



Program Overview

We are thrilled to announce the Sweet Summer Habits program, a comprehensive initiative designed to empower youth and their families to prioritize health during the summer months. This comprehensive program aims to promote health, well-being, and positive lifestyle choices among school-aged kids and their families.

Phase 1: Exploring Healthy Habits

(June 1st - July 25th)

Families will embark on an 8-week journey exploring weekly themes and practicing healthy habits together.

Phase 2: Implementing Healthy Habits

(July 26th - August 11th) *Coincides with Olympic Schedule

Each day, families will be challenged with a new healthy habit, earning medals as they achieve their wellness goals.

Sweet Summer Habits is a 10-week campaign dedicated to empowering kids and families to embrace healthy habits. Through learning about key wellness themes, setting personalized goals, and discovering effective strategies, participants gain access to resources and activities fostering overall wellness and encouraging long-term positive lifestyle changes.

Register at itstimetexas.org/ssh to receive materials

Key Program Components

- **Weekly Sweet Summer Habit Lessons:** Dive into a new healthy habit each week with our comprehensive lessons, support materials, and informative blogs.
- **Interactive Handouts:** Engaging guides designed to help kids and families set and achieve health goals, fostering motivation and progress tracking.
- **Affirmation Coloring Sheets:** Olympic-themed coloring sheets featuring affirmations for positive thinking and mindfulness are perfect for display and daily inspiration.
- **Social Media Content:** Stay connected and motivated with our lively social media posts, challenges, and tips. All materials are downloadable and shareable across partner platforms.
- **Virtual Fitness and Nutrition Classes:** Join live virtual sessions to stay active and learn about nutritious eating in an engaging way.
- **Telehealth Coaching:** Participants receive personalized support and guidance from health professionals to help them reach their wellness goals.

Program Benefits

- **Active Summer for Community Youth:** Empower young people across the state to prioritize health and stay active during Summer.
- **Motivation and Inspiration:** Programs like this boost motivation and inspiration, especially with the added excitement of the Olympics this year.
- **Long-Term Impact:** By instilling healthy habits in individuals and families, we create a ripple effect that positively impacts future generations and fosters a healthier community for years to come.
- **Improved Health Outcomes:** Encouraging healthier habits leads to reduced rates of chronic diseases and overall improvements in health outcomes.
- **Summer Social Media Programming:** Enhances social media presence and engagement through ready-to-use graphics over the summer months when staff capacity may be limited.