



We are excited to introduce you to the Sweet Summer Habits Program—an *innovative initiative designed to transform the lives of your students during the summer break*. This comprehensive program aims to promote health, well-being, and positive lifestyle choices among students and their families.

## Program Overview

The Sweet Summer Habits Program is a two-month campaign focused on empowering students to prioritize their health and develop healthy habits. By participating in this program, students will have access to a range of resources and activities that foster their overall well-being.

## Key Program Components

**Interactive Game Board:** Students will receive a downloadable game board filled with daily healthy habits, such as nutritious meal ideas, physical activities, mindfulness exercises, and self-care practices.

**Two Months of Social Media Graphics and Captions:** As part of the program, we will provide a collection of engaging and eye-catching social media graphics and pre-written captions in both English and Spanish. These resources are designed to make it easy for you to share program updates, daily tips, and encouragement on your school district's social media platforms.

**Virtual Fitness and Nutrition Classes:** Engaging and interactive FREE virtual classes will be offered throughout the program, allowing students to participate in guided workouts and exercise routines from the comfort of their homes.

**Educational Resources:** Students will have access to educational materials that provide valuable information about nutrition, hydration, mindfulness, and overall well-being. These resources will be available in both English and Spanish.

**Telehealth Coaching:** To further support families, FREE telehealth coaching sessions will be provided by qualified professionals who will offer guidance, answer questions, and provide a personalized approach on health and wellness.

## Program Benefits

- Promotes healthy nutrition choices and emphasizes the importance of balanced meals, nutritious snacks, and hydration.
- Encourages regular physical activity and provides opportunities for students to engage in exercise routines suitable for all fitness levels.
- Cultivates mindfulness and well-being by incorporating practices that reduce stress, improve focus, and enhance mental well-being.
- Fosters social support by encouraging students to involve their families and friends in the program, making it a collective and enjoyable experience.
- Enhances social media presence and engagement through ready-to-use graphics and captions, allowing you to effectively communicate program updates and inspire students and their families.

Get started by visiting [itstimetexas.org/ssh](https://itstimetexas.org/ssh)

