



Compete to be the “Fittest in Texas”

Accept the Governor’s Challenge and Get Moving!

Every January, Governor Rick Perry and Texas Round-Up challenge adults to engage in at least 150 minutes of physical activity per week (300 minutes/week for children under 18), for six weeks. As the presenting sponsor of the 7th annual Texas Round-Up 5K/10K/Family Mile Race, Blue Cross and Blue Shield of Texas (BCBSTX) accepts the Governor’s Challenge and we encourage our valued members to do the same.

Why?

- **Bragging rights** Texas Round-Up awards groups with the highest participation rate in their respective categories. Create a team and compete for the Governor’s Cup and the title of “Fittest in Texas!”
- **Fun** Challenge your co-workers, departments, or another division and find creative ways to reward the winners.
- **Better health** Physical activity will add years to your life and life to your years.*

When?

To compete for the Governor’s Cup (awarded on April 24), log physical activity you completed between January 1 and April 10 in [GetFitTexas!](#)

How?

Choose a team leader to set up your team in GetFitTexas! at www.texasroundup.org. Team names should include your company’s name.

Log your physical activity in GetFitTexas! Here’s how:

1. Go to www.texasroundup.org and click Join Program in the top right portion of your screen.
2. Select “I am a member of the general public” on the first screen, then follow the prompts to create a user login.
3. Click Save. You will be taken to your MyFit Page, where you can Join a Team or set up your own team.

Resources

Visit www.bcbstx.com/employer/texas_roundup.htm, where you will find FAQs, downloadable flyers, suggestions, and messages you can customize for your team.

*U.S. Department of Health and Human Services

