

**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*