


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

**2019 HEALTHY TEXAS WEEK
WORKPLACE SHARING GUIDE**

**THANK YOU FOR PARTNERING WITH US
DURING THE HEALTHIEST WEEK OF THE YEAR!**

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HASHTAG: #HEALTHYTEXASWEEK

IDEAS TO GET YOUR WORKPLACE INVOLVED

- 1) Ahead of Healthy Texas Week, send an email encouraging your employees to commit to health during Healthy Texas Week by signing up at HEALTHYTEXASWEEK.COM.
- 2) Decide which healthy activities you will host at your workplace throughout the work week, April 29 – May 5, and compile them in a calendar to share with staff. See our Healthy Texas Week Workplace Challenges below for ideas!
- 3) Send periodic reminders of the healthy activities going on inside your workplace during Healthy Texas Week and track employee participation with sign-in sheets and photo submissions of healthy activities in action.
- 4) Incentivize participation by offering gift cards, catered healthy lunches, or other prizes for employees who show up to workplace events and log the most healthy activities throughout the week.
- 5) Remind employees to share photos and videos of their healthy activities using the hashtag #HEALTHYTEXASWEEK for the chance to win daily prizes from IT'S TIME TEXAS. New winners will be announced daily April 29 – May 5!

We'd love to mention your workplace on social media. Tag It's Time Texas in a photo and tell us how you're getting healthy in the workplace during #HealthyTexasWeek. We'll tag you back when we re-share!



FACEBOOK.COM/ITSTIMETX



TWITTER.COM/ITSTIME



INSTAGRAM.COM/ITSTIMETX

HEALTHY TEXAS WEEK WORKPLACE CHALLENGES

Take the Stairs

Invite employees to take the stairs instead of the elevator throughout Healthy Texas Week. Keep a chart at the top of the staircase where participants can put a checkmark next to their name every time they take the stairs. Tally the results and reward prizes at the end of the week.

Breakroom Meditation

Challenge employees to incorporate meditation into their day by offering a lunchtime yoga class. Make use of apps like Headspace and Calm to help guide the activity, and have a sign in sheet ready to keep track of who shows up!

Pack Your Lunch

Challenge team members to pack their own lunches instead of eating out, and have them send you photos of their delicious eats to keep track of who's participating.

Walking Group

Get the team together for a 30-minute walk before work or at lunchtime.

Happy Hour 5k

Challenge colleagues to a 5k run/walk after work. Celebrate by ending the jog at a designated happy hour spot with plenty of healthy options on the menu.

Get Fit After Work

Invite a staff member to lead a Zumba, yoga, or other exercise class after work.

Healthy Recipe Potluck

Host a lunchtime potluck inviting employees to bring their favorite healthy recipes to share.

Swap the Snacks

Replace your usual breakroom snacks for a fruit bowl filled with apples, bananas, pears, mangos, tangerines, oranges, and more. Have employees submit a photo each day they opt for a healthy snack.

Soccer Tournament

Host an employee soccer (or basketball or baseball) tournament after work.

Hydration Challenge

Challenge your team to drink their full 64 ounces of water throughout the day. To track participation, ask employees to submit a selfie of themselves drinking water each day they meet their goal.

And the Team Having the Most Fun Is...

Challenge each department to see who can come up with the most entertaining healthy activity to do as a team. Have them submit photos of their activities and share the winning pictures company-wide. As a special incentive, host a catered healthy lunch for the winning team.

SAMPLE EMAIL

Get ready for the healthiest week of the year at [YOUR COMPANY]!

Dear Team,

Healthy Texas Week is coming up, and we're challenging everyone at [YOUR COMPANY] 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 of our healthy selves on social media using the hashtag #HEALTHYTEXASWEEK to help motivate others.

How It Works

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!!

[YOUR COMPANY] will be providing a bunch of different ways to get involved in Healthy Texas Week throughout the work week. Check your inbox for a calendar and reminders of healthy activities going on inside the workplace!

Sincerely,

XXX

SAMPLE SOCIAL MEDIA POSTS

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

* ATTACH A PHOTO OF YOURSELF OR A GROUP OF STAFF 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 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 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

📷 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

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