

IT'S TIME TEXAS **COMMUNITY CHALLENGE**

Presented by 

What is the Community Challenge?

The Community Challenge is a 12 week competition that unites and mobilizes schools, businesses, churches, community members and mayors toward the common goal of transforming their community's health. Trophy Club will be encouraging, inspiring and motivating everyone to make healthy choices. If we all participate together, we all stay more accountable to our goals. Let's show the whole state that Trophy Club is dedicated to being healthy in 2017.

How can I help Trophy Club?

You will register at www.ittcommunitychallenge.com. Once you do that, you will upload photos of yourself doing healthy activities and eating good food to the Community Challenge website. You can also earn points by using the fitness tracker on the Community Challenge website. Encourage your friends to participate and become more healthy in 2017.

If you work in Trophy Club, but live elsewhere, you can still select TC as your community to allow your points to count for Trophy Club.

What activities can I do to earn points?

If you go to a gym, crossfit box, take a CG class, run a 5k, ride your bike, etc; take a picture and upload it to your Community Challenge profile. If you are eating a salad, drinking water, having fruit, etc; take a picture and upload it to your profile. All of these activities, when posted, will help earn points for Trophy Club.

Businesses, churches and schools can take a pledge, complete the health assessment (found online at ittcommunitychallenge.com) and organize healthy group activities for additional points. If you would like additional information about how your business, church or school can get more involved, please email Tiffany Nimphius at tiffanynimphius@yahoo.com.

In addition to the activities you may already do, Trophy Club is working to provide additional opportunities. There will be one event for January, February and March hosted by Mayor Nick Sanders. These will be very fun and active community events where everyone can come participate and experience the parks throughout town.

Check out the Community Challenge Calendar for a list of group exercise classes that you can join. These groups are geared for all fitness levels and will be lead by certified trainers. More times and locations will be added throughout the challenge. Stay up to date by following Trophy Club on social media and checking this web page.

Look for the #HealthySelfie Hotspot fliers throughout town. Any time you see one, take a moment to take a picture and upload it to your community challenge profile.

Thank you to our Community Challenge Partners



PERFORMANT
FITNESS



If you would like to get involved as one of the community challenge partners, please contact Kelly Darling at kdarling@trophyclub.org.

