



General TIPS for Creating Facebook Posts

- Use post as “teaser” to entice followers to click through links. Give a brief point about the link that makes someone want to find out more.
- Images tend to get better engagement than text-only, links or videos.
- Keep posts short and to the point.
- Ask questions (at the end of the post, which is more like a natural conversation) to encourage followers to engage with your post.

TIPS for Physical Activity Posts

- Video demonstrations of exercises are useful
- Motivational posts are important for promoting increased physical activity
- Post tips for overcoming barriers to being more physically active

**Physical Activity Social Media Posts**

Vetted by the EFNEP Southern Region Social Media Committee

**This document contains 52 different posts divided into categories. Some posts may appear in more than one category. The intention is that these 52 posts will provide you with one post per week for a year if posting Monday - Friday.**

**AEROBIC**

1. For added exercise, park your car at the far end of the parking lot at work or when shopping. If you live in the city, briskly walk to the bus stop then get off one stop early.
2. If you sit at work or home, take a break and do an intense walk around the office or around the block. Plan a minimum of 10 minutes to get some aerobic benefit.



## **STRENGTH TRAINING**

1. When watching TV, do sit-ups or lift light weights (use soup cans!) during the commercial breaks—you'll be amazed at how many repetitions you can fit in during the commercials of a half hour show!
2. Strength training for kids? Really? Some parents think that strength training is an adult activity and have never considered it for their kids. But they'd be surprised to learn, if done correctly, just how beneficial it can be. Learn more here:  
[http://kidshealth.org/parent/nutrition\\_center/staying\\_fit/strength\\_training.html](http://kidshealth.org/parent/nutrition_center/staying_fit/strength_training.html)

## **STRETCHING**

1. Stretching keeps your muscles strong and joints healthy. Instead of sitting on the couch while watching TV, get down on the floor and do some simple stretches during your favorite show. Here are some ideas:  
<http://www.mayoclinic.org/healthy-lifestyle/fitness/multimedia/stretching/sls-20076840>
2. Working in an office every day can take a serious toll on your muscle and skeletal health. To avoid getting sore and worn out, experts recommend taking a stretch break every 20 to 30 minutes. The Mayo Clinic has developed a step by step guide to stretches you can do at your desk or in your office. You can also find out how to keep your back, shoulder, neck and hands healthy with simple stretches.  
<http://www.mayoclinic.com/health/stretching/WL00030>

## **MOTIVATION**

1. Fitting physical activity into your days is as easy as... 1 step at a time. Adding more steps daily can benefit your overall health. Try it by parking further away at school or work or taking the elevator instead of stairs.  
<http://extension.org/19809>



2. 10,000 Steps a Day. Don't worry about getting exactly 10,000 steps a day but work each day to add more steps to your daily activities.  
<http://extension.org/54323>
3. Boost your workout or exercise routine by adding festive music. Don't worry about purchasing costly DVDs just add some Latin or Hispanic music to your workout or enroll in Zumba, Salsa and other dance classes at your local gym.  
<http://extension.org/32353>
4. A body in motion stays in motion. Keeping you and your child active now will have lasting health benefits later. Exercise helps reduce risks of diabetes, high blood pressure, depression, weight gain and load of other health related issue. So Get Moving!!! <http://extension.org/19814>
5. Taking a walk each day is good for your body, but doing it with a friend or family member can be a great time to bond and build a deeper relationship as you have uninterrupted time to talk.
6. Catching up with a family member or friend? Talk with them on your cell phone while walking or better yet, invite them to come walk with you.
7. Did you know that regular exercise increases happiness, decreases stress, lifts the mood, boosts confidence and increases a person's self-esteem? Try for a minimum of 30 minutes a day.
8. Had a long, hard day at work? Believe it or not, a quick 10-minute walk can make you feel refreshed and energized. Try it today.
9. Cold? Raining? Need a fun way to get your kid moving indoors? Watch this short YouTube video for ideas to get your kids moving and having fun indoors. <http://buff.ly/PWPC5T>
10. Want to try a new exercise but don't know how to do it right? You can find videos showing how, or even entire workouts online. Now you can try yoga or Zumba from the comfort of your own living room.
11. Just as a food diary will help keep your diet on track, an exercise diary can help keep you motivated to move more. Share your diary with a partner weekly to make you more accountable for what you do. What online exercise diaries do you like?



