

# How to use the sample communications

We have provided a poster and banner for each event idea that you can use to promote your workplace physical activity event.

## Poster

Edit the poster using Adobe Acrobat Reader to add dates for your event and where to find more information (e.g. insert a link for information about your specific event)



Insert date of event  
(eg 1 to 5 September)

Insert how to find  
more information

## Banner

Use the banner in emails or a web page in the lead up and during the event. Hyperlink the whole image to a web page where challenge participants can find more information.

