**Heart Health: 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.

A person doing push ups on a mat

Description automatically generated

**Caption:**

**According to the American Heart Association, only about one in five adults get enough exercise to maintain good health.** If you need help fitting heart-pumping exercise into your day, you’re not alone—and Wellbeats *Wellness* can help ❤️

This complimentary wellness benefit houses on-demand fitness classes for all ages, abilities, and interests. In your Wellbeats *Wellness* account, you can explore a variety of workouts including running and walking, HIIT, cycling, kickboxing, and yoga, as well as mindfulness and nutrition classes to protect and strengthen your heart.

Download the Wellbeats *Wellness* app or go to portal.wellbeats.com to get started.

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

#HeartHealth #WellbeatsWellness