

Let's get social!

Update these posts with your community details and share on your local social media pages to promote the challenge locally.



Facebook

- Use one of the images provided in the community toolkit.
- Be sure to tag @inmotionSK and @SaskatchewanBlueCross in your posts, so we can help spread the word.
- Use the hashtags #GOAP2019 and #10KsoKidsCanPlay

Hey **Community Name**! We're registered for the 2019 @SaskatchewanBlueCross Go Out & Play Challenge with @inmotionSK! Get ready to log your physical activity March 1 – 10! Watch for more information coming soon!! challenge.saskatchewaninmotion.ca
#GOAP2019 #10KSoAllKidsCanPlay

Post after February 14

Create your profile today for the 2019 @SaskatchewanBlueCross Go Out & Play Challenge at challenge.saskatchewaninmotion.ca. Get ready to track your physical activity EVERY DAY from March 1 – 10. We're playing for **Project Name** #GOAP2019 #10KsoKidsCanPlay

Posts during the Challenge

We're in it to win it **Community Name**! Log your physical activity minutes EVERY DAY from March 1 – 10 to help us win \$10,000 for **Community Project**. #GOAP2019 #10KsoKidsCanPlay

Did you log your physical activity minutes today? Don't forget! Visit challenge.saskatchewaninmotion.ca to create a profile and log your minutes towards our **Community Project** #GOAP2019 #10KsoKidsCanPlay

Halfway there and we're racking up the minutes! Don't stop now [**Community Name**]. Keep logging your physical activity minutes EVERY DAY! challenge.saskatchewaninmotion.ca. #GOAP2019 #10KsoKidsCanPlay

Not sure how to get those physical activity minutes in today? Check out push2play.ca for some ideas then head over to challenge.saskatchewaninmotion.ca to log those minutes! #GOAP2019 #10KsoKidsCanPlay

post a picture of your banner with updated minutes We've logged **minutes** so far! How many more can we add today? #GOAP2019 #10KsoKidsCanPlay

We're getting down to the wire. Just **x** more days to go in the @SaskatchewanBlueCross Go Out & Play Challenge. Come on **Community Name**. We got this!

Post after March 10

Thank you to everyone who participated and logged their physical activity minutes the last 10 days to help us win \$10,000 towards **Community Project** #GOAP2019 #10KsoKidsCanPlay

Twitter

- Use one of the images provided in the community toolkit.
- Be sure to tag @inmotionSK and @SKBlueCross in your posts, so we can help spread the word.
- Use the hashtags #GOAP2019 and #10KsoKidsCanPlay

Hey **Community Name**! We're registered for the 2019 @SKBlueCross Go Out & Play Challenge with @inmotionSK! Get ready to log your physical activity March 1–10 Watch for more information coming soon!! challenge.saskatchewaninmotion.ca #GOAP2019 #10KSoAllKidsCanPlay

After February 14

Create your profile today for the @SKBlueCross #GOAP2019 at challenge.saskatchewaninmotion.ca. Get ready to track your physical activity EVERY DAY from March 1–10. We're playing for **Project Name** #10KsoKidsCanPlay

Posts during the Challenge

Hey **Community Name**! We're registered for the 2019 @SKBlueCross Go Out & Play Challenge with @inmotionSK. Help us win by logging your activity every day. #GOAP2019 #10KsoKidsCanPlay <https://bit.ly/2Rtitb7>

Make sure you log your physical activity EVERY DAY for @SKBlueCross #GOAP2019 with @inmotionSK here <https://bit.ly/2Rtitb7>. Every minute counts! #GOAP2019 #10KsoKidsCanPlay

Not sure how to get those physical activity minutes in today? Check out push2play.ca for some ideas & don't forget to log those minutes! #GOAP2019 #10KsoKidsCanPlay

We're half way there & racking up the minutes! Don't stop now [community name]. Keep logging those minutes. #GOAP2019 #10KsoKidsCanPlay

****post a picture of your banner with updated minutes**** We've logged minutes!!! Let's keep going and see how many more we can add today!! #GOAP2019 #10KSoKidsCanPlay

We're getting down to the wire. Just **[x]** more days to go in the 2019 @SkBlueCross Go Out & Play Challenge. Come on **[Community Name]**. We got this!

After March 10

Community Name Thank you for participating & logging your physical activity minutes to help us win #10KsoKidsCanPlay! @SKBlueCross @inmotionSK #GOAP2019