

IT'S TIME TEXAS COMMUNITY CHALLENGE

Presented by



TEXAS MAYORS STEP UP TO THE 2019 IT'S TIME TEXAS COMMUNITY CHALLENGE

JANUARY 7 - MARCH 3

2019

A HEALTHIER COMMUNITY STARTS WITH YOU!

Join the IT'S TIME TEXAS Community Challenge and demonstrate your commitment to healthy living. Mayors, residents, schools, businesses, and organizations 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:

- » **5,000 POINTS - HOST AN IT'S TIME TEXAS-SANCTIONED EVENT**
and speak to your residents about the importance of healthy living using the script provided on the Challenge website.
- » **10,000 POINTS - SIGN THE MAYOR PLEDGE!**
You must sign this pledge for your community to be eligible to win the Community Challenge. There is also a pledge available for your City Council members to sign.
- » **15,000 POINTS - FILM A CHALLENGE VIDEO**
encouraging your residents to get involved and challenging a neighboring community to compete with you!
- » **20,000 POINTS - FORM OR STRENGTHEN A CITYWIDE HEALTH COLLABORATIVE**
Requirements are listed on the Challenge website.

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.