**Fit for Fall: Social Media Sample Copy**

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

A picture containing graphical user interface

Description automatically generated

Caption:

Ready to make a change in your wellness routine?

Stay motivated and on track this season with Wellbeats’ 4-week “Fit for Fall” program. Includes fun workouts, fall-inspired recipes, calming meditations, and wellness prompts for a healthy body and mind.

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

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

@Wellbeats #FitForFall #Wellbeats