

**IT'S TIME TEXAS** PRESENTS  
**HEALTHY**  
**TEXAS**  
**WEEK** May 7th - 13th 2018

## 2018 HEALTHY TEXAS WEEK SHARING GUIDE

**SHOP, SWEAT, AND SHARE WITH US**  
**DURING THE HEALTHIEST WEEK OF THE YEAR!**

**CONNECT WITH US**



[FACEBOOK.COM/ITSTIMETX](https://www.facebook.com/ITSTIMETX)



[TWITTER.COM/ITSTIME](https://twitter.com/ITSTIME)



[INSTAGRAM.COM/ITSTIMETX](https://www.instagram.com/ITSTIMETX)


**HASHTAG: #HEALTHYTEXASWEEK**

## TO SHARE **BEFORE** HEALTHY TEXAS WEEK (**PRIOR TO MAY 7TH, 2018**)


### **FACEBOOK**

 Healthy Texas Week is right around the corner! Help IT'S TIME TEXAS make it the healthiest week of the year in the Lone Star State by posting pictures on social media whenever you Shop for healthy items or Sweat by getting physically active. Share pictures and videos with the hashtag #HealthyTexasWeek for a chance to win awesome, healthy prizes every day! Learn more and commit to your healthiest week at **HEALTHYTEXASWEEK.COM**


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 Healthy Texas Week, scheduled for May 7th-13th, is the healthiest week of the year in the Lone Star State! Join me/us and IT'S TIME TEXAS for this week-long celebration of healthy living by making healthy choices each day and sharing pictures and videos on social media with #HealthyTexasWeek! Learn more at **HEALTHYTEXASWEEK.COM**

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 Counting down to Healthy Texas Week 2018! I've/we've committed and am/are planning fun ways to Shop healthy, Sweat more, and Share every day from May 7th - 13th! Join me/us and IT'S TIME TEXAS for the healthiest week of the year! **HEALTHYTEXASWEEK.COM**


### **TWITTER**

 I/We can't wait for #HealthyTexasWeek! May 7th-13th is the healthiest week of the year in #Texas. @ITSTIME to Shop healthier, Sweat more, and Share on social media! Learn more: **HEALTHYTEXASWEEK.COM**

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 Shop, Sweat, and Share w/ us and @ITSTIME May 7th- 13th for #HealthyTexasWeek 2018! Commit to the healthiest week of your year today: **HEALTHYTEXASWEEK.COM**

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 Mark your calendars for the healthiest week of the year, #Texas! @ITSTIME #HealthyTexasWeek is May 7th-13th: **HEALTHYTEXASWEEK.COM**



## INSTAGRAM



Counting down to Healthy Texas Week 2018! I've/we've committed and am/are planning fun ways to Shop healthier, Sweat more, and Share every day from May 7th-13th. Join me/us and @ITSTIMETX for the healthiest week of the year! Learn more at **HEALTHYTEXASWEEK.COM**

**#HEALTHYTEXASWEEK #HEALTHIERTEXAS #HEALTHYLIVING #HEALTHY #TEXAS #TX**

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Healthy Texas Week 2018 is right around the corner! Help @ITSTIMETX make it the healthiest week of the year in the Lone Star State by posting pictures and videos on social media whenever you Shop for healthy items and Sweat by getting active! Share with the hashtag #HealthyTexasWeek for a chance to win awesome, healthy prizes every day. Learn more and commit to your healthiest week: **HEALTHYTEXASWEEK.COM**

**#HEALTHIERTEXAS #HEALTHY #HEALTHYLIVING #TEXAS #TX**

## TO SHARE **DURING HEALTHY TEXAS WEEK (MAY 7TH-13TH, 2018)**

### **FACEBOOK**

*\* ATTACH A PHOTO OF YOURSELF SHOPPING FOR HEALTHY ITEMS OR SWEATING BY GETTING ACTIVE! \**



I'm/We're\_\_\_\_\_ [describe what you're doing in your photo] today for Healthy Texas Week! What will you do to make it the healthiest week of YOUR year? Commit today: **HEALTHYTEXASWEEK.COM**

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*\* ATTACH A PHOTO OF YOURSELF SHOPPING FOR HEALTHY ITEMS OR SWEATING BY GETTING ACTIVE! \**



It's Healthy Texas Week! Join me/us and IT'S TIME TEXAS to Shop healthier and Sweat more this week. Share photos and videos on social media with the hashtag #HealthyTexasWeek today through May 13th for a chance to win awesome, healthy prizes! **HEALTHYTEXASWEEK.COM**

