



Dear Faculty and Staff,

Welcome Back! As we begin the New Year, HR POWER UP Employee Wellness invites you to participate in the *GetFitTexas* Challenge! If you've made a resolution to become more physically active in 2025, this may be just the thing to help get you started.

Sponsored by the Texas Department of State Health Services, *GetFitTexas* is a 10-week physical activity challenge for state employees *and* competition between state agencies to see who can complete the most minutes of physical activity. The goal for each participant is to complete 150 minutes of physical activity per week. If you successfully complete and log 150 minutes of activity for at least 6 out of 10 weeks, you complete the challenge – and the state agency with the highest completion percentage wins!

Remember, any physical activity can be used for the *GetFitTexas* Challenge - walking, swimming, dancing, gardening or even washing your car. *If it gets you moving, it counts!* So, let's get moving together. Reach out to your co-workers to form a group for your office, department or division! Then, buddy up to act as "accountability buddies" and cheer each other on!

Employees at all exercise levels are encouraged to participate in the challenge which will occur **Jan. 20 – Mar. 28, 2025**. So, make plans *now* to participate by **marking your calendar to join when registration opens on Jan. 13**. The registration process is easy and will occur on the [GetFitTexas website](#) which will become accessible Monday, Jan. 13. When you join, you'll learn how to track your activity and have access to helpful information including online fitness opportunities, tip sheets, motivational messaging and more!

***Be Well, Do Well*** by moving more than you have before! Experience the many benefits of physical activity while making the University of Houston the most active campus in the state!

Let's get moving!