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12. Need motivation to move more? Try to find an activity you enjoy, like dancing or yoga. Once you do, moving more will be a treat and not a chore. What's your favorite activity?
13. Need help making physical activity a habit? Try exercising at a set time. Your body will start to expect it, making it harder to skip.
14. Getting enough physical activity can help improve concentration and boost confidence, allowing for greater success at work and in the classroom. Adults need a minimum of 30 minutes a day and kids need at least 60 minutes of physical activity. What did you do today?
15. Healthy eating and physical activity go hand in hand. Families who move together experience better self-esteem and a better ability to manage weight. Be active with your family today!
16. Finding someone to “be active” with is a great way to stay motivated. Be active with friends, coworkers, your kids, spouse, or neighbors! Together you can find time to chat and increase your activity.
17. Take the dog out for a long walk—this can be great exercise for both of you! Don't have a dog? Offer to walk a neighbor's!
18. An exercise routine works best when you are consistent. Find time everyday (or every other day) to do something active. One way is to do a variety of activities you enjoy. To read more, check here:  
<http://www.webmd.com/women/features/exercise-habits>
19. To challenge your body, try different take on your usual routine. If you like to run or walk, increase your speed every 2 minutes to increase your heart rate even more. For example, walk 2 minutes, run 2 minute, and repeat for 20-30 minutes. This is called interval training. To learn more, read here:  
<http://www.webmd.com/fitness-exercise/interval-training-how-to-do-it>
20. If you feel the music, DANCE. Turn on your favorite music and dance with your kids. What's your favorite music to dance to? Need an idea? Check here:  
<https://www.youtube.com/watch?v=2UcZWXvgMZE>
21. Move more every day by choosing activities you enjoy and can do regularly. Be sure to do at least 10 minutes of activity each time and throughout the day. For example, take a short walk for 10 minutes in the morning, during lunch break, and before dinner. Every 10 minutes adds up! What tips do you



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suggest? Read to learn ways to move more daily:  
<http://www.choosemyplate.gov/physical-activity-tips>

22. Looking for ways to be active together this summer. Read more here:  
<http://www.letsmove.gov/lets-move-outside> . And use the checklist to keep you on track: <http://www.letsmove.gov/reduce-screen-time-and-get-active>
23. Adding activity into your day is possible. Choose activities that you enjoy. Adults should aim for at least 2½ hours or 150 minutes of physical activity each week. Every little bit adds up, and doing something is better than doing nothing. Most important — have fun while being active!- Check out these 10 tips to help make physical activity a part of every day.  
<http://www.choosemyplate.gov/physical-activity-home-work-and-play#sthash.8ib5KWG4.dpuf>
24. Check in with the SuperTracker Physical Activity Tracker . It's never too late to get started with a fitness plan.  
<https://www.supertracker.usda.gov/physicalactivitytracker.aspx>
25. One of the most common excuses for not exercising is “I don't have time” Here's how you can make time.  
[http://www.huffingtonpost.com/gaye-groover-christmus/make-time-for-exercise\\_b\\_8320414.html](http://www.huffingtonpost.com/gaye-groover-christmus/make-time-for-exercise_b_8320414.html)

### **SEASONAL/INCLEMENT WEATHER/TIME SENSITIVE**

1. **Spring:** Gardening is a fun activity with great health benefits. You can grow food for your family and stretch your muscles and joints when doing garden work. Give it a try this spring.
2. **Cold/Rainy:** Cold? Raining? Need a fun way to get your kid moving indoors? Watch this short YouTube video for ideas to get your kids moving and having fun indoors. <http://buff.ly/PWPC5T>
3. **Winter:** Brrrr, it's cold out there! How do you manage to be physically active even when it's cold out? Try adding some active indoor activities to get moving. For ideas, check here:  
<https://www.urmc.rochester.edu/medialibraries/urmcmedia/community-health/community-partnerships/heart/documents/indoorphysicalactivityideasfor.pdf>



