

Healthy Holidays Challenge – Social Media Helpful User Guide

How to INVITE Facebook friends to “LIKE” the Edge Fitness Facebook page:

There are **two** options and you get the points twice if you do both of the options below!

OPTION 1:

In your Facebook status post, copy and paste the below sample message or (create your own) AND copy/paste the Edge Fitness Facebook link below underneath the message. Once this is done, people will be able to click on the link in your post to go the Edge Fitness Facebook page and ‘like’ it. Once you publish the post and have tagged me appropriately, I will see that you did the task and give you the points!

DON'T FORGET! In order for your points to count for your post.....you **MUST** check-in at **EDGE FITNESS** and tag **AMANDA PRICE SALAZAR** each time you do these status posts, so I get notified that you completed the task! 😊

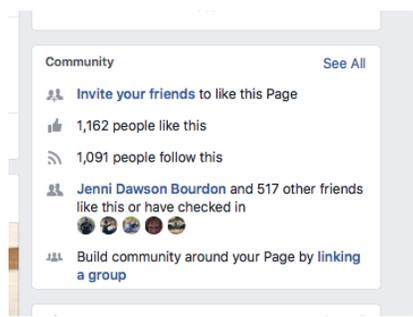
Sample Message (message posted as a regular status update):

“Hey Everyone! I just started a 30-Day Healthy Holidays Challenge at Edge Fitness! I earn points by completing various health and fitness activities and for making healthier choices throughout the holidays. I also get EXTRA points if my friends go to the EDGE FITNESS page and LIKE IT! Please help me “Win It All” by visiting the Edge Fitness Facebook page (link below) and clicking ‘Like!’

<https://www.facebook.com/pages/Edge-Fitness/253641614661688>

OPTION 2:

Go to the Edge Fitness page. Look at the right side of the page under ‘COMMUNITY’ (you may have to scroll down a bit). You can invite friends just by clicking “**Invite friends to like this page.**” Then, next to their name/picture click “invite.”(See pics below). Once they like the page, I will be able to see if they are a mutual friend and can give you the points for the action/task of inviting them to LIKE US!



Use this URL to share the Edge Fitness Website Page on your Facebook:

<http://www.edgefitnessnow.com/>

Just post a Facebook status update on your page and then post the Edge Fitness website link I have provided you at the end of your personal message or just below it.

Sample Post:

"Hey friends! Edge Fitness is great place to get motivated, stay accountable, and transform yourself whatever your health/fitness goals might be! They provide personal, progressive, and permanent results! Check them out:

www.edgefitnessnow.com"

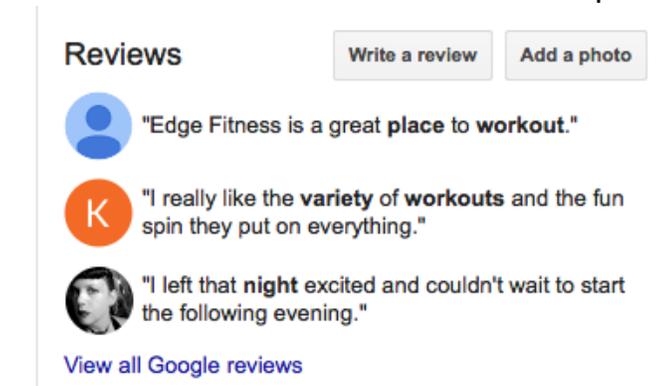
Where to post your review on the Edge Fitness Social Media Sites:

Just create one really great and detailed review and post it to all of these sites/links below!

Earn points for each and every site you post your review on. (You may have to create an account (user name/login) to have access to do this on some of these sites, but it's super quick/easy to do!)

<https://www.google.com/#q=edge+fitness&lrd=lrd>

Scroll down to the 'REVIEW' section to post a review



<http://tack.bz/1r77T>

<https://www.facebook.com/pages/Edge-Fitness/253641614661688>

To post a review on Edge Fitness:

1. Go to the Edge Fitness page using the above link.
2. Click on the REVIEWS tab in left side column on page
3. Then, fill in the box that says "Tell people what you think" (see pic below)

EDGE FITNESS
Edge Fitness
Fitness Center · Personal Trainer · Nutritionist

Timeline About Photos **Reviews** More

4.8 ★ 4.8 of 5 stars
45 reviews

5 star 40
4 star 3
3 star
2 star 2
1 star

MY REVIEW
Tell people what you think
★★★★★

REVIEWS FROM FRIENDS
Brandy Daniel Coleman — 5★ A person and trainer! I was struggling

<http://www.yelp.com/biz/edge-fitness-tumwater>

(for this one you must be a current yelper that has already posted a review for other places)