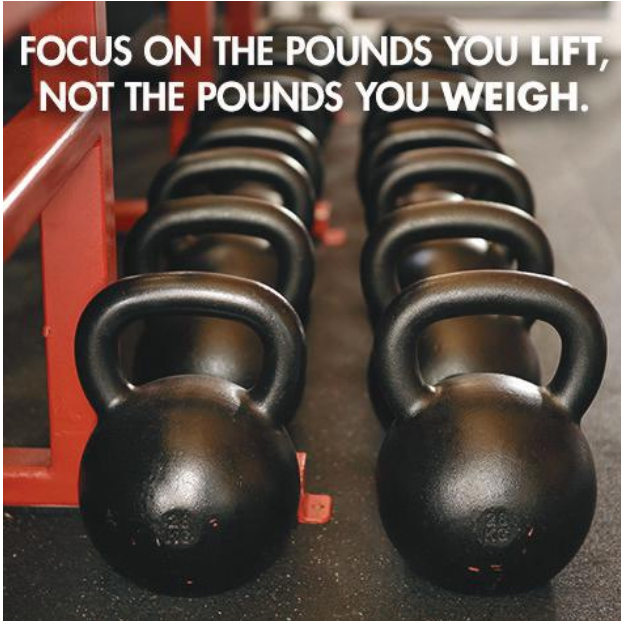


SOCIAL MEDIA STARTER KIT

IMAGES & SUGGESTED POSTS

kettlebells_words.jpg



Suggested Accompanied Text

- Grab a kettlebell & get to work!
- Lift, then recover at the juice bar!
- General motivational quote about lifting weight, fitness, etc.
- Talk about your own classes, your facility, etc.
 - *Example: "Our Kettlebells and Cardio class starts at 6:00pm on Tuesday – see you there!"*

**This image also available without text overlaid.*

manpushingsled_words.jpg



Suggested Accompanied Text

- Push yourself to the juice bar – best exercise there is!
- General motivational quote about lifting weight, fitness, etc.
- Talk about your own classes, your facility, etc.
 - *Example: "Functional Training helps increase flexibility and coordination while toning muscle – will we see you at our functional training classes?"*

**This image also available without text overlaid.*

manwithinnertubeatwaterfall_words.jpg



Suggested Accompanied Text

- Take the plunge, smoothies are refreshing!
- General motivational quote about wellness, challenging yourself, etc.

**This image also available without text overlaid.*

outdoorrunning_words.jpg



Suggested Accompanied Text

- Today's good mood is brought to you by running!
- General motivational quote about running, motivation, etc.
- Talk about your own facility, etc.
 - *Example: “We know you'd rather be running outside, but don't let a rainy day stop you from reaching your goals! Hit the treadmill today and keep moving!”*

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womanwithstrongback_words.jpg

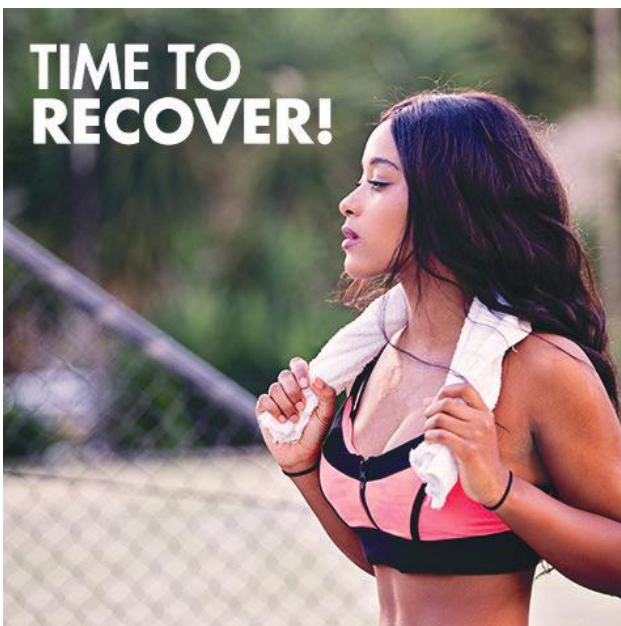


Suggested Accompanied Text

- Recover now!
- General motivational quote about strength, fitness, women who lift, etc.
- Talk about your own facility, etc.

