther, though not so much that it hurts. Relax and breathe normally, and avoid bouncing while stretching. Inhale at the beginning of the exercise and exhale while you hold the stretch. The flexibility exercise on these pages can be performed by Texercisers at all levels.

**Inner thigh**

Sit on the floor with your legs extended and your feet shoulder width apart. Bend one leg into center. While exhaling, lean your torso toward the straight leg, with your toes pointed up. Hold the stretch 10-20 seconds. Repeat 5-7 times with each leg to complete one set.

**CAUTION!** Don’t do this exercise if you have back problems or a history of spinal fusion or surgery.

**Hamstrings**

The hamstrings are very important to keep flexible. They not only affect the knee, but also the pelvis and back. Tight hamstrings shorten your stride and are associated with posture and back problems. Lie on your back with both knees bent and feet flat on the floor. Lift one leg up, keeping the knee bent, and grasp your thigh, just below the knee. Do not allow the thigh to move. Then slowly extend your knee, bringing your foot toward the ceiling until you feel the stretch. Hold for 10-20 seconds; then allow the knee to bend and relax. Repeat 5-7 times with each leg.
Flexibility

Biceps and triceps

These muscles normally stay flexible because they’re often used in daily life. Bending your elbow brings triceps into their normal stretch length. Straightening the elbow extends biceps to normal length. Tightness in these muscles generally occurs where they attach to the shoulder.

**Biceps:** Stand with arms behind your back and fingers interlaced. Raise arms behind your back until stretch is felt. Hold 10-20 seconds. Repeat 2-3 times.

**Triceps:** Reach left arm behind you and place forearm against your back with palm facing out and elbow bent. Bring right hand behind head and grasp left hand (or bring down as far as possible). Hold 10-20 seconds. You may use a belt or towel as a beginner aid to help work your hands closer together. Repeat 2-3 times with each arm.

Lower back

Back pain affects an estimated four out of five people at some point. Stretching your lower back generally helps relax the muscles. Standing or sitting upright can help retrain muscles for better posture.

Lie on your back with both knees bent and feet flat on the floor. Bring one knee up toward your chest and grasp it with both hands. Gently bring it toward your chest, as though you are giving your leg a hug. Take a deep breath in and out, and then relax and lower your leg. Alternate legs, and repeat 3-5 times with each leg.

**CAUTION!** Don’t do this exercise if you have any back pain or if you have any acute back injury. Consult your doctor first.

Shoulders

The shoulder is a complex system of bones, muscles and tendons that provides great range of motion for activities such as throwing and swinging. It is, however, vulnerable to dislocation, impingement, rotator cuff tears, arthritis, separation and bursitis, so it’s important to keep it stretched.

Put your fingertips on the opposite shoulder behind the neck. Hold 10-20 seconds. Repeat 3-5 times with each arm to complete one set.
**Abdomen**

The abdominal muscles are one of the most overlooked muscle groups for exercising, especially stretching. Yet they’re crucial in maintaining a strong, healthy back. Abdominal muscles remain in a shortened position any time you are sitting. By encouraging the abdominal muscles to shorten, your spine stays flexed, which can put irregular stress on the spine. The following exercise not only stretches the abdomen, but also helps the spine.

Lie on your stomach and prop your body up on elbows for 10-15 seconds. Slowly lower it. Repeat 10-20 times for one set.

---

**Quadriceps**

The quadriceps usually maintain good flexibility during activities such as going down stairs or sitting in a car. However, the tightness of one specific muscle (rectus femoris) is very common because it involves both the hip and knee joints.

Lie on your back on the edge of the bed. Let one leg hang off the side while bending the other. You should feel a stretch in this position. Hold for 10-20 seconds. Repeat 5-7 times with each leg.

---

**Calves**

The calf muscles are important to keep flexible. Tight calf muscles result in shortened strides and contribute to back problems. (Tight calf muscles can occur in women who wear high-heeled shoes.)

Standing, place one leg forward, bent, with the other leg behind and straight. Lean forward, keeping your back heel flat. Hold 10-20 seconds. Repeat 5-7 times with each leg.
**Daily food log**

**Instructions:** Use the chart below to help monitor your food/calorie intake and keep track of daily food consumption. Write down the time when you eat to give a time reference when looking back for trends in eating habits. Then write down main food items consumed at a meal, along with the actual amount consumed. Use measuring cups and spoons to help you measure the exact amount of food.

**Suggestion:** For nutritional analysis of your diet, you can create a profile on the MyPyramid website and track your food consumption.

You may want to leave this page blank and make copies as needed.

<table>
<thead>
<tr>
<th>Time</th>
<th>Food</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Example: 11:30 a.m.</em></td>
<td>Lettuce</td>
<td>1.5 cups</td>
</tr>
<tr>
<td><strong>Breakfast</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Morning snack</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Afternoon snack</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Daily physical activity log**

Weight (lbs): ___________________________  Waist circumference (inches): ____________________

*Measuring waist circumference:* For accurate measurements it is best to measure with the measuring tape against your skin. Find the narrowest part of your stomach or use the midpoint between your last rib and the top of the hipbone. Place the measuring tape around this area, making sure it is parallel to the floor. Apply some tension to the measuring tape without pulling it too tight.

Read the measurement when your stomach is relaxed and at the end of an exhalation. Record this measurement to evaluate your progress.

*You may want to leave this page blank and make copies as needed.*

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Duration</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Congratulations – you are now Texercising!

Now that you’ve incorporated these activities into your fitness routine, don’t stop! Here are some fitness and nutrition suggestions to keep you moving:

- Look for fitness events in your community. Local parks and recreation centers have a variety of activities, such as walking trails, fitness classes, swimming, volleyball, flag football, and many more. Call your local parks and recreation office for a list of activities in your area.

- Break your own record and go for the gold! There is an event waiting for you. Whether you walk, bike, run, or swim, racing allows you to compete against yourself and others. Are you ready?

- Texercise times two! Grab a friend and Texercise together. Walk the mall, go to a park, dance, or train for a race. Challenge each other: Who is more flexible, stronger, and burning more calories? Use your fitness log to track who is going the distance.

- Join the club! Look for groups in your community that meet regularly to walk, dance, Jazzercise, do yoga, or engage in other fun physical activities. You may also consider joining a gym or recreation center.

- Need a new recipe? Check your local grocery store, health care clinic, or community center for nutrition or healthy cooking classes in your neighborhood. You are what you eat!

- To check your progress, visit www.texercise.com and download the “Measuring Your Progress” log to help you keep track of your activities.
www.texercise.com

The Texercise challenge — are you ready? Texercise, a statewide health promotion program, educates and involves older Texans and their families in physical activity and good nutrition. With the help of honorary Texercise chairman, Dr. Kenneth H. Cooper, the Texas aging network of area agencies on aging and other public- and private-sector partners we share information and sponsor health and fitness activities throughout Texas.

Our mission
To provide a comprehensive array of aging and disability services, supports, and opportunities that are easily accessed in local communities.

Texas Department of Aging and Disability Services
701 W. 51st St., MC W616
Austin, TX 78751

HUMANA®

Funding for the printing of this handbook was provided by Humana Health Plan of Texas, Inc. and Humana Insurance Company, licensed subsidiaries of Humana Inc. For more information, visit www.humana.com or call Humana at 1-800-336-6716.

To access information, resources, and services in your community, contact your local area agency on aging at: 1-800-252-9240

Information provided and/or funded by private companies is made available as a public service to consumers. No specific endorsements or guarantees are implied for these companies' products or services, and DADS assumes no responsibility for the accuracy of claims made on their behalf.