

*Holly Hall residents are putting the right foot forward in 2011 with "Fit for the Health of It!"*

Don't let the high cost of inactivity impact your life with chronic disease. Designed to motivate groups and families to become physically active, **Holly Hall is proud to introduce our 12-week Texercise Program, developed by the Texas Department of Aging and Disability Services.**

With nearly 66 percent of Texas adults overweight or obese, Holly Hall is on a mission to provide our residents with the most innovative and motivating programs available.

The team at Holly Hall, along with our residents, are recognizing that it is a natural part of life to integrate a daily workout routine.

**Come see what Holly Hall can do for you!**



## TEXERCISE

is a statewide health promotions program of the Texas Department of Aging and Disability Services (DADS) that encourages individuals and communities to adopt healthy lifestyle habits such as regular physical activities and good nutrition.