**Sample Promotional Graphics**

Use the provided graphics to promote the **Maintain, Don’t Gain! Holiday Challenge** to your employees, coworkers, friends, and family on your social media platforms.

* Select an image from our graphic library for Facebook, Instagram, and Twitter. Use the blank space to add your organization’s logo.
* Or, get creative and create your own graphics and add the Holiday Challenge logo. If you do not have an image editing platform, try creating a free account through a platform like Canva.

**Facebook Graphics** *1200 x 630 (1:9:1 ratio)*

 



(*The bottom two options have space to add a logo*)

**Instagram Graphics** *1080 x 1080*

 



(*The bottom two options have space to add a logo*)

**Twitter Graphics** *1200 x 675 (16:9 ratio)*







(*The bottom two options have space to add a logo*)