

Spread the Word



Send an email blast

- Email everyone in your contact list and encourage them to get involved in the Challenge!
- Ask everyone to get active and log their minutes every day at challenge.saskatchewaninmotion.ca.

Join a community event

- Is there a winter carnival or Family Day celebration happening in the next few weeks? Why not take part? Set up a booth or sandwich board promoting the Challenge, the prize and your community project.

Use social media

- Advertise the Challenge on your community website, start a Facebook page or use a Twitter account to help spread the word.
- Connect with us on social media. You'll find lots of great content, including tips and tricks for competing in the Saskatchewan Blue Cross Go Out and Play Challenge.
 - **Saskatchewan *in motion***
Twitter: @inmotionsk
Facebook: <https://www.facebook.com/Saskatchewaninmotion>
 - **Saskatchewan Blue Cross**
Twitter: @SKBlueCross
Facebook: <https://www.facebook.com/saskatchewanbluecross>

Collaborate with your school(s)

- Ask to promote the Challenge at school with posters, a spot in the school newsletter or the morning announcements.
- Ask your school to send a letter home to parents that encourages family participation!

Get the media involved

- Invite your local radio station, newspaper, or TV station to get involved by promoting the Challenge and any community events that go along with it!
- Share the Challenge details in your local paper or community news.

Paint the town with posters

- Print our Challenge posters. Pin them up everywhere and anywhere – schools, grocery stores, the town hall, the rink, and local businesses.
- Invite local schools or youth groups to get involved and make their own posters.
- Promote the Challenge on community signs.

Check out our [Community Toolkit](#) for everything you need!