



Sample Social Media / Website Posts & Articles

- Looking for an exciting opportunity to bond with your fellow co-workers? Join Team (company name) in the **Community First Fox Cities Marathon presented by Miron Construction** Business Challenge and HAVE FUN staying healthy and active while competing against other companies! Families can join in on the fun too! (Email (contact name) for more information.)
- Attention employees of (company name)! We are challenging YOU, to join us in the **Community First Fox Cities Marathon presented by Miron Construction** Business Challenge! Sign up as a department or all together and let's see who can go the distance this September! (Email (contact name) for more information.)
- Are you and your fellow (company name) co-workers looking for new ways to stay healthy? Sign up with us for the **Community First Fox Cities Marathon presented by Miron Construction** Business Challenge where we will compete head to head with other companies in the area! A little friendly competition never hurt anyone, right? (Email (contact name) for more information.)
- Next time your co-worker reaches for that sugary donut in the break room, challenge them to join the (company name) team in this year's **Community First Fox Cities Marathon presented by Miron Construction** Business Challenge! Replace that damaging donut with a shiny medal and a healthy lifestyle to boot! (Email (contact name) for more information.)
- Take a pledge with the support of your co-workers, to stay fit all year long! Sign up with (company name) for this year's **Community First Fox Cities Marathon presented by Miron Construction** Business Challenge and be one step closer to a healthy lifestyle and a happier you! (Email (contact name) for more information.)
- "Individual commitment to a group effort—that is what makes a team work, a company work, a society work, a civilization work." - Vince Lombardi. Grab your coworkers and families and let's work together as "TEAM (COMPANY NAME)" to compete in this year's **Community First Fox Cities Marathon presented by Miron Construction** Business Challenge. (Email (contact name) for more information.)
- Think you can out run your coworkers? Now's your chance to show 'em what you got! Join the (company name) team in this year's **Community First Fox Cities Marathon presented by Miron Construction** Business Challenge, and let your feet do the talking! (Email (contact name) for more information.)
- Does your department have team spirit? Well we're giving you a chance to prove it! Join team (company name) in the **Community First Fox Cities Marathon presented by Miron Construction**

Business Challenge and let's see which department can make us proud by signing up the most people! (Email (contact name) for more information.)

- Just for the health of it.... Join the **Community First Fox Cities Marathon presented by Miron Construction** (company name) team in this year's Business Challenge and support your fellow coworkers on the road to a healthy lifestyle. (Email (contact name) for more information.)
- FREE HEALTH SEMINARS! FREE TRAINING PROGRAMS! Sound too good to be true? It's not! Support your company by signing up with the **Community First Fox Cities Marathon presented by Miron Construction** (company name) team and receive all these perks, along with a HEALTHIER YOU! (Email (contact name) for more information.)
- Now is the time to START THE CHALLENGE! Join the **Community First Fox Cities Marathon presented by Miron Construction** (company name) team and help us create a healthy workforce one step at a time! (Email (contact name) for more information.)
- Are you following through with your New Year's resolution of maintaining a healthier lifestyle? Well it's not too late! Join the (company name) team as we unite to achieve those personal goals we make every year, by participating in the **Community First Fox Cities Marathon presented by Miron Construction** Business Challenge! There is no time better than the present, so let's make (company name) proud! (Email (contact name) for more information.)
- Need that extra push (or) motivational support to run this year's **Community First Fox Cities Marathon presented by Miron Construction**? Join the (company name) team in the Business Challenge and WORK TOGETHER with co-workers and family to accomplish your goals! (Email (contact name) for more information.)
- Alright employees of (company name), let's put your company pride to the test- Sign up with the (company name) team in this year's **Community First Fox Cities Marathon presented by Miron Construction** and let's see which department can get the most people involved! (Email (contact name) for more information.)
- Did you know that the Community First Fox Cities Marathon presented by Miron Construction has 6 events on race weekend – something for the whole family! Join our team and register today! (Email (contact name) for more information.)

PLUS, we can help you write more and provide pictures if needed for your social media posts!!