

# Get Fit Texas!

## Quick Start Instructions



### About the Get Fit Texas! Challenge

- 10-week competition from **January 20 – March 30, 2025.**
- Participants strive for 150 minutes of physical activity per week for at least 6 of the 10 weeks to complete the challenge.
- Organizations compete to have the highest percentage of total full-time employees (FTEs) complete the challenge.

### Step 1: Register for the Challenge

Visit [getfittexas.org/register](https://getfittexas.org/register) to register to participate in the challenge. New registration is required each year.

### Step 2: Navigate the Get Fit Texas! Menu

- **Dashboard:** View your progress, challenge contact information, and agency leaderboard.
- **Enter New Activity:** Log your physical activity.
- **Wearable Device:** Import physical activities from your wearable device into your Get Fit Texas! activity log.
- **View History:** View each physical activity record you have submitted during the challenge.
- **Calendar:** Access wellness events and opportunities to help you maintain your health and well-being.
- **Edit Profile:** Edit profile information at any time without losing or changing physical activity data you've previously entered.
- **Share Feedback:** Submit suggestions on how to improve the challenge or the Get Fit Texas! website.
- **Share Your Story:** Share your successes, tips, tricks, or words of encouragement during the challenge.

### Step 3: Complete the Challenge

Log your physical activity at [getfittexas.org](https://getfittexas.org) every week during the challenge.

**For more information, email [wellness@dshs.texas.gov](mailto:wellness@dshs.texas.gov).**



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