Healthy Messaging
Quick Messages

Here are some sample messages that you can distribute. Consider these quick messages for screen savers, the intranet, or social media.

- Do a little bit more physical activity, a little more often!
- Get more daily activity! Walk around the building before you go to your car.
- Get more daily activity! Invite a co-worker for a walk during lunch.
- Walking is a great way to start being active more often!
- Walking helps lower your blood pressure.
- Walking gives you more energy.
- Walking helps relieve stress.
- Walking helps you sleep better.
- Celebrate family occasions with a walk or hike. Get outside and play.
- Bike to your children’s sporting events.
- Walk the dog.
- Family meal time is important; take 10-15 minutes to sit down together.
- How do you involve your family in meal planning.
- Don’t waste time waiting for the elevator, use the stairs!

Social Media Tips

Social media is great for stirring up conversation around a topic or message. It can be used to inspire or assist people in making changes. Follow the number one rule: share information or ask questions in a way that makes healthy choices fun, easy, and popular!

Examples of Facebook posts from the Let’s Go! page:

- Are you a bottle water or tap water person?
- What ‘in season’ produce are you looking forward to eating?
- What are your tips for making quick, healthy, homemade meals?
- Like this post if cool, clear, crisp, refreshing water is your favorite way to stay hydrated.
- How do you stay active in the winter?