



HPW Preventive Health Month

Social Media Messages to Share




Below are eight ready-to-use social media messages developed for Facebook, Twitter, and Pinterest in support of Preventive Health Month. 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 Preventive Health 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:


-  August is Preventive Health Month! Find tips on healthy living habits and preventive health info on our Toolbox. <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-august.aspx>
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Post 2:


-  Much of your daily life is set around habits and patterns. To make healthy behaviors become habits, set goals, make a plan, and get into a #HealthyHabits routine! Check out the 1-5-7 Wellness Challenge this month: <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/1-5-7-TwentyOneDayChallenge.pdf>





 Check out the 1-5-7 Wellness Challenge to make healthy behaviors a habit!
<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/1-5-7-TwentyOneDayChallenge.pdf>

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Post 3:


 Why floss? Flossing prevents the buildup of plaque. Did you know that plaque can lead to gingivitis and gum disease? #HealthyHabits
http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/HPW-000037_Flossing_Mini_Poster.pdf

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Post 4:


 Learn how to improve your sleep so that you are safe on and off the job. #HealthyHabits
<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/Tips for Better Sleep PsycEW.pdf>


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[http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/Tips for Better Sleep PsycEW.pdf](http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/Tips%20for%20Better%20Sleep%20PsycEW.pdf)


Post 5:


 What are your food triggers? Use the tracker to help pin down the factors that contribute to your eating habits and take control!
[http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/HPW-000049 Food-and-Mood-Log.pdf](http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/HPW-000049%20Food-and-Mood-Log.pdf)


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Post 6:




 Lack of sleep can result in an increased risk of accidents, lowered response time, mood instability, and weight gain. So, get off your feet and get enough sleep!
[http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/HPW-000036B Get Off Your Feet Poster.pdf](http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/HPW-000036B%20Get%20Off%20Your%20Feet%20Poster.pdf)

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Post 7:

-  Habits aren't easy to change, unless you know some tricks of the trade. Here are some practical, real-life strategies to help you get started. #HealthyHabits
<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/HealthyHabits.pdf>
-  Here are some practical, real-life strategies to help you get started on forming #HealthyHabits! <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/HealthyHabits.pdf>
-  Habits aren't easy to change, unless you know some tricks of the trade. Here are some practical, real-life strategies to help you get started. #HealthyHabits
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Post 8:

-  Get the facts on flossing and build a lifetime of #HealthyHabits.
<http://www.mouthhealthy.org/en/az-topics/f/Flossing%20Steps>
-  Get the facts on flossing and build a lifetime of #HealthyHabits.
<http://www.mouthhealthy.org/en/az-topics/f/Flossing%20Steps>
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