



Dear _____,

I'm a big fan of IT'S TIME TEXAS, and on October 20th I'm joining their Texas Walks campaign and walking in support of a healthier lifestyle and a healthier state! IT'S TIME TEXAS is a unique nonprofit organization that leverages technology to deliver nutrition and physical activity programs and tools to educators, employers, individuals, and families across the state. Most of their programs and services are completely free to use because they believe in health for all Texans. [If there is a particular IT'S TIME TEXAS program, initiative, or event you've particularly enjoyed, or you have a personal reason for supporting our cause, add it here!]

I hope you will join me by signing up to walk on Friday, October 20th at 10 AM! Plan to walk with your coworkers, family, friends, or neighbors to demonstrate your commitment to healthy living. I will be walking _____ [insert where you plan to walk, ex. "At my office with coworkers," "in my neighborhood with my kids," "with students at our school"]. When you visit the Texas Walks site (itstimetexas.org/texaswalks) to sign up, please consider making a donation to help IT'S TIME TEXAS continue their amazing work. You'll get an awesome thank you gift in return! Feel free to use the tools on the site to spread the word about this campaign through social media.

Thank you for stepping up and putting health first,