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4. **Ahead of the weekend:** Physical activity can actually boost your energy especially after a long week. It's supposed to be a beautiful weekend! Instead of staying in, plan some active games with your kids! Play tag, hide-and-seek, or Simon Says (think jumping jacks, stretches, or other easy physical activities).
5. **Holiday weekend:** Sometimes during a long holiday weekend, we can overindulge. Don't panic! Get back on track with eating healthy and regular physical activity. Here are some things to keep in mind:  
<http://www.webmd.com/diet/obesity/what-to-do-after-overeating>
6. **Rainy day:** Don't let the rain stop you and your family from having fun. Throw a dance party or a Hula Hoop competition. How about an indoor obstacle course? We'd love to hear how you keep active on a rainy day. Click for more rainy day activities for you and your family. <http://www.webmd.com/.../rai.../move/slideshow-inside-activities>
7. **Summer weekend:** Soak up these summer weekends before they're gone! Is going to a park not an option this weekend? Activities such as throwing a Frisbee, playing hula hoop, and freeze tag can be played right in your yard. Try a game of "jump rope relay" to stir up a little friendly competition with your family! Check out this website for instructions on how to play:  
<http://pbskids.org/zoom/activities/games/jumproperelay.html>
8. **Summer:** Looking for ways to be active together this summer. Read more here: <http://www.letsmove.gov/lets-move-outside> . And use the checklist to keep you on track: <http://www.letsmove.gov/reduce-screen-time-and-get-active>
9. During the summer we tend to spend more times outdoors. Whether you are exercising, playing with the kids, mowing the grass or working in the garden, here are some tips to help you stay safe and healthy:  
<http://www.extension.org/pages/27726/physical-activity-in-the-warm-summer-months#.Vh646hNVhBe>

## KIDS AND FAMILY

1. A body in motion stays in motion. Keeping you and your child active now will have lasting health benefits later. Exercise helps reduce risks of diabetes, high blood pressure, depression, weight gain and load of other health related issue. So Get Moving!!! <http://extension.org/19814>



2. Take the kids on a long walk through the woods this weekend. Invite them to explore nature and join in the fun.
3. Put the remote away and organize some active indoor games with your kids . 5 ideas to get you started: 1. Have a Glow in the Dark Dance Party with glow sticks 2. Go Island Hopping with pillows and couch cushions 3. Have a pillow sack race 4. Have a Pom Pom Ball Battle 5. Set up a themed obstacle course. For more ideas  
<http://theoutlawmom.com/2012/03/25/play-30-active-indoor-activities-for-kids/>
4. Are your kids tired after school? Daily exercise is important for their health and learning success. Let your kids do some physical activity and have a healthy snack to be more alert and focused during homework time.
5. Get the whole family involved! Take turns selecting an activity for the family to do as a group each week. What's an activity your family likes to do?
6. Cold? Raining? Need a fun way to get your kid moving indoors? Watch this short YouTube video for ideas to get your kids moving and having fun indoors. <http://buff.ly/PWPC5T>
7. Healthy eating and physical activity go hand in hand. Families who move together experience better self-esteem and a better ability to manage weight. Be active with your family today!
8. Being physically active can be difficult in our busy schedules. One way to increase physical activity is to get the whole family involved. Try an afternoon bike ride with your kids or go for a family walk. What are some ways you are physically active with your family?
9. Jump Start Your Day: Jumping rope can be a fun and low-cost way to incorporate physical activity into your family's day! Here are some tips to jump rope:  
[http://www.babycenter.com/2\\_how-to-teach-your-child-to-jump-rope\\_10354842.bc](http://www.babycenter.com/2_how-to-teach-your-child-to-jump-rope_10354842.bc)
10. Make cleaning a family affair! Having your children do household chores is a very good way to get movement into their day. Mopping, sweeping, taking out trash, dusting or vacuuming adds up.





