



# HPW Tobacco Free Living Month Social Media Messages to Share

Below are eight ready-to-use social media messages developed for Facebook, Twitter, and Pinterest. Coordinate with your Public Affairs Office or local POC for social media to use these in your available communications channels.

## Recommended Use Instructions

- Select two messages from the list below to send out each week during Tobacco Free Living Month.
- Copy and paste the message to post on Facebook, Twitter, or Pinterest or send to your social media POC for posting. Use your organization's preferred link shortening site if necessary.

## Messaging

### Post 1:

 Have you picked your quit day? If not, there's no better time than the present to kick tobacco to the curb! These tips can help:

<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/20-tips-in-quitting-tobacco.pdf> #TobaccoFree

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### Post 2:

 They say quitters never win but we're guessing "They" probably weren't tobacco users. Consider all that you could win if you #QuitTobacco. [www.ucanquit2.org](http://www.ucanquit2.org)

 They say quitters never win but we're guessing "They" weren't tobacco users. What could you win if you #QuitTobacco? [www.ucanquit2.org](http://www.ucanquit2.org)



 They say quitters never win but we're guessing "They" probably weren't tobacco users. Consider all that you could win if you #QuitTobacco. [www.ucanquit2.org](http://www.ucanquit2.org)

**Post 3:**

 Are you thinking about quitting tobacco or supporting someone who wants to quit? Try out this easy to use Starter Kit to #QuitTobacco!

<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/tobacco-free-living/Starter%20Kit%20to%20Quit%20Tobacco.pdf>

 Are you thinking about quitting tobacco or supporting someone who wants to quit? Try out this easy to use Starter Kit to #QuitTobacco!

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**Post 4:**

 #MotivationMonday: Maybe it's your family, your career, or your health. Whatever your motivation is for quitting tobacco, we are here to help.

<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/tobacco-free-living/Tips.pdf>

 Maybe it's your family, your career, or your health. Whatever your motivation is for quitting tobacco, we are here to help.

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 Maybe it's your family, your career, or your health. Whatever your motivation is for quitting tobacco, we are here to help.

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**Post 5:**

 Did you know? Within 20 minutes of quitting smoking, your heart rate and blood pressure drop!

[http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/wounded-ill-and-injured/Tobacco-for-WII/WII\\_Tobacco\\_BenefitsofQuitting.pdf](http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/wounded-ill-and-injured/Tobacco-for-WII/WII_Tobacco_BenefitsofQuitting.pdf)



 #DYK: Within 20 minutes of quitting smoking, your heart rate and blood pressure drop!  
[http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/wounded-ill-and-injured/Tobacco-for-WII/WII\\_Tobacco\\_BenefitsofQuitting.pdf](http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/wounded-ill-and-injured/Tobacco-for-WII/WII_Tobacco_BenefitsofQuitting.pdf)

 Did you know? Within 20 minutes of quitting smoking, your heart rate and blood pressure drop!  
[http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/wounded-ill-and-injured/Tobacco-for-WII/WII\\_Tobacco\\_BenefitsofQuitting.pdf](http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/wounded-ill-and-injured/Tobacco-for-WII/WII_Tobacco_BenefitsofQuitting.pdf)

**Post 6:**

 There's no Cigs, Cans, or Butts about it. Quitting tobacco is the best choice to keep you healthy and ready to serve! #TobaccoFree <http://www.med.navy.mil/sites/nmcphc/health-promotion/tobacco-free-living/Pages/ready-to-quit-tobacco.aspx>

 There's no Cigs, Cans, or Butts about it. Quitting tobacco is the best choice! #TobaccoFree  
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**Post 7:**

 With a little help, you can be #SmokeFree! Check out this texting program to receive encouragement, advice and tips to help you quit.  
<https://www.ucanquit2.org/~link.aspx?id=270ED3FE98994A71AB1908F7015EA771&z=z>

 Check out this program to receive encouragement, advice and tips to help you be #SmokeFree!  
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<https://www.ucanquit2.org/~link.aspx?id=270ED3FE98994A71AB1908F7015EA771&z=z>

**Post 8:**

 Quitting tobacco is hard and it doesn't always work the first time around. Don't let that deter you from trying again! You can be #TobaccoFree!  
<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-november.aspx>



**NAVY AND MARINE CORPS PUBLIC HEALTH CENTER**  
PREVENTION AND PROTECTION START HERE



 Quitting tobacco is hard and it doesn't always work the first time around. Don't give up! You can be #TobaccoFree! <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-november.aspx>

 Quitting tobacco is hard and it doesn't always work the first time around. Don't let that deter you from trying again! You can be #TobaccoFree!  
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