**Promotional Social Media Posts Physical Activity Challenge**

For Weeks of May 13 – 31, 2019

With the warm weather coming soon, why not join our FREE 6-week online physical activity challenge to help you get out and get active for the summer! <https://www.wechu.org/physical-activity/get-active-get-healthy-online-challenge>

Are you looking to start being active again? Why not start with us by joining our FREE online physical activity challenge at <https://www.wechu.org/physical-activity/get-active-get-healthy-online-challenge>

Did you know that being active can help lead to reduced anxiety, depression, and improved sleep an quality of life? To learn more join our 6-week online physical activity challenge. <https://www.wechu.org/physical-activity/get-active-get-healthy-online-challenge>

Challenge yourself and your friends and family to get and stay active. Sign up for our FREE 6 week online challenge today! May 27 – July 7, 2019 <https://www.wechu.org/physical-activity/get-active-get-healthy-online-challenge>

The Get Active, Get Healthy Online Challenge has started! Register now to catch up on all the tips and resources to help you become and stay active! <https://www.wechu.org/physical-activity/get-active-get-healthy-online-challenge>

Last chance to register! Learn how to get and stay active with our FREE 6- week online challenge now! <https://www.wechu.org/physical-activity/get-active-get-healthy-online-challenge>