



Move, Groove & Improve Health & Happiness Challenge Social Media Content

About Camp Health, Hope & Happiness (Camp He Ho Ha)

1. Camp He Ho Ha is committed to providing high-quality outdoor recreation and overnight summer camping programs for children and adults living with physical and mental disabilities. Please consider supporting my #MoveGrooveImprove campaign to increase access to these services and raise awareness for individuals with disabilities across Alberta: [\[insert personal campaign page link\]](#)
2. Camp He Ho Ha has been focused on delivering inclusive programs to people with disabilities across the province for over 60 years. That's just one reason I chose to #MoveGrooveImprove and support their mission. Learn more about their work and donate to the cause at my campaign page: [\[insert personal campaign page link\]](#)
3. Each year the counselors and staff at Camp He Ho Ha adapt activities and empower hundreds of individuals! At Camp He Ho Ha, campers increase their sense of independence and belonging, build friendships, and experience a fun and active lifestyle in a safe environment. That is something I want to see continue! This is just one reason I chose to #MoveGrooveImprove to support their cause. Please join my team [\[insert team name\]](#) or donate to my campaign page: [\[insert personal campaign page link\]](#)

General event announcement

1. I can't wait to #MoveGrooveImprove! I have accepted the @CampHeHoHa @hehoha1960 virtual Health and Happiness Challenge and will be [\[insert type of exercise\(s\)\]](#) for [\[insert minute goal\]](#) minutes [\[to help my team reach \[insert team minute goal\] minutes\]](#)! I am raising money for Camp He Ho Ha's summer camps for kids and adults with disabilities and raising awareness of the benefits of exercise for people of all abilities. You can support me and learn more by visiting my campaign page: [\[insert personal campaign page link\]](#)
2. The #MoveGrooveImprove Challenge is a 20-week virtual exercise challenge where teams and individuals walk, run, roll, dance, stretch, and exercise for their physical and mental health!! I will be participating with my [\[insert type of group\]](#) - [\[insert team name\]](#)! I am raising money for adapted recreational programs designed to meet the special needs and interests of persons with disabilities. You can support me by donating at [\[insert personal campaign page link\]](#) and sharing the campaign page.

Why I am participating

1. I am participating in the #MoveGrooveImprove Challenge because I know how important specialized services are to people living with disabilities. As a [\[nurse, therapist, support worker, support group leader, someone with a disability, someone who cares for someone with a disability\]](#) I have seen firsthand the benefits of Camp He Ho Ha and the unique facility and programs they provide. Please help me raise awareness for Camp He Ho Ha and visit my campaign page at [\[insert personal campaign page link\]](#)

2. I am participating in the #MoveGrooveImprove virtual exercise challenge because my [loved one] has [a disability/has been a camper there/ has always wanted to go to Camp]. Specialized and inclusive facilities and programs for individuals with disabilities are rare in Alberta. At Camp He Ho Ha, my [loved one] can climb a climbing wall, go fishing, swim in a pool, and most importantly connect with others just like them. Please consider donating to my campaign to support @CampHeHoHa @hehoha1960 and increase access to these amazing programs. [insert personal campaign page link]
3. I am participating in the #MoveGrooveImprove Challenge in honor of my [loved one] who lives with a disability. [Insert personal story, memory, reflection]. Please consider supporting me by making a gift and sharing my campaign link: [insert personal campaign page link]
4. I am participating in the virtual #MoveGrooveImprove Challenge because I am a camper at Camp He Ho Ha. Camp is one time of the year where I get to really enjoy [insert your favorite camp activities]. Please consider supporting me by making a gift and sharing my campaign link: [insert personal campaign page link]

Disability Education/ Awareness

1. For Albertans living with disabilities it can be difficult to do certain activities or interact with the world. Due to cognitive, developmental, intellectual, mental, physical, and/or sensory differences, individuals with disabilities are often unnecessarily isolated and excluded from full equal participation in society. At Camp Health, Hope & Happiness this is NOT the case! At Camp He Ho Ha children and adults with all types and degrees of disability are empowered to try new things and accomplish things they never thought possible. Camp's inclusive access and adapted programs mean the barriers typically faced by individuals with disabilities are removed. I am participating in the #MoveGrooveImprove Challenge to support the work of Camp He Ho Ha. Please join my team [insert team name] or donate to my campaign page: [insert personal campaign page link]
2. According to the Canadian Survey on Disability in 2017, 1 in 5 Canadians has some form of disability. This includes many people who have their daily living impacted by their disability and many who require access to specialized programs and services. That's why I am participating in the @CampHeHoHa @heheha1960 the #MoveGrooveImprove Challenge - to bring awareness to people living with disabilities and raise money to help them experience the inclusive specialized programs at Camp He Ho Ha. Learn more about my campaign and make a gift at [insert personal campaign page link]

The challenge has started

1. This week I will be [insert type of exercise] for [insert weekly minute goal] minutes in the virtual #MoveGrooveImprove Challenge. From now until August 14, 2021, I will be [insert type of exercise(s)] to raise money for Camp He Ho Ha's summer camps for kids and adults with disabilities and raise awareness of the benefits of exercise for people of all abilities. You can support me and learn more by visiting my campaign page: [insert personal campaign page link]
2. Today I will be [insert type of exercise(s)] for [insert daily minute goal] minutes towards my goal of [insert total minutes goal] minutes in the #MoveGrooveImprove Challenge. You can support me by donating to my campaign, sharing my page, or just dropping some words of encouragement! [insert personal campaign page link]

