



## Workout for Water - Social Media Post One

### Support me:

I'm taking on the #WorkoutForWater challenge. 450 reps - Every day - For 7 days. To bring back hope where it's needed most. Change children's lives with water, education, health care, nutrition, and protection. Donate to my page today (insert link / instructions).



## Workout for Water - Social Media Post Two

Nearly 450 million children live with extreme water vulnerability. That's why I'm joining challengers from all around the world to #WorkoutForWater. 450 reps - Every day - For 7 days - to change children's lives like 8-year-old Collin. Thanks to donors his school now has a long lasting and climate resilient solar powered water system. He and all his friends at school now have access to safe drinking water, drainable toilets and even the resources to irrigate their vegetable garden.

Go to my fundraising page (insert link / instructions) and support my #WorkoutforWater journey. Change children's lives today!

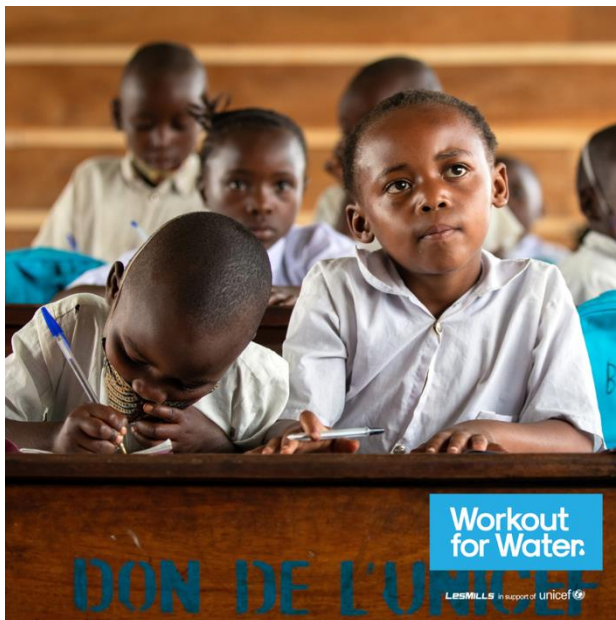


## Workout for Water - Social Media Post Three

Globally, nearly 450 million children live in areas of extreme water vulnerability. For too many, their days are spent travelling long distances just to get water. There's no rest day. It's 7 days a week.

That's why I'm taking on the #WorkoutForWater challenge - 450 reps - Every day - for 7 days! Donate today and help ensure every child has access to

education, health care, nutrition, protection, and WATER – from the moment they're born and throughout their childhood. You can find my fundraising page here ([insert link / instructions](#)).



## Workout for Water - Social Media Post Four

I'm taking on the #WorkoutForWater challenge – to help give children a brighter future! 450 reps - Every day - For 7 days - to help kids overcome conflict, natural disaster, outbreak, and displacement like these students in the Democratic Republic of Congo. Thanks to donors, UNICEF has helped introduce free education across the country, reform the education sector, improve learning and teaching conditions, and construct new classrooms with improved access to a safe water supply.

Head over to my fundraising page ([insert link / instructions](#)) and help UNICEF continue to make the biggest impact for kids, wherever and whenever the need is greatest!



## Workout for Water - Social Media Post Five

Support before, during, and after disaster strikes. Imran, Muhammad and 16 million other children like them were thrown into the unknown by monsoon rains and flooding in Pakistan. Thanks to donors, UNICEF was already on the ground and ready to save lives, restore communities, and help them build back better.

That's why I'm taking on the #WorkoutForWater challenge. 450 reps - Every day - For 7 days - to raise funds for children – wherever and whenever the need is greatest. Every dollar I raise will help UNICEF prepare, respond, and stay long after the headlines fade - so kids never go without education, health care, nutrition, protection, and WATER! No matter what. Go to my fundraising page (insert link / instructions) and change children's lives today, and tomorrow.



## Workout for Water - Social Media Post Six

8-year-old Jerecia is all smiles as she gets stuck back into her schoolwork. Her village was struck by flooding and landslides but thanks to generous donors UNICEF was able to make sure her community had immediate access to safe clean water and support as their young ones and teachers returned to school. This is why I'm taking on the #WorkoutForWater challenge. Donate to my fundraising page today (insert link / instructions) and change children's lives - whenever and wherever the need is greatest!





## Workout for Water - Social Media Post Seven

### Support me:

I'm taking on the UNICEF and Les Mills #WorkoutForWater challenge. 450 reps - Every day - For 7 days - to raise funds and change children's lives. Every donation will go towards making the biggest impact for children, wherever and whenever the need is greatest! Donate today (insert link / instructions).



## Workout for Water - Social Media Post Eight

I'm taking on the #WorkoutForWater challenge. 450 reps - every day - for 7 days. To help support UNICEF's life-changing work that starts before a child is born and continues throughout their entire childhood. Donate to my fundraising page, change children's lives, protect their futures. (insert link / instructions)