Free Summer Healthy Habit Program

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)

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

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

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.