


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

2019 HEALTHY TEXAS WEEK SCHOOL 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)



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[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 Texans everywhere are making the commitment to see just how healthy they 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 in? Sign up at 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

🐦 TWITTER

🐦 We're getting ready for the healthiest week of the year in #Texas! @ITSTIME #HealthyTexasWeek is April 29 – May 5 HEALTHYTEXASWEEK.COM

🐦 Unhealthy has become the new normal. During #HealthyTexasWeek, we're going to change that. Join @ITSTIME and commit to making April 29 – May 5 the healthiest week of the year in Texas: 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 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


#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! **

FACEBOOK

 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


 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

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: WWW.HEALTHYTEXASWEEK.COM

 We're Shopping healthier, Sweating more & Sharing pics for @ITSTIME #HealthyTexasWeek! Join us: HEALTHYTEXASWEEK.COM

INSTAGRAM

 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 #HealthyTexasWeek

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

 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

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



Get ready for the healthiest week of the year at [YOUR SCHOOL/SCHOOL DISTRICT]!

Dear Friends,

We are proud to announce our participation in Healthy Texas Week, powered by IT'S TIME TEXAS! During this weeklong event, [YOUR SCHOOL/SCHOOL DISTRICT] 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 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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