

# 2024 Get Fit Texas! Challenge

Are you up for  
the challenge?



**Registration now  
open!**

**January 22, 2024 –  
March 31, 2024**

## **What is the Get Fit Texas! Challenge?**

A 10-week competition among State of Texas employees that occurs on two levels:

- **Individually:** Participants achieve 150 minutes of physical activity per week in at least six of the ten weeks.
- **Between State Agencies:** Grouped based on size, organizations compete to see who finishes with the highest percentage of employees completing the challenge.

## **TTUHSC Benefits Eligible Team Members may earn leave time for:**

- Four hours of leave by submitting a certificate of completion for the challenge, OR
- A total of eight hours of leave when using the challenge as one of your eligible events, completing one additional event, a physical exam and a Health Risk Assessment as part of the TTUHSC Wellness Leave Program.

## **How to Join**

Create an account at <https://getfittexas.org/> or Scan the QR Code and begin logging your physical activity!

For more information, contact [HSCWellness@ttuhsc.edu](mailto:HSCWellness@ttuhsc.edu)



**TEXAS**  
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*dshs.texas.gov*