



# 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/tobacco-free-living/Tips.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.  
<https://tricare.mil/HealthWellness/Tobacco/UCanQuit2>





 They say quitters never win but we're guessing "They" weren't tobacco users. What could you win if you #QuitTobacco? <https://tricare.mil/HealthWellness/Tobacco/UCanQuit2>

 They say quitters never win but we're guessing "They" probably weren't tobacco users. Consider all that you could win if you #QuitTobacco. <https://tricare.mil/HealthWellness/Tobacco/UCanQuit2>


### 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>


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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/general-tools-and-programs/hp-toolbox/i-quit-tobacco\\_8.5x11.pdf](http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/i-quit-tobacco_8.5x11.pdf)


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**Post 5:**


 Did you know? Within 20 minutes of quitting smoking, your heart rate and blood pressure drop! [https://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/tobacco-free-living/Health\\_Benefits\\_of\\_Quitting\\_Smoking.pdf](https://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/tobacco-free-living/Health_Benefits_of_Quitting_Smoking.pdf)


 #DYK: Within 20 minutes of quitting smoking, your heart rate and blood pressure drop! [https://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/tobacco-free-living/Health\\_Benefits\\_of\\_Quitting\\_Smoking.pdf](https://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/tobacco-free-living/Health_Benefits_of_Quitting_Smoking.pdf)

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**Post 6:**


 Learn about the history of tobacco. Quitting tobacco is the best choice to keep you healthy and ready to serve! #TobaccoFree  
[https://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/tobacco-free-living/NMCPHC\\_HPW\\_TFL\\_Timeline\\_FS.pdf](https://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/tobacco-free-living/NMCPHC_HPW_TFL_Timeline_FS.pdf)

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**Post 7:**


 With a little help, you can be #SmokeFree! Check out texting programs to receive encouragement, advice, and tips to help you quit. <https://smokefree.gov/smokefree-text-messaging-programs> and <https://tricare.mil/HealthWellness/Tobacco/UCanQuit2/How-to-Quit/SmokeFreeMIL>


 Check out this program to receive encouragement, advice, and tips to help you be #SmokeFree! <https://tricare.mil/HealthWellness/Tobacco/UCanQuit2/How-to-Quit/SmokeFreeMIL>




 With a little help, you can be #SmokeFree! Check out texting programs to receive encouragement, advice, and tips to help you quit. With a little help, you can be #SmokeFree!  
<https://smokefree.gov/smokefree-text-messaging-programs> and  
<https://tricare.mil/HealthWellness/Tobacco/UCanQuit2/How-to-Quit/SmokeFreeMIL>

**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>

 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>

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