**Healthy Habits: 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.



**Caption:**

Research shows that around half of our daily actions are driven by repetition—but creating a new habit can often feel daunting or unachievable.

That is why with Wellbeats *Wellness*, your complimentary wellness offering at [your organization name here], you’re invited to start small. For as little as two weeks, you can join expert-led, step-by-step fitness, nutrition, or mindfulness programs to help you build healthy habits 🎉

No more scrolling through a list or wondering what to do next**. Simply log in, find your plan, and press play.** 🤳

Programs include:

* **💪 A Stronger You** (Fitness, Nutrition, and Mindfulness Program // 2 Weeks)
* **👟 Running Stronger 1** (Fitness Program // 2 Weeks)
* **🧘 Create Your Calm** (Mindfulness Program // 2 Weeks)
* **🍎 Food and Mood** (Nutrition Program // 2 Weeks)
* **😴 Rest and Restore** (Sleep Program // 2 Weeks)

You can even set reminders and invite others to join you for a class. 📆

Download the Wellbeats *Wellness* app or go to [portal.wellbeats.com](https://portal.wellbeats.com/) to get started.

Questions? Please contact [enter your contact information here].

#WellbeatsWellness #WellbeingCantWait