



Wellness **A to Z**

Wellness Wonders of Arizona

Social Media Toolkit



GREATER PHOENIX CHAMBER
FOUNDATION



Wellness **AtoZ**

Get Connected!



@GoWellnessAtoZ



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#WellnessAtoZ

#WellnessWondersofAZ

#DiscoverArizona

#WellnessAtoZDay2019



GREATER PHOENIX CHAMBER
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Wellness **AtoZ**

Elevator Pitch

Use this as a tool to effectively discuss your involvement with Wellness AtoZ and the Wellness Wonders of Arizona activity challenge.

What is Wellness AtoZ?

Wellness AtoZ is an initiative to promote health and wellness to our community and to brand the state of Arizona as a healthy place to live, work and play. It offers free employee wellness solutions to all businesses, complementing existing programs or offering tools to build your own. Wellness AtoZ is an initiative of the Greater Phoenix Chamber Foundation.

Why are the Wellness Wonders of Arizona?

The Wellness Wonders of Arizona is a free six-week activity challenge that brings together fun and healthy activities that you can do with your family, colleagues, groups, clubs or simply enjoy some 'me time'. There are seven Wellness Wonders activities for each seasonal challenge that showcases the unique features of our state.



Wellness **AtoZ**

Tweet

Tweets made just for you!

Common Hashtags: #WellnessAtoZ #WellnessWondersofAZ #DiscoverArizona

Mark your calendars! The 2019 Wellness Wonders of AZ Spring Challenge begins April 1! What's your favorite Wellness Wonder activity? #WellnessWondersofAZ

We're participating in the Wellness Wonders of AZ Spring Challenge! Are you? Sign up today at www.wellnessatoz.org/wondersaz!

This week, we're completing the MOUNTAINS & PARKS Wellness Wonder! What is your favorite place to hike in AZ? #DiscoverArizona

Your mental health is just as important as your physical health. Take 10 minutes to complete a guided mindfulness session with our Spring Mindfulness Wellness Wonder! www.wellnessatoz.org/wondersaz #WellnessWondersofAZ

The Wellness Wonders of AZ Spring Challenge is a great way to bring coworkers and families together. Get outside, do something active and #DiscoverArizona!

We are proud to live in such a beautiful and healthy state! Join us in participating in the Wellness Wonders of AZ Spring Challenge, starting April 1! #WellnessAtoZ

Arizona has so much to see and explore! Compete in the Wellness Wonders of AZ Spring Challenge to #DiscoverArizona and win great prizes! #WellnessAtoZ

Compete in the new HEALTHY RECIPE CHALLENGE Wellness Wonder and learn new and easy ways to fuel your body and mind! #WellnessWondersofAZ

Spring has sprung and it is time to get out and #DiscoverArizona! Join the Wellness Wonders of AZ Spring Challenge and you could win a great prize simply for being active! www.wellnessatoz.org/wondersaz #WellnessAtoZ

The third annual Wellness AtoZ Day on Sunday, May 19! Visit: www.wellnessatoz.org/wellnessatozday to learn more and to register for this free fitness event! #WellnessAtoZDay2019

The Wellness Wonders of AZ is a free and fun way to bring coworkers and families together to promote physical activity and community involvement. Join the challenge today! #WellnessAtoZ



Wellness **AtoZ**

Post on Facebook

Posts made just for you!

The Wellness Wonders of AZ is a free and fun way to bring coworkers and families together to promote physical activity and community involvement. Join the challenge today and complete all seven of Arizona's Wonders! #WellnessAtoZ

Arizona is a beautiful place to live, work and play! Discover its splendor and compete in the Wellness Wonders of AZ. The challenge continues through Wellness AtoZ Day on May 19 and is a great way to stay active. You can also win some cool prizes! Sign up today! www.wellnessatoz.org/wondersaz #WellnessWondersofAZ #WellnessAtoZDay2019

We're participating in the Wellness Wonders of AZ Spring Challenge starting April 1. Sign up online, complete the activities and enter for your chance to win great prizes! Best of all, it's free! Let's get out and #DiscoverArizona! #WellnessAtoZ

It's the time of year to plant your favorite fruits and vegetables. Complete our FARMER'S MARKETS & GARDENS Wellness Wonder and start a garden of your own. #WellnessWondersofAZ

There are more than 200 miles of trails in the Phoenix valley alone and the 800-mile Arizona Trail can be accessed from 43 points that span the state. Take a stroll, bike ride or run this weekend to #DiscoverArizona and complete your CANALS, GREEN SPACES & TRAILS Wellness Wonder! #WellnessAtoZ

Your mental health is just as important as your physical health. Take 10 minutes to complete a guided mindfulness practice and complete our SPRING MINDFULNESS Wellness Wonder. #WellnessWondersofAZ



Wellness **AtoZ**

Share on Instagram

Post your healthy selfie for a chance to win additional prizes when completing the seven wellness wonders of az!

How to enter:

1. Be Active

Complete one of the Wellness Wonders of AZ.

2. Take a selfie.

Group or scenic photos work, too!

3. Describe your activity.

Tag @gowellnessatoz

Hashtag #wellnesswondersofaz

4. Inspire others!

Post to your favorite social media sites for all to see!

