

JAN 9TH - MAR 5TH

CHAMPIONS UNITE!

Your community needs **YOU** to be a Health Champion for Texas. Lead your community in the 2023 It's Time Texas Community Challenge. A **FREE**, 8-week health competition that helps Texas communities create and maintain healthier lifestyles.

Health Champions are the life of the competition! They make being healthy fun and know that everyone benefits when Texas communities are healthy.

WHAT DOES A HEALTH CHAMPION DO?

- ✓ **Promote** the It's Time Texas Community Challenge within your organization and greater community. This can include hosting a registration event, posting on social media, emailing your network, putting up a flier in the breakroom, an/or referring others within the Community Challenge mobile app.
- ✓ **Lead** by example, logging healthy actions to the app throughout the duration of the competition.
- ✓ **Encourage** friendly competition between your organization's different departments.
- ✓ **Host** and/or share group activities such as walks, health fairs, group exercise opportunities, etc.
- ✓ **Encourage** others to stay motivated and recommit to their health after falling off track.
- ✓ **Share** your Community Challenge story with the It's Time Texas team.

JOIN THE IT'S TIME TEXAS 2023 COMMUNITY CHALLENGE TODAY!

Submit your Health Champion Pledge in the Community Challenge mobile app to get started!

Resources:

- >> Access to It's Time Texas resource hub that includes information on the Community Challenge to support promotion.
- >> Promotional materials including fliers with registration information.
- >> Access to Community Challenge partner webinars to learn Community Challenge best practices.



LEARN MORE ABOUT THE **2023 COMMUNITY CHALLENGE!** >>

