

# The TikTok Workout Challenge: Orthoptist-Style!



We challenge colleagues all over the world to the "Orthoptic Workout Challenge" for our annual World Orthoptic Day celebration on Monday, June 6<sup>th</sup>, 2022.

## What is the Workout Challenge?

TikTok fitness challenges have gone viral! These short videos set to music have inspired viewers to complete a series of body weight exercises as demonstrated by fitness influencers. For example, in December 2021, everyone was doing the plank challenge to the Cupid Shuffle!



Sars-CoV-2 also went "viral" in 2020 and has kept us indoors and isolated. Now that the world is emerging from COVID-19 ...

## It is time for orthoptists to do the Orthoptic Workout Challenge!

The theme for World Orthoptic Day 2022 is "**Orthoptists in the Wild**". You can become an "Orthoptist Influencer" by creating a TikTok video or Instagram Reel, with or without the music of your choice. Celebrate and showcase the dynamic, challenging, and fun work of orthoptists "in the wild"!

## What to do?

Post your Orthoptic Workout Challenge video or reel on social media and tag the IOA social media channels via Twitter, Instagram, Facebook or LinkedIn, any time before Friday, June 10. Be sure to tag your colleagues, family, friends, and patients and ask them to share your reel on their social media channels.

Hashtag: **#orthopticdayworkout**

This is how we (finally!) celebrate together again for World Orthoptic Day on June 6<sup>th</sup>!

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