**This image also available without text overlaid.*

womanwithtoweloutside_words.jpg



Suggested Accompanied Text

- Get to the juice bar & keep your metabolism going!
- General motivational quote about running, motivation, etc.
- Talk about your own facility, etc.

**This image also available without text overlaid.*

yogastretch_words.jpg

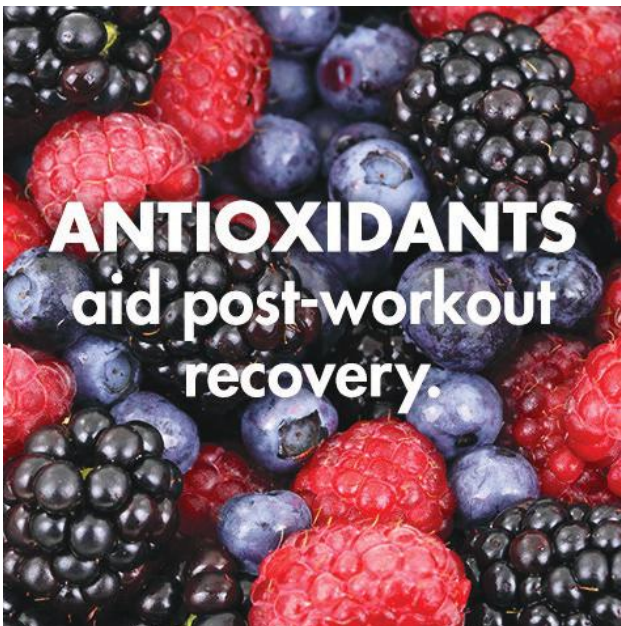


Suggested Accompanied Text

- General motivational quote about wellness, mind/body, yoga, health benefits of stretching, etc.
- Talk about your own facility, mind/body or yoga classes, etc.
 - *Example: "Don't get bent out of shape – Join us for Yoga tonight at 7:30!"*

**This image also available without text overlaid.*

assortedberries_words.jpg

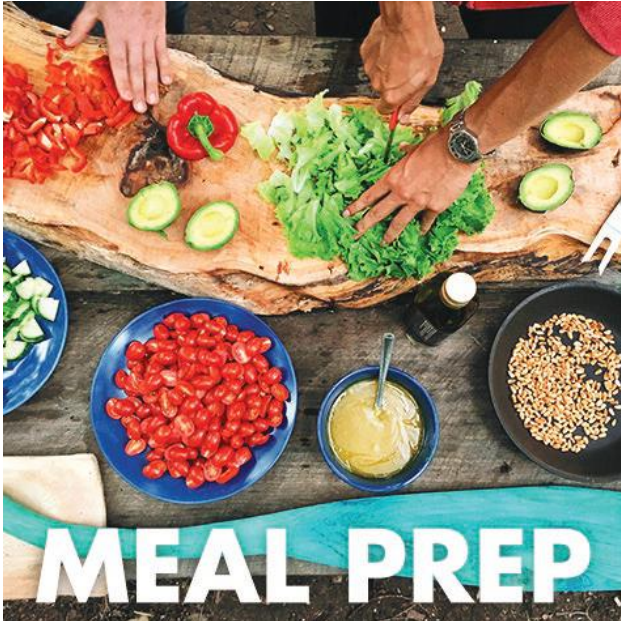


Suggested Accompanied Text

- Get the antioxidants your body craves at the juice bar!
- We love berries in our recovery shakes!
- General motivational quote about nutrition, healthy diet, etc.
- Talk about your juice bar, special shakes you want to highlight with berries, etc.

