**Back to the Basics: 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 holding an object

Description automatically generated with low confidence

**Caption:**

Are you new to exercising or has it been a while since you last worked out?

No problem! To help you get started or get back in a routine, we invite you to join the four-week “Find Your Fit” program coached by top Wellbeats *Wellness* instructor Katie Haggerty. This program includes a series of progressive, feel-good classes to safely ease into exercise.

Joining the program is easy – simply select this link to enroll today: <https://portal.wellbeats.com/programs(m:program-detail/440)#overview>

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

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

#FindYourFit