



#MoveTogetherKC

Social Media Tips & Sample Messages

We invite your organization to share the #MoveTogetherKC campaign on social media, using the tips and sample social messages below. This content is provided as a baseline to get you started, but feel free to build upon these posts with personalized content from your own community.

Tips for Promoting #MoveTogetherKC on Social Media

- Always include the #MoveTogetherKC hashtag and tag @movetogetherkc
- Adapt messages as needed to align with your organization while staying true to the integrity of the message.
- Download ready-made graphics or create your own to include with your posts - no special permission needed.
 - You can find ready-made social media graphics for download at [MoveTogetherKC.org](https://www.move-together-kc.org) or use our [Canva templates](#) to customize graphics with your logo and images tailored to your audiences.
- Consider coordinating your content with National Health Observances, such as World Health Day in April, National Physical Fitness and Sports Month in May, or Healthy Aging Month in September. Use additional hashtags related to these observances to help your message reach even more people. [Find a complete list of NHOs here.](#)
- Think about how promoting #MoveTogetherKC aligns with your organization's mission, programs, events and existing outreach strategy. This way, you can seamlessly incorporate content promoting #MoveTogetherKC into your own ongoing content. You can find campaign talking points to help make the connection on our [website](#).

Social Media Sample Messages

- [Organization Name] is excited to be part of the #MoveTogetherKC campaign! Move Together KC is a campaign to inspire and promote a culture of physical movement for every body in the Kansas City region. It's a collaborative effort of community organizations from across the metro area who want to see Kansas Citians take the first step toward healthy, vibrant lifestyles – whatever that looks like for them. Want to join us? Learn more by following @MoveTogetherKC
- We're proud to support the #MoveTogetherKC campaign, promoting a culture of physical movement for every body in the Kansas City region. It's not about perfection. It's about progress – and finding joy in movement, whatever it looks like for you. Let's #MoveTogetherKC!
- Taking the stairs, stretching, playing fetch, riding your bike... When we embrace the unique ways we choose to move our bodies, we live more vibrant and healthy lifestyles. It's not about extreme workouts or complicated routines, but celebrating the everyday actions that keep us moving. How do you move? #MoveTogetherKC
- Every movement, no matter how big or small, contributes to a better life, and a healthier Kansas City. Share how you move with the hashtag #MoveTogetherKC. Let's inspire each other as we promote a culture of physical movement for every body. #MoveTogetherKC
- Whether it's walking the dog, playing a sport or getting active at home, find whatever works to get you moving. Every movement matters! Check out @movetogetherkc for more tips to get moving. #MoveTogetherKC
- The best way to get active is whatever gets you moving! It doesn't have to be complicated or high intensity. It's all about finding ways that work for you to keep movement a consistent part of your routine. Share your favorite ways to move with #MoveTogetherKC
- Physical activity is for every. body. No matter your age, ability or size – everyone can benefit from physical activity. It's okay to start small. Find the fun in moving YOUR way toward a more vibrant and healthy life. #MoveTogetherKC
- There are many ways and many reasons we each choose to move. You might move to... celebrate, connect, feel better, get stronger, keep up with your kids. We want to know, how do YOU fill in the blank? Comment "I #MoveTo_____" below! #MoveTogetherKC