**This image also available without text overlaid.*

assortmentonwood_words.jpg



Suggested Accompanied Text

- Prepare today, benefit tomorrow.
- General quote about food prep, healthy eating, etc.
- Talk about your staff nutritionist or trainers, who can help customers with things like figuring out how to meal prep
 - *Example: "Want to meal prep, but don't know where to start? Our staff nutritionist can help! Give us a call today to schedule an appointment."*

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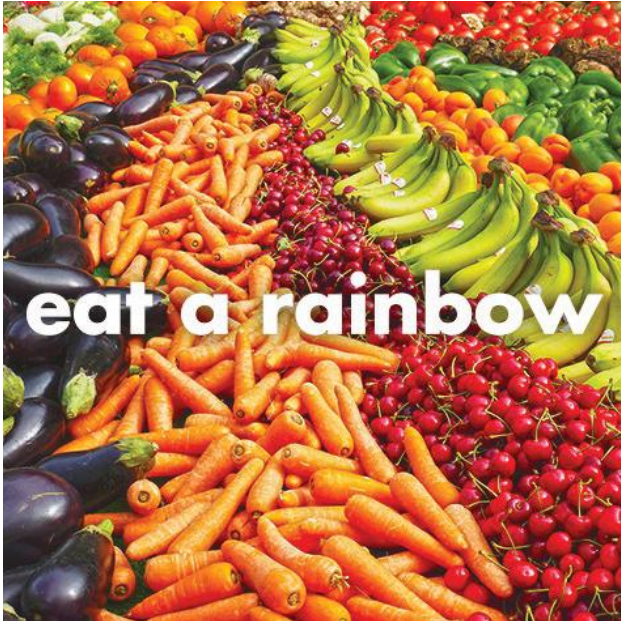
avocado.jpg



Suggested Accompanied Text

- Healthy Fats gone green!
- General quote or "fun fact" about healthy fats, avocados specifically, etc.
- Talk about your juice bar, special shakes you want to highlight with avocado, etc.

fruits-vegs_words.jpg

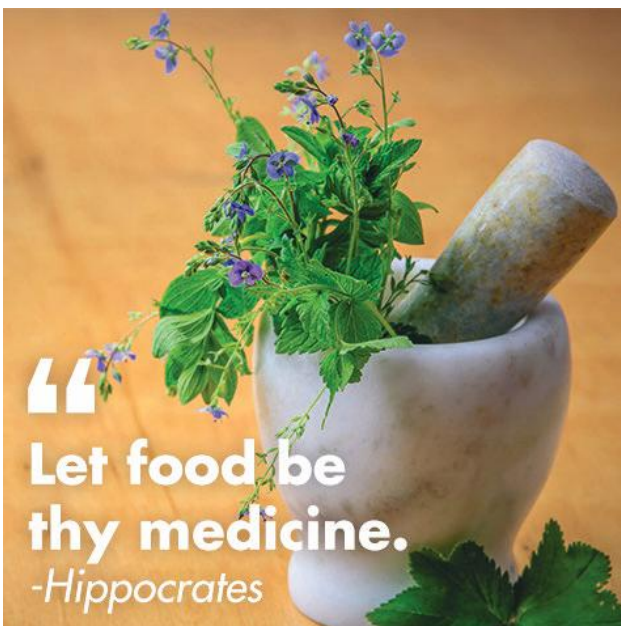


Suggested Accompanied Text

- Many colors means many vitamins.
- 80% Nutrition + 20% Exercise = 100% Total Fitness
- General quote about healthy eating, etc.
- Talk about your staff nutritionist or trainers who can help customers figure out a healthy meal plan
 - *Example: "Our trainers can help you figure out which foods to eat to help you reach your goals. Give us a call today to schedule an appointment."*

