**Back to the Basics: Social Media Sample Copy**

**Directions:** Copy the image and verbiage below and paste into your social media post, as well as including your contact information (that appears in red below).

Graphical user interface, application

Description automatically generated

Caption:

New to fitness or returning after some time away? Wellbeats can help!

Wellbeats is your on-demand fitness and wellbeing benefit with 800+ workouts, nutrition and mindfulness classes available anytime, anywhere.

To help you get back into a healthy routine, join the NEW “Get Started” Challenge. It’s a 4-week plan with fun workouts, meditation exercises, and nutrition tips designed to make you feel good – no matter your experience or activity level.

Join the challenge today by downloading the Wellbeats app or visiting the website portal at [portal.wellbeats.com](https://portal.wellbeats.com/). Once logged in, select “Challenges” in the main menu, then “Get Started” challenge to join.

For any questions, please contact [enter your contact information here].

@Wellbeats #BackToTheBasics #WellbeingForAll

A picture containing drawing

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