



HPW Physical Fitness Social Media Messages




Below are eight ready-to-use social media messages developed for Facebook, Twitter, and Pinterest in support of Physical Fitness 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 Physical Fitness Month.
- Copy and paste the message to post on Facebook, Twitter, or Pinterest or send to your social media POC for posting.

Messaging

Post 1:




-  Being physically active and becoming fit doesn't have to mean spending hours at the gym. Small changes to your day-to-day activities can contribute to your overall fitness even with a busy schedule. <http://go.usa.gov/cu86x>
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Post 2:




-  Do you know the benefits to High Intensity Interval Training? Learn more: <http://go.usa.gov/cu865> #FitFacts
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Post 3:

-  While physical activity is important, it is also important to know your fitness level. Exercise good judgment with these fun tips! <http://go.usa.gov/cu86H> #FitFacts
-  Exercise good judgment when exercising! <http://go.usa.gov/cu86H> #FitFacts
-  While physical activity is important, it is also important to know your fitness level. Exercise good judgment with these fun tips! <http://go.usa.gov/cu86H> #FitFacts




Post 4:

-  Are your kids getting enough physical activity? Children and adolescents ages 6 to 17 should get at least 60 minutes of physical activity every day. Learn more: <http://go.usa.gov/3B6aB> #FitFacts
-  Are your kids getting enough physical activity each day? Learn the right amount from @NMCPHC! <http://go.usa.gov/3B6aB>
-  Are your kids getting enough physical activity? Children and adolescents ages 6 to 17 should get at least 60 minutes of physical activity every day. Learn more: <http://go.usa.gov/3B6aB> #FitFacts

Post 5:




-  If you have been weight training and aren't seeing results, we may have just what you need to steer clear of that plateau in your strength training program. <http://go.usa.gov/cu86V> #FitFacts
-  If you have been weight training and aren't seeing results, you have hit a plateau. <http://go.usa.gov/cu86V> #FitFacts
-  If you have been weight training and aren't seeing results, we may have just what you need to steer clear of that plateau in your strength training program. <http://go.usa.gov/cu86V> #FitFacts

Post 6:




-  How much water should you drink each day? Not sure? Find out so you can Hydrate to be Healthy! <http://go.usa.gov/3B6r4>
-  How much water should you drink each day? Hydrate to be Healthy! <http://go.usa.gov/3B6r4>
-  How much water should you drink each day? Not sure? Find out so you can Hydrate to be Healthy! <http://go.usa.gov/3B6r4>



Post 7:

-  Exercise helps you reach your personal best. You look good, feel good, improve your health, and perform at your peak on and off the job. So let's get moving!
<http://go.usa.gov/cu86h>
-  Exercise helps you reach your personal best. So let's get moving!
<http://go.usa.gov/cu86h>
-  Exercise helps you reach your personal best. You look good, feel good, improve your health, and perform at your peak on and off the job. So let's get moving!
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Post 8:

-  Exercise is important at any age! Older adults ages 65 and older should get at least 2 hours and 30 minutes of moderate-intensity physical activity OR 1 hour and 15 minutes of vigorous-intensity aerobic physical activity each week. <http://go.usa.gov/3B6DB>
#FitFacts
-  If you're >65, you should get at least 2.5 hours of moderate-intensity aerobic physical activity each week. #FitFacts <http://go.usa.gov/3B6DB>
-  Exercise is important at any age! Older adults ages 65 and older should get at least 2 hours and 30 minutes of moderate-intensity physical activity OR 1 hour and 15 minutes of vigorous-intensity aerobic physical activity each week. <http://go.usa.gov/3B6DB>
#FitFacts