



For more information, contact



Texercise is a statewide health promotion initiative operated by Texas Health and Human Services Commission to educate on and engage Texans 45 and older in healthy lifestyle behaviors (physical activity and nutrition). Texercise Classic and Select programs promote healthy aging through group learning and engagement.

Texercise can help you:

- Promote a healthy lifestyle
- Minimize the impact of disease
- Reduce the cost of medical care



TEXAS
Health and Human
Services

Texercise