

IT'S TIME TEXAS PRESENTS
**HEALTHY
TEXAS**
WEEK

POWERED BY



BlueCross BlueShield
of Texas

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company,
an Independent Licensee of the Blue Cross and Blue Shield Association

MAKE HEALTHY TEXAS WEEK THE HEALTHIEST WEEK OF THE YEAR AT YOUR SCHOOL! May 1st - 7th, 2017

Healthy Texas Week, presented by Blue Cross and Blue Shield of Texas, is a weeklong celebration of healthy living and healthy communities in the Lone Star State!

Be a Role Model by Making it the Healthiest Week of Your Year:

- ⚡ Visit healthytexasweek.com today and commit to participate.
- ⚡ Promote Healthy Texas Week across your school, school district, and entire community using the sharing guide on the website.
- ⚡ Deliver our healthy morning announcements each school day during the week of May 1st. Each announcement includes an age-appropriate health fact and a quick, reinforcing activity from our Teach Healthier app!
- ⚡ Throughout Healthy Texas Week, **SHOP** for healthy items, **SWEAT** by getting physically active every day, and **SHARE** photos and videos of yourself and your school making healthy choices using the hashtag **#HealthyTexasWeek**! Each day, one lucky Texan who shares on Facebook, Twitter, or Instagram with the hashtag will win a healthy prize pack.

healthytexasweek.com

#HealthyTexasWeek

POWERED BY:



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program.