

Get Fit Texas!

How to Register

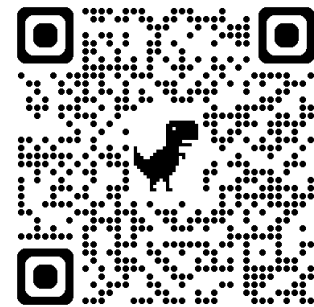


1. Go to getfittexas.org/register.
2. Fill in the requested information, such as your name and email address, as prompted.
3. Select the 'Register' button.
4. Start logging your physical activity minutes when the challenge begins on **January 20, 2025!**

Earn Leave Hours!
Register below
using the QR Code
below

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.



Questions? Email
HSCWellness@ttuhsc.edu

Registration Now OPEN - January 13, 2025



TEXAS
Health and Human
Services

Texas Department of State
Health Services