

Any successful Coach will tell you that social media is a crucial way to not only communicate with customers and Coaches, but also to find new ones! People love frequent posts and tweets, and yours can really help inspire others.

Below are sample wall posts and tweets to edit however you like. Or just use them as idea-starters for writing your own.

Sample Facebook® posts:

- 1) My TurboFire® Challenge Group has only 2 spaces left! Who wants to join me in reaching our fitness goals and a chance at WINNING CASH? Message me NOW!
- 2) WOW, TurboFire® Fire 60 seriously kicks my butt—but it's worth it for my emerging 6-pack! What changes have you seen in your body with TurboFire?
- 3) My weakness is CHOCOLATE—so I let myself have a little once a week, and I keep it off with TurboFire®. What's YOUR weakness, and how do you deal with it?
- 4) My weakness is CHOCOLATE— but...instead of packing on the calories I drink my CHOCOLATE SHAKEOLOGY® daily to feed my addiction, but keep off the pounds!
- 5) Someone's got to WIN the \$100,000 Grand Prize—why not YOU? If you're ready to take The Beachbody Challenge™, hit LIKE, or message me to enroll!
- 6) I'm determined to get in shape for an upcoming pool party! What are you getting skinny for?
- 7) The New To Class menu option saved me from tripping over my own feet! Did it help you learn the TurboFire® moves?
- 8) I'm loving the TurboFire® Advanced workouts! If you're not ready to give up the body you've worked so hard for, check 'em, out!
- 9) Here's a little fitness kitchen remodeling for ya. Bring in the scale. Nix all drinks but water. Put your fattest and fittest pics on your fridge!

Sample Twitter® tweets:

- 1) My TurboFire® Challenge Group has just 2 spaces left! Who wants to get fit and get the chance to win some serious CASH? #TurboFire
- 2) Someone's got to WIN the \$100,000 Grand Prize—why not YOU? If you're ready to take The Beachbody Challenge™, let me know! #TurboFire
- 3) What's your favorite TurboFire® song? #TurboFire
- 4) If you had a TurboFire® nickname, what would it be? Mine's Firestarter. #TurboFire
- 5) Gotten any compliments on your hot bod since you started TurboFire®? #TurboFire
- 6) What's your favorite Chalene quote from TurboFire®? #TurboFire
- 7) Anyone know a good carpet cleaning product? TurboFire® 60 made me sweat big time!