

More #MatchFitWoman sample messages

Cardiovascular disease is the nb1 killer of women. BUT you can care for you heart. Join the #MatchFitWoman challenge bit.ly/2qW7mGs

New research: 3/4 of European women are not active enough. Join #MatchFitWoman challenge to help reverse the trend bit.ly/2s9gcCl

Image, time, guilt and work among reasons for not being more active. Let's get #MatchFitWoman <http://bit.ly/2sVo11L>

Be proud of looking hot and sweaty: it is the sign you are doing an intense workout!
#MatchFitWoman

The #MatchFitWoman challenge is starting! Let's set the goal of being active 30 min a day to @UEFAWomensEURO bit.ly/2qW7mGs

Are you not doing any physiscal activity, like 1 in 10 women? Just start small – we will be with you every step of the way! #MatchFitWoman

It's not only about your heart: People who are insufficiently active have 20 - 30% increased risk of all-cause mortality. Make sure you reach the 30 minutes mark today! #MatchFitWoman

People who are physically active have lower rates of coronary heart disease, high blood pressure, stroke, diabetes, cancer and depression - make sure to fit some activity in your schedule today

Who inspires you to be active? Tag your #MatchFitWoman and join the challenge bit.ly/2rn3XkR

Nearly half of women we surveyed find gyms intimidating. Where is your favourite place to exercise?
#MatchFitWoman #WEURO2017

Find exercising alone boring? So do close to half of the women from our survey. Grab a friend, join a team, exercise with your family - make physical activity fun and social! #MatchFitWoman

@Jackie_10_ getting match fit with her team @oranjevrouwen #MatchFitWoman #WEURO2017

Thank you to @TesselMiddag for showing that you care for your heart! #MatchFitWoman #WEURO2017 @oranjevrouwen

It's not only about your heart: People who are insufficiently active have 20 - 30% increased risk of all-cause mortality. Make sure you reach the 30 minutes mark today! #MatchFitWoman

How much exercise is enough exercise? WHO recommends 150 minutes of moderate intensity or 75 minutes of vigorous physical activity a week. 30 minutes a day, 5 days a week will help keep your heart healthy.

Learn the warning signs for a heart attack and stroke, and how to protect your heart
#MatchFitWoman <https://goo.gl/1jLKRy>

44% of the 18-24 y.o. women from our survey feel too embarrassed by how unfit they are to exercise. Start with small changes! #MatchFitWoman

53% of 18-34 y.o. in our survey felt they are too busy to be active. Try to incorporate physical activity whenever you can in your daily life

31% of women we surveyed said they are too embarrassed to exercise, 42% are too busy and 36% find it too expensive. But 74% would like to be more active! What is holding you back?

One in 5 women from our survey feel guilty making time for their own exercise. Taking care of your heart is not selfish, it's a way to ensure that you will stay fit and healthy, there for your loved one

36% of women we surveyed say that costs is keeping them from being more active. There are many ways to exercise without spending a dime, starting with walking - what is your favourite?

Nearly a third of the women we surveyed say that having a helpful partner when it comes to household chores would help them be more active. Should you let your partner do the dishes and go to the gym? <http://gph.is/1G4KfyC>

Football is Europe's fastest growing team sport for women - grab a friend, join in, have fun!
#MatchFitWoman #WEURO2017

It's soon the start of the UEFA Women's EURO 2017! Meet the teams [#MatchFitWoman](#)
<https://goo.gl/Ywb3kD>

#TBT "The important thing is to be active and keep moving," Patrizia Panico, representing Italy in the WEURO 2013 Heart Team #MatchFitWoman

#TBT You can stay fit whilst having fun - @rachelyankey11 representing England in WEURO 2013 Heart Team #MatchFitWoman

Your #MatchFitWoman Challenge of the Day: Every time you check your phone, do series of squats - and it's starting now! #MatchFitWoman

Access all the "challenge of the day" until last Thursday: goo.gl/6SnTju