**A Stronger You: Social Media Template**

**Directions:** Copy the image and verbiage below and paste into your social media post. Remove the text in red and add your contact information.

Text

Description automatically generated with low confidence

**Caption:**

Need help creating a health and wellness routine? ✅

In just 10 minutes a day (or less!), you can build a healthier, stronger you. Join the Wellbeats 14-day “A Stronger You” program for a schedule of short fitness, nutrition, and mindfulness classes to start fresh and stay motivated.

If you’re looking for a well-rounded, holistic wellness plan that does not require a lot of time or commitment, this program is perfect for you.

Joining the program is easy – simply select this link to enroll today: <https://portal.wellbeats.com/programs(m:program-detail/210)#overview>

(You may be prompted to log in to your account first.)

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

@Wellbeats #AStrongerYou #Wellbeats