



4-H Healthy Habits (Walmart) Social Media Toolkit

- Below are some sample posts to promote the 4-H Healthy Habits Program. Share these directly on your social media channels or use them as a guide to create your own.
- Be sure to use the official hashtags in all social media posts:
 - **#4HHealthyHabits** (*primary*)
 - **#opportunity4all** (*secondary*)
- Tag 4-H and Walmart in your posts using the following:
 - Twitter: @4H, @WalmartGiving
 - Facebook: @4-H, @Walmart
 - Instagram: @national4H, @Walmart
- Share photos of youth engaged in program activities and events or share the sample images provided with this toolkit. Close-up images are the best.

Sample Posts:

For Youth (*use above guidelines to adapt handles for appropriate channel*):

Thanks to @4H and @WalmartGiving for teaching #TrueLeaders like me how to live a healthy life through the #4HHealthyHabits program! #opportunity4all

Living a healthy lifestyle can be fun! The #4HHealthyHabits program has taught me about the importance of #nutrition, physical fitness, and community safety! @4H @WalmartGiving! #opportunity4all

Did you know that social media can be used to help you stay healthy? Creating a Pinterest board, starting a blog, or tracking your #fitness progress can help you achieve your goals! #4HHealthyHabits #opportunity4all @4H @WalmartGiving

I am learning how to be an ambassador for #HealthyLiving in my community through the #4HHealthyHabits program, sponsored by @WalmartGiving! #opportunity4all

Eating healthy can be yummy if you put in the effort! #4HHealthyHabits teaches me how to make choices that promote a healthy lifestyle. #opportunity4all @4H @WalmartGiving

#TrueLeaders are changing the world one healthy action at a time through the #4HHealthyHabits program thanks to @4H and @WalmartGiving

Living a healthy lifestyle is super easy with the skills I've learned through the #4HHealthyHabits program thanks to @4H and @WalmartGiving

Thanks to @4H and @WalmartGiving, I have learned how to make healthier choices and how to be an ambassador for healthy living in my community through the #4HHealthyHabits program.
#opportunity4all

General Facebook:

Thank you @4-H and @Walmart for helping #opportunity4all by giving #TrueLeaders the resources to pledge their health to better living through #4HHealthyHabits!

Today #TrueLeaders are creating healthy change in their communities, thanks to @Walmart and @4-H!
#4HHealthyHabits #opportunity4all

[STATE] #TrueLeaders are learning what it means to live healthier lives through the @4-H & @Walmart #4HHealthyHabits program! #opportunity4all

Nutrition, physical fitness, and community safety are top priorities for these #TrueLeaders. And it's all made possible through the #4HHealthyHabits program supported by @Walmart! #opportunity4all

The #4HHealthyHabits program teaches #TrueLeaders how to make healthier choices.

General Twitter:

The #4HHealthyHabits program encourages #youth and their families to take action to improve dietary choices and increase physical fitness. @WalmartGiving @4H #opportunity4all

#TrueLeaders are learning how to live a healthy life through the #4HHealthyHabits program!
@WalmartGiving #opportunity4all

Thanks @4H and @WalmartGiving for giving #TrueLeaders the resources to pledge their health to better living through the #4HHealthyHabits program! #opportunity4all

#TrueLeaders in [STATE] are learning what it means to live healthier lives thanks to @4H and @WalmartGiving #4HHealthyHabits program! #opportunity4all

Nutrition & physical fitness are top priorities for these #TrueLeaders through the @4H & @WalmartGiving #4HHealthyHabits program! #opportunity4all