

SAMPLE SOCIAL MEDIA POSTS



GENERAL

- Today I pledge to choose water first. #WaterFirst
- Need a boost at work? Choose #WaterFirst to help ease stress and keep you focused.
- Hosting a party or event? Be good to your guests, make sure to offer #WaterFirst!
- Outdoor activities part of your weekend plans? Make sure to bring a reusable bottle with you to stay hydrated! #WaterFirst
- How much water did you drink today? Choose #WaterFirst to stay hydrated and energized.
- Americans consume almost 38 lbs. of sugar a year from beverages! #WaterFirst
- Have you tried adding fresh fruit to your water? A slice of lemon and a few raspberries will give your water flavor without overloading on sugar or calories. #WaterFirst
- Did you know a 12 oz. sugary drink can have 10+ tsp. of sugar? #WaterFirst
- I eliminated 100+ calories today by choosing water first. How about you? #WaterFirst
- Want your kids to drink more water? Try using a colorful cup or curly straw to make choosing #WaterFirst fun!
- Watching your weight? Choosing #WaterFirst is one simple way to cut extra calories out of your diet.
- Be a role model for your friends and family by choosing #WaterFirst.