

# HEALTHIER TEXAS Sweet Summer Habits



## Free Summer Healthy Habit Program


Get ready for a fun and engaging summer wellness journey with Sweet Summer Habits 2025!

This year's campaign is prehistoric-themed, bringing families, parents, and community leaders exciting ways to build healthy habits together.



### Prehistoric fun ALL Summer Long!

-  **Weekly Family-Friendly Challenges:**  
Fun activities designed to keep kids and parents active.
-  **Game Board & Interactive Lessons:**  
Track progress and learn about healthy habits in an engaging way.

-  **Printable & Digital Resources:**  
Easy-to-use tools for families and facilitators.
-  **Virtual Events & Workshops:**  
Fitness sessions, wellness education, and community support.



[HEALTHIERTEXAS.ORG/SSH](https://HEALTHIERTEXAS.ORG/SSH)

## Make health a priority this summer!

### Families, sign up for FREE today!

Complete download available to community organizations.

@HealthierTX

