



2019
IT'S TIME TEXAS
COMMUNITY CHALLENGE

Presented by **H-E-B**

PUT YOUR HEALTH FIRST
 FOR YOU, YOUR FAMILY & YOUR COMMUNITY

JANUARY 7 - MARCH 3

2019

**PRE-REGISTRATION OPENS
 OCTOBER 8.**

The IT'S TIME TEXAS Community Challenge is a free, fun, healthy living competition that helps you create healthy habits.

Earn points for your city or town and be entered for prize drawings every time you make a healthy choice!

The Texas community that racks up the most points will receive funds to put toward future community health efforts.



SIGN UP

for the Community Challenge at ittcommunitychallenge.com



SUBMIT ACTIVITIES

online through the activity tracker to earn points



UPLOAD SELFIES

daily of healthy eating and physical activity to earn points



SHARE

your activities on social media and use #communitychallenge



EARN POINTS

for you and your community to win the statewide Challenge!

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.