

SAMPLE SOCIAL MEDIA POSTS



WORKSITE

- @[worksite] is pledging to always provide #WaterFirst during its meetings!
- Need a boost? Choose #WaterFirst to help ease stress and keep you focused at work.
- Finished with your lunch early? Take a walk! Be sure to bring water along with you. #WaterFirst
- Keep a water bottle at your desk to remind you to drink #WaterFirst throughout the day.
- Did you know? Your afternoon 16 oz. latte contains about 190 calories. Choose #WaterFirst
- Thank you @[Vendor/Staff] for helping us offer healthy beverages to our employees! #WaterFirst
- Is water freely available to your employees? @[Worksite] is choosing #WaterFirst so that the healthy choice is the easy choice.
- Drinking water at meetings doesn't have to be boring. Try adding cucumber and mint to your water pitcher! #WaterFirst
- [Name of Worksite Employee] eliminated 100+ calories today by choosing #WaterFirst. How about you? #WaterFirst
- Need a break? Take a trip to the water cooler and refill your water bottle. #WaterFirst
- Does your vending machine need a makeover? Water and other low-calorie beverages can be placed at eye level and should account for at least 50 percent of the items sold. #WaterFirst
- Start a friendly challenge with your co-workers to see who can go the longest number of days of choosing #WaterFirst.