



Human Resources

**Division of Administration
& Finance**

Dear Faculty & Staff,

Registration is now open for the 10-week *physical activity* challenge – **Get Fit Texas!**

Beginning **Monday, Jan. 19, 2026**, **Get Fit Texas** is a great way to begin building healthy habits in the new year. Join HR POWER UP Employee Wellness for this friendly 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 the 10 weeks*, you complete the challenge – and the state agency with the highest completion percentage wins!

Participants can register and complete the challenge on their own OR *make it even more fun* by creating subgroup teams and coordinating friendly interoffice competitions!

If Creating a Subgroup Team:

- An organizer should first rally their colleagues to create a team and select a name.
- Then, send your subgroup team's name to powerup@uh.edu, and we'll get it entered into the system/tracking platform.
- Next, encourage coworkers to register and to select your team under the 'subgroup' drop-down tab.

Don't worry if you haven't created a team or secured all your members just yet. Newly formed teams can be added even once the challenge begins. Employees can register and begin participating *at any time* throughout the challenge, as well as add themselves to an existing or newly entered team by going to 'Edit Profile.' *The most important thing is to register and start moving!*

To JOIN THE GET FIT TEXAS Challenge:

1. Starting this week, visit getfittx.org to sign up!
2. Select 'Register.' (Registration is required each year to participate.)
3. Fill out the registration information selecting the **University of Houston** as the agency. Next - if you are joining a team - select it under 'subgroup.' (*If your subgroup team is not yet listed, revisit your account in a week to select it via 'Edit Profile.'*)
4. Start logging your physical activity minutes when the challenge begins on **Monday, Jan. 19, 2026!**

This year, let's see who's ready to start building healthy habits by becoming more physically active. Register now for **Get Fit Texas** and start logging in every step, stretch, swim or swing. Remember, *if it gets you moving, it counts!*

For questions about registration or the challenge, please email wellness@dshs.texas.gov.

Be Well, Do Well!

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