

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,  
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# 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](http://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](http://healthytexasweek.com)

**#HealthyTexasWeek**

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