

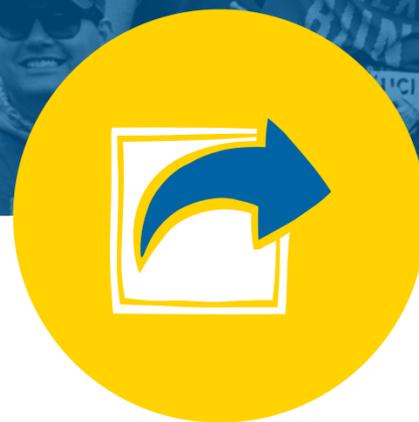
SIMPLE WAYS TO HELP



POST

**Tag @anticancerchallenge
or #anticancerchallenge**

- Post who you ride/run/walk for
- Post a story using our "Fill in the Blank" template
- Post a photo of yourself on your daily ride/runs/walks



RESHARE

Repost or share on your story any posts from our @anticancerchallenge account. It's the easiest way to show your support!

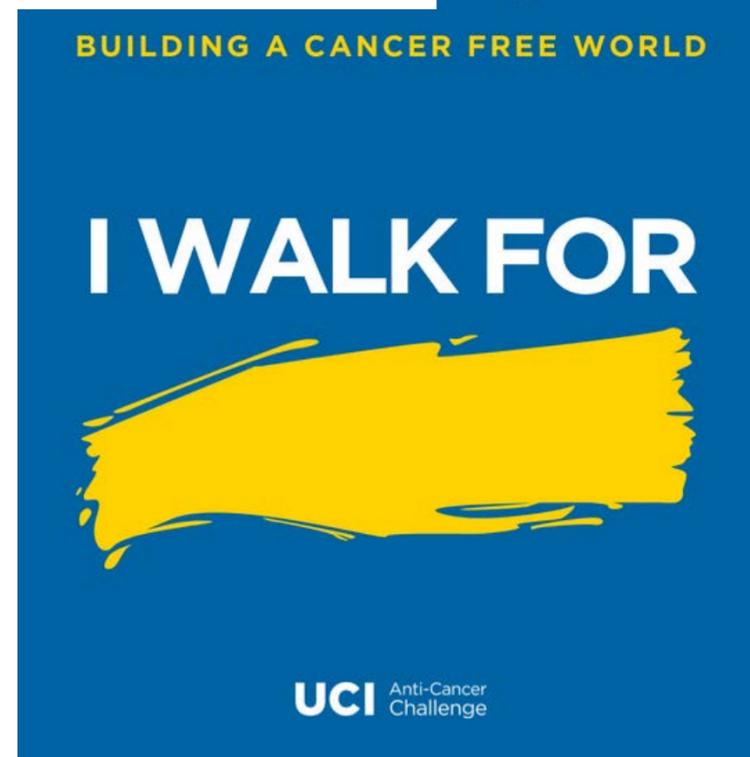
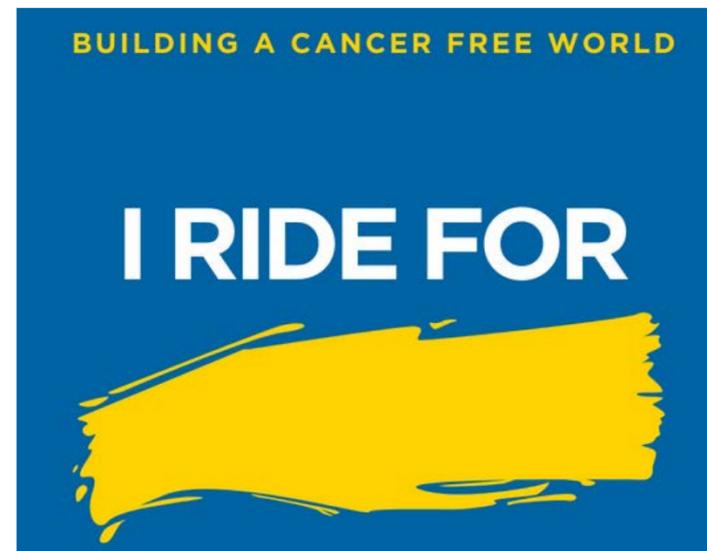


YOUR STORY

A personal story goes a long way. Share with your audience with a post/video/story why you support the UCI Anti-Cancer Challenge, and they will be more inclined to do so too.

SHAREABLE IMAGES

Let everyone know that you are participating in the UCI Anti-Cancer Challenge!



