



# 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! Gulf Coast* 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 summer?

