

Fire up your social media skills to lock in more orders of Beachbody's 3-Day Refresh program with these suggested social media posts. Edit them to your liking and send out to your friends and fans.

But before you get started—here are some things to keep in mind when sharing via social media:

1. Include a call to action.

Always make sure to ask for a response and/or action from your followers.

- Say something like: "Message me for details!"
- Pose a question, like: "Who wants more info?"
- Include a link in your post—either to your Coach website/storefront, a video from the Coach Online Office, or any other link that will hold their attention and ultimately help you close the sale (blog, news article, etc.).

2. Be careful not to "hard sell."

That's not what we're about, and it will make people begin to mark you as SPAM. Just start a conversation and go from there.

- An example of hard selling might be: "E&E preworkout formula is now on sale. Buy it from me today!"
- A better way to say the same thing: "Beachbody has a new preworkout formula called Energy and Endurance. I can finally get rid of workout fatigue! Who's with me to 'bring it'?"

Facebook® sample posts:

1. I admit it. My diet hasn't been that great lately. So I'm going to do the 3-Day Refresh to kick-start better eating habits to lose this bloat. Who wants to join me?
2. I'm starting a new Challenge Group to help people lose 3 pounds in 3 days. Who's in?
3. Who wants to lose a few pounds in the next 3 days?
4. Either my jeans shrunk or I grew. I think it's the latter. I'm gonna try this new Beachbody program to lose XX pounds in 3 days. Who's up for the challenge?
5. I just did the 3-Day Refresh and my energy skyrocketed, I lost XX lbs., and have never felt so good this quick! You guys have got to check this out.
6. I just did the 3-Day Refresh and it was so easy to turn around my bad eating habits (junk food cravings). Anyone up for giving it a shot?
7. I had a crazy weekend and my diet took a turn for the worse. Need to detox and lose a few lbs. Who's with me?

8. I need to lose a few pounds before a big event this weekend. Anyone want to do the 3-Day Refresh with me?
9. I had no idea it would be this easy to get back on the healthy-eating wagon. Thanks 3-Day Refresh! I'm doing it again next month. Who's up for a new 3-day challenge?
10. I just did the 3-Day Refresh, lost XX lbs. in 3 days, and was NEVER hungry! Who wants to try and beat my number?

QUOTES:

"In 3 days I lost 5.4 pounds, 2½ inches off my waist, and an inch off my hips."

—3-Day Refresh participant, Jennifer C.

"I lost 4 pounds in 3 days. THAT'S INSANE!"

—3-Day Refresh participant, Philippa B.

"I lost a couple of inches around my waist. My energy skyrocketed. I slept better. WOW!"

—3-Day Refresh participant, Michael B.

"After just having a baby, losing 2½ inches off my waist is a miracle!"

—3-Day Refresh participant, Leah G.

"The 3-Day Refresh is definitely a plateau buster. I can't believe the changes that occurred in just 3 days."

—3-Day Refresh participant, Nicholas W.

"I feel like a different person. I really do! It just changed my life."

—3-Day Refresh participant, Denise D.

"Before 3-Day Refresh I felt ordinary. Now I feel EXTRAORDINARY!"

—3-Day Refresh participant, Kelli J.

"In 3 days it's managed to turn everything around. I didn't even think that was possible!"

—3-Day Refresh participant, Sherine S.

Other suggestions:

Post pictures of the 3-Day Refresh recipes and describe main ingredients. Take consumers through your 3-Day Refresh experience (before, during, and after the Refresh).

Note: Insert a link to your personalized website or 3-Day Refresh web page after every post.

Twitter® sample tweets:

1. I can't believe how much energy I have now that I "REFRESHED!" Who's up for trying this new program? #3DayRefresh
2. Goodbye toxins, belly fat, and fatigue! Hello 3-Day Refresh. #3DayRefresh
3. Who wants to try the new 3-Day Refresh program to kick-start some clean eating and lose a few pounds? Ping me for details. #3DayRefresh
4. I was feeling sluggish and fat. Then I did the 3-Day Refresh and totally refreshed myself. #3DayRefresh
5. Juice fast = BAD. 3-Day Refresh = GOOD! Ask me how. #3DayRefresh
6. In just 3 days I conquered my cravings, flattened my stomach, and feel lighter and more energized. #3DayRefresh
7. Break your bad eating habits in just 3 days. I did! My secret weapon: the 3-Day Refresh. #3DayRefresh
8. Jump-start your weight loss in just 3 days with the 3-Day Refresh! #3DayRefresh
9. Wanna lose some weight fast, and keep it off? Then you gotta do the 3-Day Refresh. It's a game changer. #3DayRefresh
10. Feel cleaner, lighter, and healthier—WITHOUT starving—with the 3-Day Refresh! I did it and feel amazing! #3DayRefresh
11. Neglect your diet last weekend? Lose those pounds by next weekend! #3DayRefresh

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