**This image also available without text overlaid.*

mortarpestle.jpg

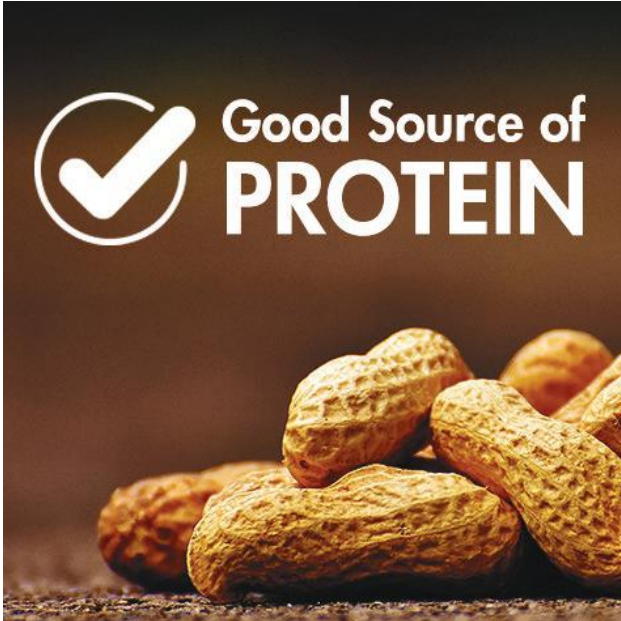


Suggested Accompanied Text

- Get the healing foods your body craves at the juice bar!
- General quote about healthy eating, etc.

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peanuts_words.jpg



Suggested Accompanied Text

- Peanuts are packed with protein and healthy fats!
- General quote or “fun fact” about healthy fats, peanuts specifically, etc.
- Talk about your juice bar, special shakes you want to highlight with peanuts or peanut butter, etc.

**This image also available without text overlaid.*

strawberry.jpg



Suggested Accompanied Text

- Fun Fact: Strawberries have more Vitamin C per serving than Oranges!
- We love strawberries in our shakes – try some at the juice bar today!
- Talk about your juice bar, special shakes you want to highlight with strawberries, etc.

donuts_words.jpg



Suggested Accompanied Text

- Fruits sugars are much better for you post-workout – get some at the juice bar today!
- General quote or “fun fact” about sugar

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bicycle_words.jpg

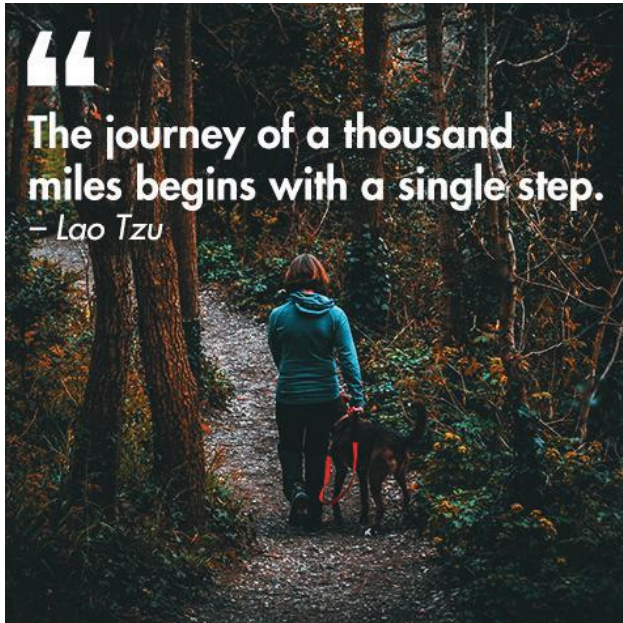


Suggested Accompanied Text

- How did you stay active today?
- “Life is like riding a bicycle – to keep your balance, you must keep moving.” – Albert Einstein
- General quote or “fun fact” about cycling
- Try cycling to work to get some extra movement into your day!

