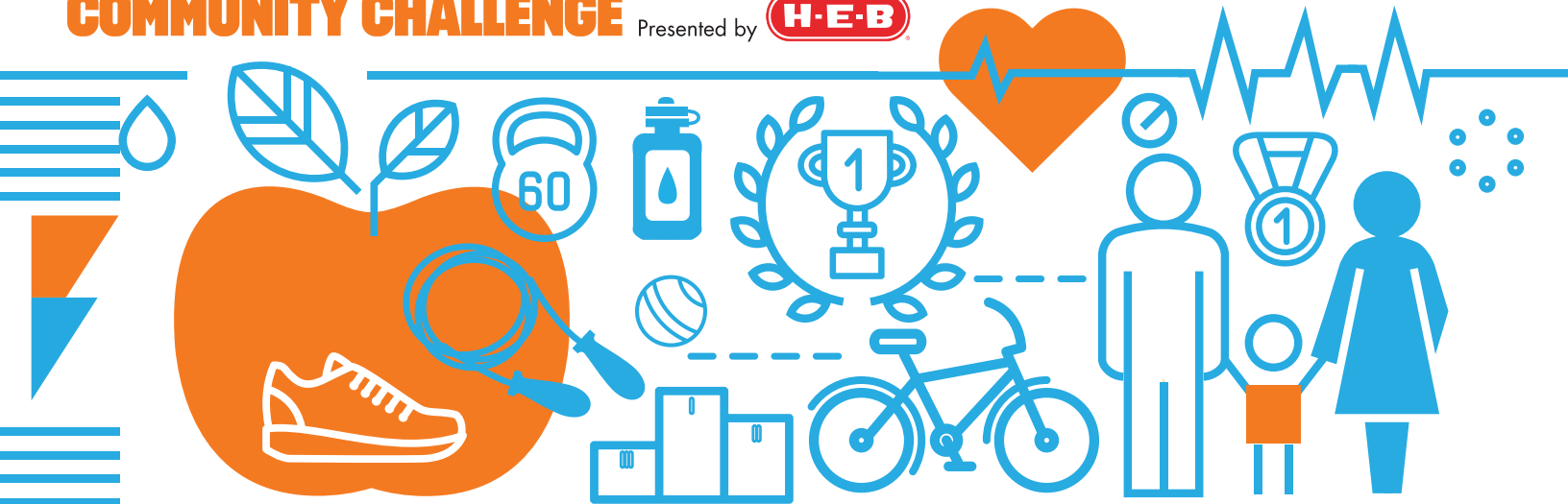


# IT'S TIME TEXAS COMMUNITY CHALLENGE

Presented by



## TEXAS EMPLOYERS and BUSINESSES **STEP UP TO THE 2019** IT'S TIME TEXAS COMMUNITY CHALLENGE

# JANUARY 7 - MARCH 3

# 2019

### A HEALTHIER WORKFORCE STARTS WITH YOU!

Join the IT'S TIME TEXAS Community Challenge and demonstrate your commitment to healthy living. Businesses, organizations, schools, mayors, and families across the state earn points for their cities and towns simply by making healthier choices.

The winning community in each size category will receive funds to put toward future community health efforts!

### 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
- » **200 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**
- » **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](http://WWW.ITTCOMMUNITYCHALLENGE.COM)



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