

Challenge Group Sample Social Media Posts

Want to generate buzz and increase participation within your upcoming Challenge Groups? Try these posts (using your own spin) to spread the word through social media and secure your next Challengers!

Social Media Posts

- We all have them ... insecurities about our bodies: I'm too fat. My butt is too big. Why can't I have abs like her's?

Throw that self-doubt out the door and stop comparing yourself to others. LOVE YOURSELF for who you are because that's what makes you unique!

Loving yourself means treating yourself right, so if there's something you want to improve about your health and fitness, do it – but do it for YOU – not for anyone else.

I'm starting a [**insert length of group**]-day challenge dedicated to helping a people like you achieve their health and fitness goals. Let me know if you're interested.

- When are you more likely to skip a workout?

A. You have no one to work out with and no one will know (or care) if you don't do it.

B. You have no one to work out with, but 5 others, who will be completing the same workout, are expecting you to do it.

I would assume most of you would say B because accountability works! You wouldn't want to be the only one missing the workout.

If you've struggled in the past to meet your health and fitness goals, consider this: I have a challenge starting with a small group of people who will all be working out, eating right, and, if you join, expecting you to do the same. Message me if you're interested.

- Only 2 spots left in my upcoming Challenge Group. If you want to lose weight, get fit or simply eat better, this may be the perfect opportunity for you. Message me for details.
- Want to lose weight, get in better shape or just become healthier overall? Whatever your goals may be, I'm hosting a challenge that can help you achieve them! Who's in?
- Fitness + Nutrition + Support = a Healthier YOU! You'll get all three in my next Challenge Group so you can get the results you've always desired. Interested?
- Struggle in the past to achieve your health and fitness goals? I'm starting a [**insert length of group**]-day challenge that combines fitness, nutrition and support that can help you get into the best shape of your life! Message me for details.
- How many times have you given up on a fitness regiment, diet or general lifestyle? If it's too many times to remember, you're not alone. Just speaking of New Year's resolutions (when most health and fitness goals are set), less than 10% of those who set them actually achieve them.

I find the main reason why most people don't follow through with their health and fitness goals is a lack of accountability – when no one is holding them responsible to what they promised to do.

I have a challenge starting that incorporates this missing ingredient with fitness and nutrition, so you can have the best chance of success at reaching your goals. Message me if you're interested!

- COMMIT TO SOMETHING GREAT TODAY! And if it happens to be improving your health or fitness, I have a solution that nearly guarantees you won't give up on your promise. Interested?
- As a busy mom, I understand how hard it can be to routinely work out and eat right with such a jam-packed schedule. However, if you want to teach your children how to lead healthy lives, taking care of YOURSELF is essential.

I'm starting a challenge with a group of moms with hectic schedules who are all looking to get back in shape. The group is going to incorporate fitness and nutrition, plus peer support with everyone on the same journey together. Best part is, no one needs to leave their home to complete the program.

If you're a mom wanting to make a lifestyle change, I strongly encourage you to join us! Message me if you're interested.

- Looking back to where I started my journey [*insert length of time*] ago, I'm astonished at how far I've come. [*Tell YOUR story*].

This is my story, but it's nowhere near over! My lifestyle change is a lifelong journey and I'm looking for others to join me. If you want to start your health and fitness journey with me, message me.