


**IT'S TIME TEXAS** PRESENTS  
**HEALTHY**   
**TEXAS**  
**WEEK** APRIL 29 - MAY 5, 2019

## 2019 HEALTHY TEXAS WEEK SHARING GUIDE

THANK YOU FOR PARTNERING 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**

# SOCIAL MEDIA

## TO SHARE BEFORE HEALTHY TEXAS WEEK (PRIOR TO April 29, 2019)

*\* ATTACH A PHOTO OF YOURSELF OR YOUR GROUP GEARING UP FOR HEALTHY TEXAS WEEK! \**

### f FACEBOOK

**f** Healthy Texas Week is coming up, and we're making the commitment to see just how healthy we can be. From April 29-May 5, we're going to SHOP healthier. We're going to SWEAT more. And we're going SHARE photos and videos of our healthy activities to help motivate others. Want to join us? Sign up at [WWW.HEALTHYTEXASWEEK.COM](http://WWW.HEALTHYTEXASWEEK.COM) and use #HealthyTexasWeek for the chance to win daily prizes from @ITSTIMETX!

**f** Unhealthy has become the new normal. During #HealthyTexasWeek, we're teaming up with @ItsTimeTX to change that. Join us and commit to making April 29 - May 5 the healthiest week of the year in Texas: [WWW.HEALTHYTEXASWEEK.COM](http://WWW.HEALTHYTEXASWEEK.COM)

### 🐦 TWITTER

**🐦** We're getting ready for the healthiest week of the year in #Texas! @ITSTIME #HealthyTexasWeek is April 29 - May 5 [HEALTHYTEXASWEEK.COM](http://HEALTHYTEXASWEEK.COM)

**🐦** Unhealthy has become the new normal. During #HealthyTexasWeek, we're teaming up with @ITSTIME to change that. Join us and commit to making April 29 - May 5 the healthiest week of the year in Texas: [HEALTHYTEXASWEEK.COM](http://HEALTHYTEXASWEEK.COM)

### 📷 INSTAGRAM

**📷** Healthy Texas Week is coming up, and we're making the commitment to see just how healthy we can be. From April 29-May 5, we're going to SHOP healthier. We're going to SWEAT more. And we're going SHARE photos of our healthy choices to help motivate others. Want to join us? Sign up at [HEALTHYTEXASWEEK.COM](http://HEALTHYTEXASWEEK.COM) and use #HEALTHYTEXASWEEK for the chance to win daily prizes from @ITSTIMETX!

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

**📷** Unhealthy has become the new normal. During #HEALTHYTEXASWEEK, we're going to change that. Join @ITSTIMETX and commit to making 4/29 - 5/5 the healthiest week of the year in Texas: [HEALTHYTEXASWEEK.COM](http://HEALTHYTEXASWEEK.COM)

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

# SOCIAL MEDIA

## TO SHARE DURING HEALTHY TEXAS WEEK (April 29 - May 5, 2019)

*\* ATTACH A PHOTO OF YOURSELF OR YOUR GROUP PARTICIPATING IN HEALTHY TEXAS WEEK! \**

### f FACEBOOK

f We're \_\_\_\_\_ [describe what you're doing in your photo] today for Healthy Texas Week powered by IT'S TIME TEXAS! What are you doing to make it the healthiest week of the year? Learn more: [WWW.HEALTHYTEXASWEEK.COM](http://WWW.HEALTHYTEXASWEEK.COM)

f We're celebrating health by participating in Healthy Texas Week 2019! Join us and IT'S TIME TEXAS today through May 5. Share pictures and videos on social media with the hashtag #HealthyTexasWeek when you Shop for healthy items and Sweat by getting active! [WWW.HEALTHYTEXASWEEK.COM](http://WWW.HEALTHYTEXASWEEK.COM)

### 🐦 TWITTER

🐦 Shop healthier, Sweat more, and Share with us and @ITSTIME this week for #HEALTHYTEXASWEEK! Sign up for a chance to win prizes and see how healthy you can be: [HEALTHYTEXASWEEK.COM](http://HEALTHYTEXASWEEK.COM)

🐦 We're Shopping healthier, Sweating more & Sharing pics for @ITSTIME #HealthyTexasWeek! Join us: [HEALTHYTEXASWEEK.COM](http://HEALTHYTEXASWEEK.COM)

### 📷 INSTAGRAM

📷 We're \_\_\_\_\_ [describe what you're doing in your photo] today for Healthy Texas Week! Join us and IT'S TIME TEXAS as we Shop healthier and Sweat more all week long. @ITSTIMETX [HEALTHYTEXASWEEK.COM](http://HEALTHYTEXASWEEK.COM)

#HEALTHYTEXASWEEK #TEXAS #HEALTHIERTEXAS #HEALTHYLIVING #SHOP #SWEAT #SHARE

📷 Shop healthier, Sweat more, and Share with us and @ITSTIMETX this week for #HealthyTexasWeek! Sign up for a chance to win prizes and see how healthy you can be: [HEALTHYTEXASWEEK.COM](http://HEALTHYTEXASWEEK.COM) #HealthyTexasWeek

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



Get ready for the healthiest week of the year at [YOUR BUSINESS/ORGANIZATION]!

Dear Friends,

We are proud to announce our participation in Healthy Texas Week, powered by IT'S TIME TEXAS! During this weeklong event, [YOUR BUSINESS/ORGANIZATION] is making the commitment to see just how healthy we can be. From April 29 – May 5, we're going to SHOP healthier. We're going to SWEAT more. And we're going SHARE photos of our healthy actions on social media to help motivate others.

**Here's how you can get involved:**

**MAKE THE COMMITMENT**

Visit [WWW.HEALTHYTEXASWEEK.COM](http://WWW.HEALTHYTEXASWEEK.COM) and commit to SHOP healthier and SWEAT more during Healthy Texas Week.

**SHOW HOW HEALTHY YOU CAN BE**

Follow IT'S TIME TEXAS on social media and tag them in your photos and videos when you SHOP, SWEAT, and SHARE. Use the hashtag #HEALTHYTEXASWEEK for the chance to win prizes.

**LOOK OUT FOR PRIZES**

Watch Facebook, Twitter, and Instagram to see a new winner announced daily, April 29 - May 5!

Thanks for joining us and IT'S TIME TEXAS to make Healthy Texas Week the healthiest week of the year!

Sincerely,

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