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11. Taking your kids outdoors to walk, run or hike is a great way to bond and throw in some physical activity (that they might not even notice!) Find out where the closest forest or nature park is to you and get outside to get active!  
<http://www.discovertheforest.org/where-to-go>
12. Having a hard time finding cost effective activities for the family this weekend? This blog offers tons of money friendly and family friendly ideas so you can get creative with your weekend! <http://www.wisebread.com/47-cheap-fun-things-to-do-this-weekend>
13. Strength training for kids? Really? Some parents think that strength training is an adult activity and have never considered it for their kids. But they'd be surprised to learn, if done correctly, just how beneficial it can be. Learn more here:  
[http://kidshealth.org/parent/nutrition\\_center/staying\\_fit/strength\\_training.html](http://kidshealth.org/parent/nutrition_center/staying_fit/strength_training.html)
14. Screen-free activities get us away from our televisions, phones and computers, and can help us get outside and Move More! Gardening can be a relaxing screen-free activity that may even result in beautiful plants or delicious fruits and vegetables-you can even get your family involved. Share your favorite screen-free activity with us!
15. Soak up these summer weekends before they're gone! Is going to a park not an option this weekend? Activities such as throwing a Frisbee, playing hula hoop, and freeze tag can be played right in your yard. Try a game of "jump rope relay" to stir up a little friendly competition with your family! Check out this website for instructions on how to play:  
<http://pbskids.org/zoom/activities/games/jumproperelay.html>
16. Getting your kids involved in a sport can be a fun way for them to Move More! Through sports, youth can learn teamwork, self-discipline, patience and persistence, and other important life skills. With the new school year right around the corner, now is a good time to prepare for the fall sports season. Check here for tips to help your children get ready for sports season: <http://www.safekids.org/tip/sports-safety-tips>
17. Looking for ways to be active together this summer. Read more here:  
<http://www.letsmove.gov/lets-move-outside> . And use the checklist to keep you on track: <http://www.letsmove.gov/reduce-screen-time-and-get-active>





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18. Each year, more than 200,000 kids are treated in hospital ERs for playground-related injuries. For tips for you and your family as you play outside, check here:  
[http://kidshealth.org/parent/firstaid\\_safe/safe\\_play/playground.html-cat20889](http://kidshealth.org/parent/firstaid_safe/safe_play/playground.html-cat20889) and here  
<http://www.extension.org/pages/32415/playground-safety#.Vh6zvBNVhBc>  
. Stay safe this summer.
  
19. During the summer we tend to spend more times outdoors. Whether you are exercising, playing with the kids, mowing the grass or working in the garden, here are some tips to help you stay safe and healthy:  
<http://www.extension.org/pages/27726/physical-activity-in-the-warm-summer-months#.Vh646hNVhBe>
  
20. When one person in the family is experiencing stress, the entire family is stressed. Do yourself a favor and become more knowledgeable about how to handle stress in your family. Start by linking on to these sites. They are easy to understand and contain information a parent typically needs to identify and deal with stress-related symptoms found in children and other family members:  
[http://kidshealth.org/parent/emotions/feelings/stress.html?tracking=P\\_RelatedArticle#cat20889](http://kidshealth.org/parent/emotions/feelings/stress.html?tracking=P_RelatedArticle#cat20889) and  
[http://kidshealth.org/parent/emotions/feelings/stress\\_coping.html#cat20889](http://kidshealth.org/parent/emotions/feelings/stress_coping.html#cat20889)

## SAFETY

1. Biking is a great way to be physically active. Before you bike, pay attention to these 5 tips: 1.Wear a helmet. 2.Follow the rules of the road. 3.Be visible to cars and others by wearing bright clothing. 4.Make sure your bike fits properly and all parts are working correctly. 5.Avoid loose or baggy clothing that can get caught in pedals or chains.
  
2. Each year, more than 200,000 kids are treated in hospital ERs for playground-related injuries. For tips for you and your family as you play outside, check here:  
[http://kidshealth.org/parent/firstaid\\_safe/safe\\_play/playground.html-cat20889](http://kidshealth.org/parent/firstaid_safe/safe_play/playground.html-cat20889) and here  
<http://www.extension.org/pages/32415/playground-safety#.Vh6zvBNVhBc>  
. Stay safe this summer.



Expanded Food and Nutrition Education Program

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3. During the summer we tend to spend more times outdoors. Whether you are exercising, playing with the kids, mowing the grass or working in the garden, here are some tips to help you stay safe and healthy:

<http://www.extension.org/pages/27726/physical-activity-in-the-warm-summer-months#.Vh646hNVhBe>