

in motion™ Tweet Sheet

***note info in bold have specific post dates**

Make sure you LIKE and follow our friends at ***in motion™*** this October!
facebook.com/inmotion4life, [@inmotion4life](https://twitter.com/inmotion4life)

#TipTuesday: How much water are you drinking each day? You need at least 2.2 L's a day to stay hydrated!

Did you know? The ***in motion™*** app is new and improved! Visit inmotion4life.ca for all of the details!

Happy 1st day of the 2016 ***in motion™*** Challenge! Like facebook.com/inmotion4life, follow [@inmotion4life](https://twitter.com/inmotion4life), or visit their website inmotion4life.ca **(Post on October 1st)**

What are your goals for the 2016 ***in motion™*** Community Challenge? RT this with your goals for a chance to win an ***in motion™*** prize pack!

The 2016 ***in motion™*** Community Challenge is halfway done! Make sure to get active, track your minutes, and submit them by November 4th!

Not sure of where or how to submit your activity minutes? Visit inmotion4life.ca for all the details!

Only a few days left of this year's Challenge so make sure to get your minutes in the first week of November! For a full list and map of drop off locations in the city and county, go to inmotion4life.ca

Happy Halloween! Don't forget to track trick-or-treating as physical activity minutes! It's your last day to track for this year's Challenge! **(Post on October 31st)**

Don't forget to check out the ***in motion™*** page in the Londoner every Thursday!

One week to go! Make sure you're tracking every minute as we come down to the wire!
[#inmotion4life](https://twitter.com/inmotion4life)

Looking for a simple way to earn a few extra active minutes? Park your car at the end of the parking lot and enjoy a longer walk before you start your day!

The 2016 Challenge is over but you have until the end of this week to get your physical activity minutes in! Drop off info: inmotion4life.ca **(Post on November 1st)**

#TipTuesday: Tired of the same old running route? Our downtown parks have amazing paths to explore! [#inmotion4life](https://twitter.com/inmotion4life)

Grocery shopping for the week? Try and load up with 2 or 3 new vegetables that you wouldn't normally eat! You may find a new veggie to love!

Dancing is a great way to get exercise & have fun! Come to the Covent Garden Market for a Virgin Radio Dance party! #inmotion4life

Have a message for a co-worker? Why not deliver it in person rather than email it? You get to count those minutes! #inmotion4life

Have a dog you walk? Count those minutes each time you go! Walk your cat? That's different, but count those minutes too! #inmotion4life

Thanksgiving is a wonderful time with family. Get them outside for an after-dinner walk or game of touch-football! #inmotion4life

#inmotionTip Get off the bus a few stops early or park further away to get some effortless exercise! Your body will thank you!

It doesn't have to cost money to get a good workout in! There are so many amazing parks in #London to run and walk in! #inmotion4life

Remember: Bring a reusable water bottle to work every day, it's a great way to guarantee you're staying hydrated!

#inmotionTip Stair climbing is good for your body and for the environment. It also helps to lower blood pressure!

#inmotionTip Being active for at least 150 minutes per week can help reduce the risk of several diseases and illnesses

Sitting at your desk right now? Stand up and stretch for 2 minutes! Stretching helps you refocus on the task at hand!

#inmotionTip How much sleep do you get? Doctors recommend getting 7-8 hours every night!

Still not sure if the ***in motion***[™] challenge is right for you? It is! It's for all Londoners looking to get more active!

Regularly check facebook.com/inmotion4life and @inmotion4life for contests! You could win some ***in motion***[™] swag!

Craving a sweet treat? Go for a fruit smoothie, sweet and full of nutrients and natural sugars!

Have you ever seen a piece of fruit that looked interesting but you've yet to try? Take the plunge! Buy it and try it!

Water is always the best choice after a workout. It can hydrate you better than sports recovery drinks! #inmotion4life

A lot of “cravings” we get throughout the day are due to dehydration. Drink more water and you’ll feel less hungry! #inmotion4life

Looking for a low-key workout today? London has some amazing yoga studios! Try them out and track those minutes!

Have trouble sleeping? Regular exercise helps individuals fall asleep faster as well as providing a higher quality sleep. #inmotion4life

It’s not too late to join the #inmotion4life challenge! Download the app or visit inmotion4life.ca for all the details!

Remember to set realistic challenge goals that you know you can reach so you don’t get discouraged! #inmotion4life

#inmotionTip Cold days can be discouraging so try indoor activities like using your local indoor pool, taking the stairs or cleaning!

Having trouble getting out and getting active minutes in? Find a friend to exercise together with. The buddy system can be motivating!