



**Sweet Summer Habits**  
**Mis Hábitos de Verano**

**IT'S  
 TIME**  
 TEXAS

**Free Summer Healthy Habit Programs**

**Olympic themed fun ALL Summer Long!**  
 Health Education, Interactive Printables, Blogs  
 Social Media Content, and more!



**Phase 1: Exploring Healthy Habits**  
 (June 1st - July 25th)

**Phase 2: Implementing Healthy Habits**  
 (July 26th - August 11th)\*

Families will embark on an 8-week journey exploring weekly themes and practicing healthy habits together.

Each day, families will be challenged with a new healthy habit, earning medals as they achieve their wellness goals.

*\*Coincides with Olympic Schedule*



**ITSTIMETEXAS.ORG/SSH**

**Make health a priority this summer!**  
 Families, sign up for FREE today!

Curriculum download available to community organizations.



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