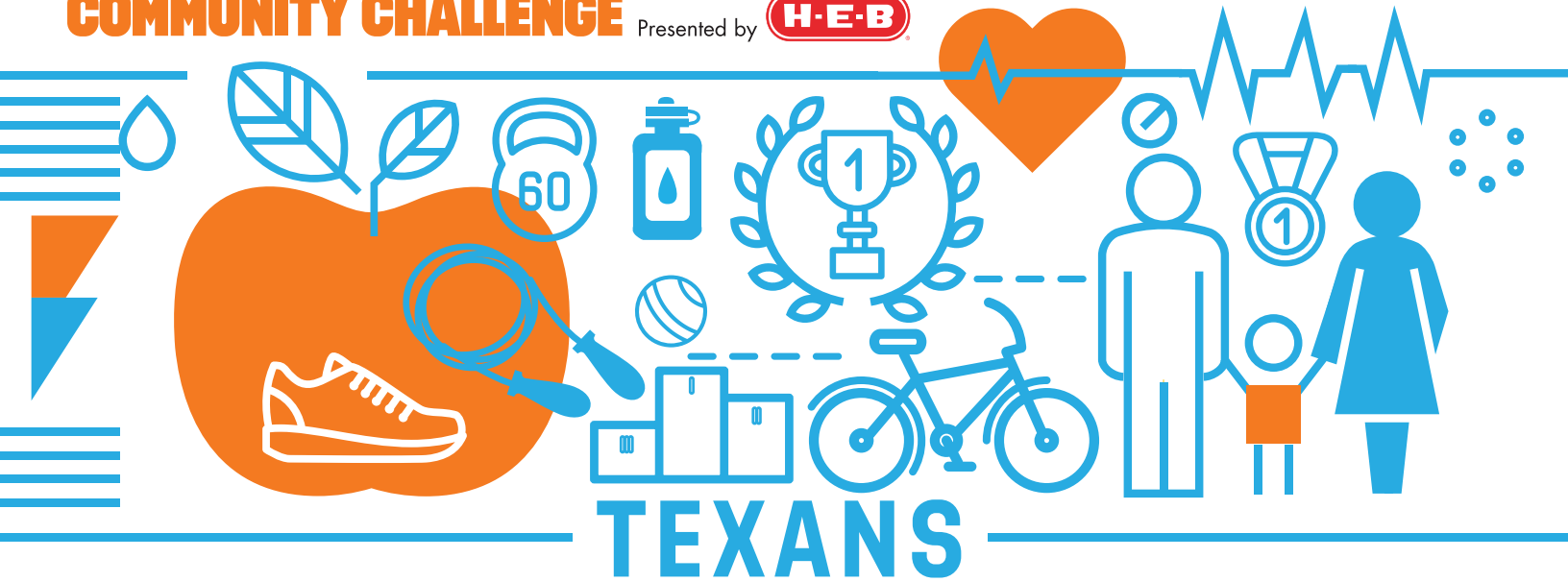


IT'S TIME TEXAS COMMUNITY CHALLENGE

Presented by



TEXANS

STEP UP TO THE 2019

IT'S TIME TEXAS COMMUNITY CHALLENGE

JANUARY 7 - MARCH 3

2019

A HEALTHIER COMMUNITY STARTS WITH YOU!

The IT'S TIME TEXAS Community Challenge is a statewide competition where you earn points for your city or town by simply making healthier choices. It's free, fun, and holds you accountable for your New Year's Resolutions!

REGISTRATION OPENS OCTOBER 8TH, 2018

Register and ask your family, friends, and coworkers to compete alongside you!

HOW YOU CAN EARN POINTS FOR YOUR COMMUNITY:

- » **500 POINTS - REGISTER ON THE WEBSITE** and select your community
- » **100 POINTS - TRACK YOUR PHYSICAL ACTIVITY** up to 2x per day using the Fitness Tracker, or sync with Fit Ranking
- » **100 POINTS - TRACK YOUR WEIGHT WEEKLY** using the Weight Tracker
- » **200 POINTS - TAKE A HEALTHY SELFIE** whenever you're eating healthy or getting physically active
- » **200 POINTS - WATCH THE LIVING HEALTHIER VIDEO LESSON ON**
- » **250 POINTS - HOST A COMMUNITY EVENT** that is health-focused, free, and open to the public

HOW IT WORKS



REGISTER OCT 8

@ittcommunitychallenge.com to earn bonus points and receive all kinds of fun tips & resources!

THEN STARTING JANUARY 7



UPLOAD PHOTOS

every day of healthy eating, exercise, and physical activity.



SUBMIT ACTIVITIES

through the fitness tracker on the website.



EARN POINTS

for your community and encourage others to register!

REGISTER AT WWW.ITTCOMMUNITYCHALLENGE.COM



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. To receive assistance purchasing healthy foods, sign up for SNAP benefits at yourtexasbenefits.com.