3. Today is the day I start the #MoveGrooveImprove Challenge! Follow along with me over the next few weeks as my team and I try to reach [insert team goal] minutes of exercise - for mental and physical health! We are raising money to support barrier-free outdoor recreation services for children and adults with disabilities and raising awareness of the benefits of exercise to people of all abilities. You can learn more and donate at my campaign page: [insert personal campaign page link]

Benefits of exercise

1. Exercise increases neuroplasticity (the brain's ability to create new pathways) and helps the brain build new pathways to replace damaged ones. Exercise has also been clinically shown to help manage the effects of different disabilities and even delay the progression of some degenerative diseases. That is one reason why I took on the #MoveGrooveImprove Challenge to bring awareness to the benefits of exercise for people living with disabilities and raise money for fun and inclusive summer camps. Please consider donating to my campaign! [insert personal campaign page link]
2. For some, exercise is part of living an active lifestyle or a healthy way to blow off steam. But for people living with a disability, exercise is a crucial part of managing their mental health and living well. Did you know that according to a study in the Behavioural Brain Research Journal, moderate self-selected exercise for 30 min, enhances self-esteem, and increased activity in the sensory, motor, and association areas of the brain? That's why I am participating in the #MoveGrooveImprove Challenge to bring awareness to the benefits of exercise and raise money for barrier-free summer camps at Camp He Ho Ha. Please consider supporting me by making a donation to my campaign page: [insert personal campaign page link]

After Work Outs

1. I just finished my first workout for the #MoveGrooveImprove Challenge 🏋️ I [insert type of exercise(s)] for [insert number of minutes] minutes - phew! Who can make the first donation after my first workout? Donate now at [insert personal campaign page link]
2. Another workout for the @CampHeHoHa @hehoha1960 virtual #MoveGrooveImprove Challenge done ✔️ 😊! So far I have [insert type of exercise] for [insert number of minutes] towards my goal of [insert total minutes goal]. It feels great to stay active and support a great cause! Please consider donating to my campaign to make a difference in the lives of people living with disabilities: [insert personal campaign page link]
3. Another #MoveGrooveImprove workout done! Exercise has [describe how exercise impacts your quality of life]. That's why I support @CampHeHoHa @hehoha1960 and their mission to provide adapted recreational opportunities for people with disabilities. Please consider donating to my campaign! [insert personal campaign page link]
4. I just finished another #MoveGrooveImprove workout and feel great!. [Describe how exercise has improved your mental and physical health]. Help me spread awareness about the benefits of exercise to people of all abilities and raise money for a great cause - learn more and donate at [insert personal campaign page link]

Share your Camp story

1. [Insert personal story and connection to the cause. Think about a moment, experience, or how Camp He Ho Ha has impacted you. Tell your story]. That is why I chose to #MoveGrooveImprove - to raise money for Camp He Ho Ha's programs and bring awareness to the needs of people with disabilities. You can learn more about my campaign and donate at [insert personal campaign page link]

Halfway through

1. We are halfway through the #MoveGrooveImprove Challenge! I have [insert type of exercise(s)] for [insert number of minutes] minutes and raised \$[insert dollar amount]. Can you help me get to [insert fundraising goal]? Donate now on my campaign page! [insert personal campaign page link]
2. I am halfway finished the virtual #MoveGrooveImprove Challenge with @CampHeHoHa @hehoha1960 and have [insert type of exercise(s)] for [insert number of minutes] minutes. So far, my amazing friends and family have donated [insert amount raised]! Can you help me reach my goal to raise [insert fundraising goal] to support fully inclusive recreation opportunities for Albertans living with a disability? Donate here: [insert personal campaign page link]

End of challenge

1. Woo hoo! I met my #MoveGrooveImprove exercise goal! Over the last 20 weeks I have [insert type of exercise(s)] for [insert number of minutes] minutes and raised \$[insert amount raised] to support fun summer camps for kids and adults with disabilities at Camp He Ho Ha. Help me celebrate reaching my goal by donating to my campaign: [insert personal campaign page link]
2. The #MoveGrooveImprove Challenge ends tomorrow! My team has raised \$[insert team amount raised] of our \$[insert team fundraising goal] goal! Thank you to everyone who has donated - it means so much! ❤️ There is still time to donate to my virtual campaign to support @CampHeHoHa @hehoha1960. Visit my campaign page at [insert personal campaign page link]
3. The #MoveGrooveImprove Challenge ends soon! I am only \$[insert amount away from goal] away from my goal! Can you help me raise \$[insert fundraising goal] to support @CampHeHoHa @hehoha1960 before time runs out? Donate here: [insert personal campaign page link]

Thank you

1. Thank you so much to everyone who donated to my #MoveGrooveImprove campaign! With your help, I raised \$[insert amount raised] to support @CampHeHoHa @hehoha1960 and high-quality outdoor recreation overnight summer camping programs for children and adults living with physical and mental disabilities. Together, we are making an impact on the lives of individuals with disabilities and their families!
2. Wow! – thanks to everyone who donated to my virtual #MoveGrooveImprove campaign. I was able to raise \$[insert amount raised] to help individuals with disabilities increase their sense of independence and belonging. Thank you so much for supporting me and this terrific cause. It means so much!
3. Thank you to everyone who supported my #MoveGrooveImprove campaign. Because of the generosity of my friends and family, people with disabilities like my [loved one] can build friendships, accomplish goals, and experience a fun and active lifestyle in a safe environment. With your help, I was able to raise \$[insert amount raised] for Camp He Ho Ha. This means so much! ❤️ My [loved one] and I thank you from the bottom of our hearts.