



START STRONG IN 2026: JOIN THE

COMMUNITY CHALLENGE

POWERED BY **HEALTHIER TEXAS**

Join us | Feb. 2 - Mar. 29

TXCOMMUNITYCHALLENGE.ORG

The Healthier Texas Community Challenge is an 8-week statewide wellness journey focused on building realistic, sustainable habits. Together, we focus on small steps that add up to a healthier year — for you, your family, and your community.

- **Weekly habit goals**
- **Community support & encouragement**
- **Tools, tips, and resources to help you along the way**
- **A brand-new Challenge app to track progress**
- **Free fitness classes**

LEARN MORE AT:
TXCOMMUNITYCHALLENGE.ORG

FOR QUESTIONS EMAIL:
COMMUNITYCHALLENGE@HEALTHIERTEXAS.ORG



8 WEEKS OF SIMPLE, SUPPORTIVE HABIT-BUILDING