

Virtual Physical Activity & Nutrition Education Programming for In-person Community Spaces

It's Time Texas partners with local communities to improve access to health and wellness programs across the entire state of Texas through virtual physical activity and nutrition education programs. This programming was created to be a community-based and partner-designed initiative that aims to increase access and availability of quality health programming and services. It's Time Texas delivers FREE fitness classes and nutrition education programs, removing any financial barriers facing our most vulnerable communities and making health accessible to all Texans.

Thank you for making it possible for Texans to thrive with easy access to health and wellness programs!

Partners/Group leaders will be responsible for hosting an in-person community space and live stream classes from their device for community members.

Who can participate?

Any member of your community.

How much does it cost to host or participate?

All of our classes are **FREE** to host or participate.

What are the benefits of hosting virtual programming in your community?

The benefit of hosting virtual programming in your community space is that you can choose when and where your group meets and which activities/classes your group participates in based on our [activity schedule](#). It is a great way for community members to come together and be engaged, while being physically active and motivating one another.

What are your responsibilities as a partner?

1. Recruit group members and have them sign up.
2. Meet with your group, and document registration and participation.
3. Motivate group members and give out optional incentives.

Interested in learning more? Contact strongertx@itstimetexas.org!

