

Get Fit Texas!

How to Register



1. Go to getfittexas.org/register.
2. Fill in the requested information, such as your name and email address, as prompted.
3. Select the 'Register' button.
4. Start logging your physical activity minutes when the challenge begins on **January 20, 2025!**

Helpful Tips

- Use your work email, if possible. This will make it easier to identify you as part of your agency.
- Agencies are listed alphabetically.
- 'Subgroup' is an option for employers who want to group their employees by division, location, etc.
- Registration data (including subgroup) can be edited at any time using the 'Edit Profile' option on the Get Fit Texas! home page, even after you've entered physical activity data.
- Note: New registration is required each year.

| | |
|---|--|
| First Name | <input type="text" value="First Name"/> |
| Last Name | <input type="text" value="Last Name"/> |
| E-Mail Address | <input type="text" value="abc@xyz.com"/> |
| Confirm E-Mail | <input type="text" value="abc@xyz.com"/> |
| Password Minimum of 6 characters. | <input type="password"/> |
| Confirm Password | <input type="password"/> |
| Agency | <input type="text" value="Select an Agency"/> ▼ |
| Subgroup | <input type="text" value="Select a Subgroup"/> ▼ |
| How many days per week do you typically telework? | <input type="text" value="Select Number of Days"/> ▼ |

Registration starts January 13, 2025.

Have questions? Email wellness@dshs.texas.gov.



TEXAS
Health and Human
Services

Texas Department of State
Health Services