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*\* ATTACH A PHOTO OF YOURSELF SHOPPING FOR HEALTHY ITEMS OR SWEATING BY GETTING ACTIVE! \**



I am/We are celebrating health this week by participating in Healthy Texas Week 2018! Join me/us and IT'S TIME TEXAS today through May 13th. Share pictures and videos on social media with the hashtag #HealthyTexasWeek when you Shop for healthy items and Sweat by getting active! **HEALTHYTEXASWEEK.COM**

### **TWITTER**

*\* ATTACH A PHOTO OF YOURSELF SHOPPING FOR HEALTHY ITEMS OR SWEATING BY GETTING ACTIVE! \**



Celebrate health with us by sharing healthy pics & videos with #HealthyTexasWeek! You'll be entered to win an awesome, healthy prize pack! @ITSTIME **HEALTHYTEXASWEEK.COM**

*\* ATTACH A PHOTO OF YOURSELF SHOPPING FOR HEALTHY ITEMS OR SWEATING BY GETTING ACTIVE! \**



Shop, Sweat, and Share with me/us and @ITSTIME this week for #HealthyTexasWeek!  
**HEALTHYTEXASWEEK.COM**

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*\* ATTACH A PHOTO OF YOURSELF SHOPPING FOR HEALTHY ITEMS OR SWEATING BY GETTING ACTIVE! \**



Officially recognized by the #TXLege, this week is #HealthyTexasWeek! @ITSTIME to join in:  
**HEALTHYTEXASWEEK.COM**

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*\* ATTACH A PHOTO OF YOURSELF SHOPPING FOR HEALTHY ITEMS OR SWEATING BY GETTING ACTIVE! \**



I'm/We're Shopping healthier, Sweating more & Sharing pics for @ITSTIME #HealthyTexasWeek! Join in: **HEALTHYTEXASWEEK.COM**



## INSTAGRAM

*\* POST A PHOTO OF YOURSELF SHOPPING FOR HEALTHY ITEMS OR SWEATING BY GETTING ACTIVE! \**



I'm/We're \_\_\_\_\_ [describe what you're doing in your photo] today for Healthy Texas Week! What are you doing to make it the healthiest week of the year? @ITSTIMETX  
**HEALTHYTEXASWEEK.COM #HealthyTexasWeek**

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*\* POST A PHOTO OF YOURSELF SHOPPING FOR HEALTHY ITEMS OR SWEATING BY GETTING ACTIVE! \**



It's Healthy Texas Week! Join me/us and @ITSTIMETX to Shop healthier and Sweat more!  
Share photos and videos with the hashtag #HealthyTexasWeek today through the 13th for a chance to win awesome, healthy prizes every day.

*\* POST A PHOTO OF YOURSELF SHOPPING FOR HEALTHY ITEMS OR SWEATING BY GETTING ACTIVE! \**



I am/We are celebrating health this week by participating in Healthy Texas Week 2018! Join me/us and @ITSTIMETX today through May 13th, and share pictures with #HealthyTexasWeek when you Shop for healthy items and Sweat by getting active!



Friends in health,

We are proud to announce our participation in Healthy Texas Week, powered by IT'S TIME TEXAS! Healthy Texas Week is a week-long celebration of healthy living in the Lone Star State. \_\_\_\_\_ [name of organization/business/school district or campus] is excited to join in May 7th - 13th by planning fun ways to Shop healthier, Sweat more, and Share throughout the week on social media with the hashtag **#HealthyTexasWeek!**

Here's how you can get involved:

- Visit **www.healthytexasweek.com**
- Commit to Healthy Texas Week on the website
- Plan fun ways to Shop and Sweat throughout the week and Share photos of your healthy actions on Facebook, Twitter and Instagram with the hashtag **#HealthyTexasWeek**
- Spread the word by forwarding this email and using the sample social media posts below:

**For Facebook and LinkedIn:**

Healthy Texas Week is right around the corner! Help **IT'S TIME TEXAS** make May 7th-13th the healthiest week of the year in the Lone Star State by sharing pictures and videos on social media whenever you Shop for healthy items and Sweat by getting active! Use the hashtag **#HealthyTexasWeek** for a chance to win awesome healthy prizes every day. Learn more and commit at: **www.healthytexasweek.com**

**For Twitter:**

Mark your calendars for the healthiest week of the year, Texas! **@ITSTIME #HealthyTexasWeek** is May 7th-13th. Commit today: **healthytexasweek.com**

Thank you for your commitment to the health of Texans!

Sincerely,  
xxx