

# Texercise Trails

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Many chronic health conditions, such as heart disease, diabetes, and breast and colon cancer, are associated with physical inactivity. In the United States, approximately 3.2 million deaths each year are attributed to not getting enough physical activity. The good news is that we can reverse and prevent many of these chronic conditions through regular physical activity and a healthy diet.

## What is a Texercise Trail?

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Texercise Trails encourage and motivate people to exercise by providing environments where people can be physically active. Environments that encourage physical activity include walking, hiking and biking trails. Texercise Trails are indoor and outdoor trails that encourage trail users to walk, hike, bike, etc.

## What are the benefits of a Texercise Trail?

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Trails provide benefits not only to trail users but also to the trail developers (e.g. communities, worksites and civic organizations). Benefits include:

- Improved health and quality of life for the trail user.
- Decreased risk of chronic disease for the trail user.
- Decreased community health care costs.
- Reduction in sick leave.
- Increased interaction within the community.
- Enhanced fundraising opportunities for the community.
- Increased alternative transportation opportunities.

## What is needed to create a Texercise Trail?

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Trails are an easy, cost-efficient way to create environments that encourage physical activity. Texercise has developed the Texercise Walking Trail Toolkit to help take the guesswork out of developing indoor and outdoor walking trails. This comprehensive kit covers all aspects of creating a walking trail from best practices to tips and techniques for promoting physical activity.

## Do you have what it takes to make a difference?

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Contact Texercise program staff today to obtain a toolkit and start creating your Texercise Trail!

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