

March 2025 Newsletter Content


Finish Strong! Log Your Get Fit Texas Challenge Minutes

We are in the final stretch of the **Get Fit Texas Challenge**, a **DSHS initiative**! The heat is building between agencies, as we near the finish line, so make sure to log your minutes to help your agency climb the leaderboard. Every minute counts toward building a stronger, healthier you. Let's finish strong together! Log your minutes at the [Get Fit Texas webpage](#).

Webinar: Unlocking Healthier, Happier Texans with the National Fitness Campaign

Join us for an exciting webinar featuring **Trent Matthias**, Executive Director of the **National Fitness Campaign**! Learn how this innovative initiative is bringing free, world-class outdoor fitness courts to communities across the country. Discover this great resource and learn how you can get involved and help make fitness accessible to all.

 **Date:** March 13, 2025

 **Time:** 10-11 a.m. CT

 **Register here:** [Webinar registration link](#)

New Pelvic Floor Program through Hinge Health

HealthSelect of Texas and Consumer Directed HealthSelect participants have access to a new program through **Hinge Health** to address a common issue affecting **1 in 4 women—pelvic floor conditions**. This program provides you with a pelvic floor physical therapist, wellness coach and expert-led exercises and resources to improve strength, stability, and overall well-being. Available at no cost to eligible participants, it's a convenient and effective way to take control of your health from home.

 **Learn more and enroll here:** [Hinge Health](#)