

# 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 [Saskatchewan \*in motion\*](#) and [Saskatchewan Blue Cross](#) in your posts, so we can help spread the word.
- Use the hashtags #GOAP2020 and #10KsoKidsCanPlay

Hey **Community Name**! We're registered for the 2020 Saskatchewan Blue Cross Go Out & Play Challenge with Saskatchewan *in motion*! Get ready to log your physical activity March 1 – 10! Watch for more information coming soon!! [challenge.saskatchewaninmotion.ca](http://challenge.saskatchewaninmotion.ca)  
#GOAP2020 #10KSoKidsCanPlay

### Post after February 14

Create your profile today for the 2020 Saskatchewan Blue Cross Go Out & Play Challenge at [challenge.saskatchewaninmotion.ca](http://challenge.saskatchewaninmotion.ca). Get ready to track your physical activity EVERY DAY from March 1 – 10. We're playing for **Project Name** #GOAP2020 #10KsoKidsCanPlay

### Post 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**. #GOAP2020 #10KsoKidsCanPlay

Did you log your physical activity minutes today? Don't forget! Visit [challenge.saskatchewaninmotion.ca](http://challenge.saskatchewaninmotion.ca) to create a profile and log your minutes towards our **Community Project** #GOAP2020 #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](http://challenge.saskatchewaninmotion.ca). #GOAP2020 #10KsoKidsCanPlay

Not sure how to get those physical activity minutes in today? Reach into the Saskatchewan *in motion* Idea Jar for some great ways to get started, then head over to [challenge.saskatchewaninmotion.ca](http://challenge.saskatchewaninmotion.ca) to log those minutes! #GOAP2020 #10KsoKidsCanPlay <http://ideajar.saskatchewaninmotion.ca/>

\*\*post a picture of your banner with updated minutes\*\* We've logged **minutes** so far! How many more can we add today? #GOAP2020 #10KsoKidsCanPlay

We're getting down to the wire. Just **x** more days to go in the Saskatchewan Blue Cross Go Out & Play Challenge. Come on **Community Name**. We got this! #GOAP2020 #10KsoKidsCanPlay

### 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** #GOAP2020 #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 #GOAP2020 and #10KsoKidsCanPlay

Hey **Community Name**! We're registered for the 2020 @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 #GOAP2020 #10KSoAllKidsCanPlay

### *After February 14*

Create your profile today for the @SKBlueCross #GOAP2020 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 2020 @SKBlueCross Go Out & Play Challenge with @inmotionSK. Help us win by logging your activity every day. #GOAP2020 #10KsoKidsCanPlay <https://bit.ly/2Rtitb7>

Make sure you log your physical activity EVERY DAY for @SKBlueCross #GOAP2020 with @inmotionSK here <https://bit.ly/2Rtitb7>. Every minute counts! #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! #GOAP2020 #10KsoKidsCanPlay

We're half way there and racking up the minutes! Don't stop now **[community name]**. Keep logging those minutes. #GOAP2020 #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!! #GOAP2020 #10KSoKidsCanPlay

We're getting down to the wire. Just **[x]** more days to go in the 2020 @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 #GOAP2020