

# POWERED BY **YOU.**

## National Fitness Day Social Copy Ideas

### General suggestions:

This year, National Fitness Day is Powered by you! #FitnessDay

It is National Fitness Day today, and it is Powered by you! #FitnessDay

National Fitness Day is Powered by you! Whether you're trying something new or just taking five minutes to walk outside, join us for the UK's most active day on 24th September. #FitnessDay

National Fitness Day is all about YOU! Ready to try something new? 🤝

Use our location finder to see what's happening near you:

<https://www.nationalfitnessday.com/finder/> #FitnessDay

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### Copy for 'Join Us' assets:

Come and join us for National Fitness Day! We're hosting (insert event, location) - This year it's Powered by you! #FitnessDay

Join us for this year's National Fitness Day on 24th September, Powered by (insert activity/activation/group). #FitnessDay

National Fitness Day is Powered by (insert facility name). Join us on 24th September as we open our doors to celebrate the UK's most active day of the year! #FitnessDay

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### Target audience/facility assets:

National Fitness Day is Powered by (insert group/community) 🤝 #FitnessDay

We're proud to say National Fitness Day is Powered by (insert facility name)! We're hosting (insert activity) - sign up here: (insert link) #FitnessDay