

Dear Texas Tech Health El Paso,

It's time to lace up those sneakers and get moving for the 2025 Get Fit Texas! state agency challenge!

This 10-week challenge is the perfect way to kick off your new year with a healthy habit. To complete the challenge, simply log 150 minutes of physical activity per week for at least six of the 10 weeks. That's just 30 minutes a day, five days a week, and you're on your way to success!

Texas Tech Health El Paso will compete against other agencies of a similar size for bragging rights — and maybe even a victory! By completing the challenge, you can also earn credit toward the Texas Tech Health El Paso workplace wellness leave program and receive eight (8.0) hours of additional leave time.

How it works:

- Register for the challenge and create a new account (yes, you need a fresh account each year).
- Update your profile any time using the “Edit Profile” tab on your dashboard.
- Starting Monday, Jan. 20, log your physical activity minutes each week until the challenge ends Sunday, March 30.

[Register to join the 2025 Get Fit Texas! challenge.](#)

If you have any questions about the Get Fit Texas! challenge, email wellness@dshs.texas.gov.

Let's get moving!

Thank you,

Benefits & Payroll Administration | Human Resources Department

130 Rick Francis St. | El Paso, TX 79905 | MSC 51017

O: 915-215-4145 | ELPHRbenefitsadmin@ttuhsc.edu

Texas Tech Health El Paso

www: ttuhscep.edu | give2.ttuhscep.edu