FACEBOOK

Suggested Post Copy – Idea #1:

Being a part of the UCI Anti-Cancer Challenge means supporting promising research that can help prevent, treat, and cure cancer – to save lives. To me, that means another step closer to a cancer free world. Will you ride, run, or walk with me to fight cancer on October 8? [{insert team link or event link}](#)

Suggested Post Copy – Idea #2:

I've accepted the UCI Anti-Cancer Challenge, where 100% of ALL funds go directly to critical cancer research. Join me in this inspiring community movement, and together, we can lead the charge against a disease that touches us all: [{insert team link or event link}](#)





INSTAGRAM

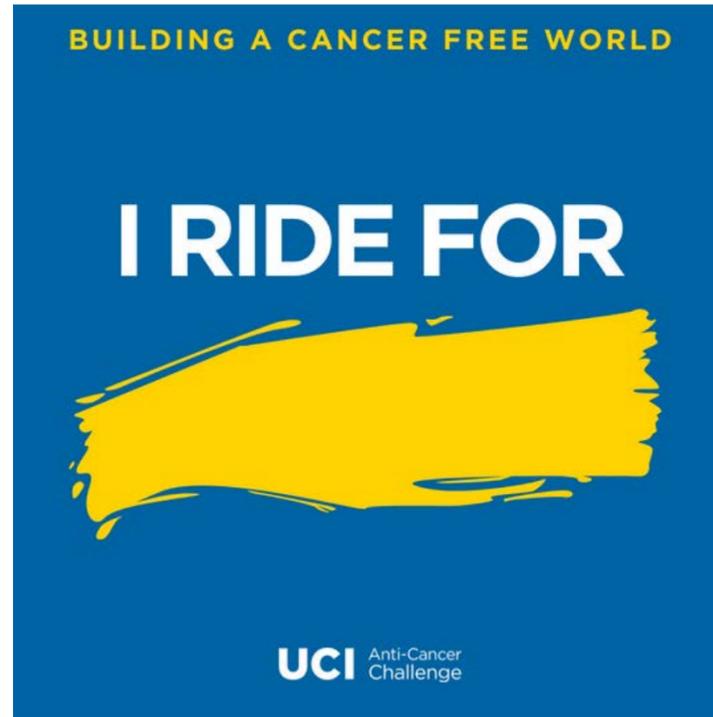
Suggested Post Copy – Idea #1:

Being a part of the UCI Anti-Cancer Challenge means supporting promising research that can help prevent, treat, and cure cancer – to save lives. To me, that means another step closer to a cancer free world. Visit the link in my bio to ride, run, or walk with me to fight cancer on October 8.

Suggested Post Copy – Idea #2:

I've accepted the UCI Anti-Cancer Challenge, where 100% of ALL funds go directly to critical cancer research. Join me in this inspiring community movement, and together, we can lead the charge against a disease that touches us all. (LINK IN BIO)

SHAREABLE IMAGES



INSTAGRAM STORIES

MY FITNESS FAVORITES

ATHLETE

WORKOUT SONG/ARTIST

ACTIVEWEAR BRAND

WORKOUT BUDDY

BIGGEST MOTIVATOR

TAG 3 FRIENDS!

UCI Anti-Cancer Challenge

I RIDE FOR

I WALK FOR

I RUN FOR

Anti-Cancer Challenge

UCI Anti-Cancer Challenge



THIS OR THAT

RIDE	RUN/WALK
ARM DAY	LEG DAY
STRENGTH	CARDIO
AM WORKOUT	PM WORKOUT
PLANKS	SQUATS
SOLO	GROUP
MUSIC	PODCAST

UCI Anti-Cancer Challenge

INSTAGRAM STORIES EXAMPLES

Don't forget to tag @anticancerchallenge

MY FITNESS FAVORITES

Michael Jordan
ATHLETE

Imagine Dragons
WORKOUT SONG/ARTIST

ADIDAS
ACTIVEWEAR BRAND

@_____ (tag a friend)
WORKOUT BUDDY

@_____ (tag a friend)
BIGGEST MOTIVATOR

TAG 3 FRIENDS!
@_____ (tag a friend)
@_____ (tag a friend)
@_____ (tag a friend)

UCI Anti-Cancer Challenge

STEPS

1. Add the image to your story
2. Add text to fill in the blanks or use the pen to draw/write
3. Tag @anticancerchallenge and any friends you want to participate
4. POST YOUR STORY
5. Be sure to post the image without any edits following your story so your friends can screenshot and do it themselves!

THIS OR THAT

RIDE	RUN/WALK
ARM DAY	LEG DAY
STRENGTH	CARDIO
AM WORKOUT	PM WORKOUT
PLANKS	SQUATS
SOLO	GROUP
MUSIC	PODCAST

UCI Anti-Cancer Challenge

INSTAGRAM STORIES EXAMPLES

Don't forget to tag @anticancerchallenge

**I RIDE
FOR**



**I WALK
FOR**

*My
father*

UCI Anti-Cancer
Challenge

**I RUN
FOR**

John

UCI Anti-Cancer
Challenge

STEPS

1. Add the image to your story
2. Add text to type the name(s) of who you ride/run/walk for **OR** copy + paste their photo on top of the image
3. Tag @anticancerchallenge
4. POST YOUR STORY