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hikinginwoodswithdog_words.jpg

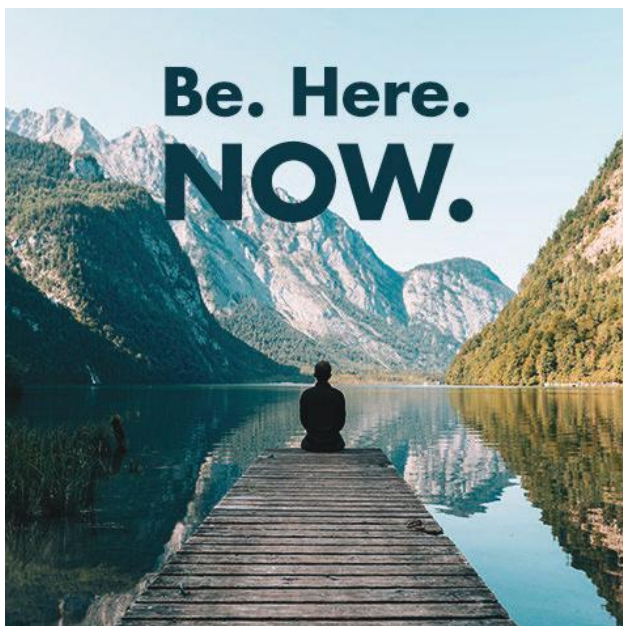


Suggested Accompanied Text

- Start your journey to wellness with us today!
- General motivational quote about the benefits of walking, the journey of health and fitness, etc.

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manoutdoors_words.jpg



Suggested Accompanied Text

- Extremes are easy – strive for balance.
- What we do today matters most.
- "The mind is just like a muscle – the more you exercise it, the stronger it gets & the more it can expand."
–Idowu Koyenikan
- General motivational quote about the benefits of meditating, balance, etc.

**This image also available without text overlaid.*

motherandchild.jpg



Suggested Accompanied Text

- Don't forget to play!
- The body heals with play, the mind heals with laughter, & the spirit heals with joy.
- Playing is exercise – and fun!
- General quote about playing with your kids, benefits of general movement, etc.
- Talk about your facility's childcare services
 - *Example: "Need someone to watch the kids while you workout? Bring them with you! Our expert childcare staff can look out for your little ones while you crush your goals."*

womanfeelingfree_words.jpg

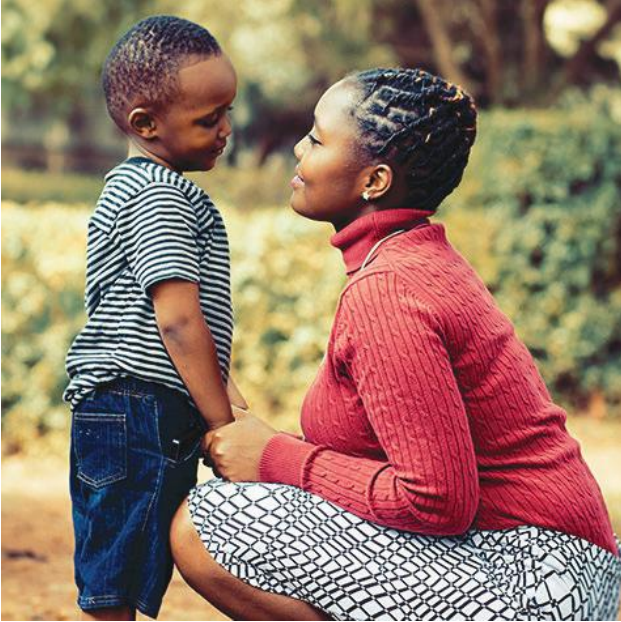


Suggested Accompanied Text

- You're only one workout away from a good mood.
- Let's go!
- #fitness #healthy #happiness
- General motivational quote about the benefits of being active, happiness, etc.

