



Thanks to Ortonville Area Health Services and Sara Tollakson for taking on the Wellness Challenge again this year!

The Challenge provides a great opportunity for you, as local businesses, to advertise items, services and/or specials that would be of interest to those working toward a healthier lifestyle during this challenge.

Challenge: June 2nd through August 16th

During the challenge all those registered (and those that just like to check in on all the activity) will be on the Wellness Challenge 2019 Group Facebook Page.

Here is what you can do – to help them and your business:

On your Facebook page, post about a service, item and/or special and at the end of the post make sure include **#OAHSwellnessChallenge** – This way when those searching for the latest information on the Challenge enter in the Facebook Search that hashtag, your information will come up – ALSO, MNbump bloggers will search that hashtag periodically and can share your post directly on the Group Page for further exposure... and occasionally we will share that post on our main MNbump Facebook Page – to help provide an even larger audience for your business!

You may wonder what our MNbump Facebook Stats are... *do we reach and engage people?* Well, yes, we do! I just checked – as of today over the last 7 days we've had 5,781 engagements on our posts. When I checked last week, it was over 12,000 engagements. That is not how many people saw our posts – that is how many engagements that took place on our posts. So, don't miss out on the opportunity to connect during the Wellness Challenge!

Ideas: Maybe there is a healthy food choice that you carry that is not common and many people might not know that you even carry it – you're having a special on a healthy food item – you have a great recipe to share that your business can provide the ingredients for – how about a chiropractor, physical therapy, massage therapy... share some specifics on how your service would aid in improving healthy active living. Workout Gyms – maybe you could plan a class to encourage those in the challenge to take, or talk a bit about what your gym has in the way of general classes or equipment. Design Electronics – maybe you have step counters or other electronic devices to track or improve health – or headphones that would be great for a jogger or walking!

Be creative. Be helpful. Connect with the community during this Wellness Challenge – and show your support for those in the Challenge by sharing an occasional post with **#OAHSwellnessChallenge**!!

Information about the Challenge: <https://mnbump.com/wellness-challenge-2019/>

The Facebook Group Page for the Wellness Challenge 2019 LINK:
<https://www.facebook.com/groups/189898011791471/> (You'll need to request to join)