

Caption suggestions

You can use these or variations of these captions along with our social post image templates!

1

We are excited to share that I/We/Company Name is joining AUSactive's Million Moves challenge: a fun, 21-day physical activity challenge starting 1 September 2025! 💪

The aim? 75 moves a day for 21 days! Any kind of movement counts, whether it's big or small, high energy or low impact. Move your way, at your pace.

Join on your own or with a team, and let's get moving together! #AUSactiveMillionMoves

2

We are in! I/We/Company Name are taking on the AUSactive Million Moves Challenge starting 1 September 2025!

It's 21 days of movement, any way you like!

The goal? 75 moves a day, every day. Walk, stretch, dance, lift: it all counts.

Go solo or team up - just keep moving! Who's with us?

#AUSactiveMillionMoves #MillionMovesChallenge

LinkedIn Post suggestion

You can use this blurb along with our social post image templates!

We are proud to announce that I/We/Workplace name am/are/is taking part in AUSactive's Million Moves campaign: a national 21-day physical activity challenge launching on 1 September 2025.

The challenge encourages participants of all ages and abilities to complete 75 moves each day, promoting healthier, more active lifestyles through simple, inclusive movement. Whether it's walking, stretching, dancing, swimming or lifting, every move counts.

I am/Our {students/staff/members/broader community} are looking forward to getting involved, supporting one another, and raising awareness about the importance of daily movement.

This initiative aligns with our ongoing commitment to our {student/staff/community} wellbeing and physical activity. Let's move together! 💪

#AUSactiveMillionMoves