**This image also available without text overlaid.*

womanwithson.jpg



Suggested Accompanied Text

- It's never too early to talk to your kids about nutrition.
- General quote about playing with your kids, teaching your kids about healthy eating, etc.
- Talk about your kids' shake offerings
 - *Example: "Give your kids the nutrients they need to grow big and strong – find great kids' shakes at the juice bar!"*

greensmoothie.jpg



Suggested Accompanied Text

- Green, delicious & nutritious – get it at the juice bar!
- If you can't eat your greens, drink 'em!
- Promote a green shake offered on your menu

greensmoothiewithblender.jpg



Suggested Accompanied Text

- Take the juice bar home – ask us how!
- In life, much like smoothies, you get out what you put in it.

orangesmoothie.jpg



Suggested Accompanied Text

- Recovering after your workout is no joke!
- Promote an orange shake offered on your menu

**This image also available without text overlaid.*

pinksmoothie_words.jpg



Suggested Accompanied Text

- Keep your metabolism humming with a recovery shake after your workout!
- Promote a pink/berry shake offered on your menu

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pinksmoothiechiaseed.jpg



Suggested Accompanied Text

- Seeds make your shake healthier – try it today!
- General health benefits of chia seeds (i.e. fiber, hydration, etc.)
- Promote a strawberry shake offered on your menu

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redsmoothie_words.jpg



Suggested Accompanied Text

- Taste & feel the difference between juice & real crushed fruit purée – your body will love you!
- 100% Crushed Fruit!
- Promote a red/berry shake offered on your menu

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pinksmoothieowl_words.jpg



Suggested Accompanied Text

- Smoothie Bowls available at the juice bar!
- Promote the smoothie bowls on your menu – talk about all the delicious toppings customers can choose!

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drsmoothiepurees_words.jpg



Suggested Accompanied Text

- Our Purées contain the skin, seeds and pulp of the fruits you love, meaning you get all the nutrients that come with it (unlike juice, which leaves all that good stuff out).
- Taste & feel the difference between juice & real crushed fruit purée – your body will love you!
- Promote a pink/berry shake offered on your menu

**This image also available without text overlaid.*

swiig_MatrixProtein.jpg



Suggested Accompanied Text

- Get Clean Nutrition from Clean Sources at the juice bar!
- Protein helps your body build lean muscle, not bulky muscle. More lean muscle on your body helps your metabolism work better & faster. Faster metabolism = leaner YOU!
- Make sure you recover with the cleanest, purest protein on the planet.
- Promote retail sales of this product in your facility

swiig_FreezeDrieds.jpg



Suggested Accompanied Text

- Dried Fruits & Veggies from swiig are raw, living foods that are nutrient-dense and packed with great taste!
- Tastes Fresh, Looks Fresh, Stays Fresh!
- Fruit sugars are great for post-workout recovery – get some in your shake at the juice bar today!
- Promote retail sales of this product in your facility

swiig_PBLite.jpg



Suggested Accompanied Text

- Infinitely Nutty Goodness with infinitely less fat!
- Great peanutty taste with WAY less fat – try it in a recovery shake today!
- Promote shakes you offer with PB Lite in them
 - *Example: "Our PB Cup Lite shake – featuring PB Lite – offers that classic chocolate and peanut butter taste you love with less calories and lower fat. Get it at the juice bar!"*
- Promote retail sales of this product in your facility

swiig_CoreSupplements_GetLean.jpg



Suggested Accompanied Text

- Core Supplements from swiig are made in the Earth, not the lab.
- For Fat Burning and Natural Weight Loss
- Get Lean is great for staying slim and trim – try it in a recovery shake!
- Promote retail sales of this product in your facility

swiig_AlmondButter-PeanutButter.jpg



Suggested Accompanied Text

- Infinitely Nutty Goodness
- Great for post-workout recovery – try it in a shake today!
- It's the good kind of fat!
- Promote retail sales of this product in your facility