**Physical Wellbeing & Preventive 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.



**Caption:**

**What's your summer fitness goal?**

Whether it's starting a new routine, maintaining your current one, or pushing your limits, Wellbeats has the perfect program for you. As part of your benefits, you'll find everything from beginner routines to challenging classes, and even ways to celebrate Pride Month. Find your perfect summer workout and feel your best with Wellbeats!

[**Fitness Programs**](https://portal.wellbeats.com/programs)

Ready to join? Log into your Wellbeats account and enroll in a program today!

*#Wellbeats #physicalfitness #Wellness #Summer #preventivehealth*