

Make Your Move is powered by



# MAKE YOUR MOVE

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CORPORATE WELLBEING CHALLENGE

## TEAM PACKET

# MARKETING GUIDE

## Communications Guide

Now that your company officially has a team, it's time to fill it with motivated team members! Employees at your company will each need to join the challenge at [www.MakeYourMoveChallenge.com/Join-Company-Team](http://www.MakeYourMoveChallenge.com/Join-Company-Team). Then, plan to keep your team excited and ready to MAKE MOVES on May 2nd!

## Marketing Options and Ideas

- Direct email the Make Your Move event flyer
- Print and post the Make Your Move event flyer
- Post on company intranet and/or social network, like Yammer or Basecamp
  - Ensure to include the link to [Join the Company Team!](#)
- Challenge various departments to see who can recruit the most team members to the company team
- Recruit team members by word of mouth and personal invites
- Ask employees to join the team AND recruit a friend

## GET SOCIAL WITH US!



[@mccahillgroup](#)



[The McCahill Group](#)



[@themccahillgroup](#)

**Follow The McCahill Group on our Make Your Move journey; our team of experts will be participating right alongside you.**

# MAKE YOUR MOVE

MAY 2022

4 - WEEK CORPORATE WELLBEING CHALLENGE



## MOVEMENT

Everyday Motion

## NUTRITION

Quality Fuel

## MINDFULNESS

Intentional Thought



**JOIN OUR  
TEAM TODAY!**

[www.MakeYourMoveChallenge.com/  
Join-Company-Team](http://www.MakeYourMoveChallenge.com/Join-Company-Team)

## MAKE YOUR MOVE, TOGETHER.

ENGAGE IN SOME FRIENDLY COMPETITION AND SHOW OFF YOUR HEALTHY MOVES THIS MAY. EARN POINTS WITH DAILY MOVEMENT, WELLBEING TASKS AND ENGAGING WITH PHOTOS AND COMMENTS FOR A CHANCE TO WIN INDIVIDUAL AND TEAM PRIZES. THIS CHALLENGE HAS IT ALL TO SPARK A MOVE TOWARD HEALTH.

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