

17.11.2021

Take part in the FSHS's social media challenge and win 20 sports vests for your organisation!

Hello from the FSHS's communications department!

This message is about our "Let's get moving!" social media challenge for student organisations.

We want to motivate all students in higher education to keep exercising despite this being the darkest time of the year. That's why we've set up a light-hearted social media challenge to invite you to exercise with us!

All organisations taking part in the challenge will stand a chance of winning a prize of 20 sports vests. The winning organisation will get its own logo printed on the vests.

Participating is easy:

1. Watch the video about the challenge on the FSHS's Instagram account
2. Create your own light-hearted exercise-related video
3. Publish the video in your organisation's Instagram Stories or feed (if your organisation is only using Facebook, you can take part there)
4. Tag FSHS in your post

Please use the hashtag #lähdeliikkeelle in your post and encourage your members to get moving.

The challenge takes place between 17 November and 10 December 2021. Instagram is not involved in the challenge.

The challenge is part of our Exercise 2021-2022 theme year, the aim of which is to motivate students in higher education to exercise. By participating in the challenge, you'll be giving us permission to share the material you create for the challenge through our social media channels. Remember to respect copyright if you add music or other material to your post. Read more about the rules of the challenge here:

<https://www.yths.fi/en/news/2021/participate-in-the-lets-get-moving-competition/>

We'll be happy to answer any questions about the challenge.

Good luck with the challenge and enjoy exercising!

Kind regards,
FSHS Communications