

## Toolkit Overview

This toolkit provides sample social media posts and newsletter copy that you can use to promote the Commit to Health Four Year Anniversary. Included with this toolkit are a jpeg and PDF of our infographic and a screenshot of our videos. Our new training videos are great ways to help park and recreation agencies implement Commit to Health in their programs. Feel free to share these videos, embed them on your website or save to a playlist on your own YouTube channel.

We thank you in advance for promoting the great work we have accomplished together over the past four years. If you have any questions please don't hesitate to reach out.

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## SAMPLE SOCIAL MEDIA POSTS

We encourage you to share the great news about the Commit to Health Four Year Anniversary on your social media platforms such as Facebook, Twitter, Instagram and YouTube.

Connect with NRPA on the following platforms, if you have not already. To tag on Facebook, Twitter and Instagram use the @ symbol and the "handle" or name. For example: @National Recreation and Park Association (Facebook), @NRPA\_news (Twitter) and @nrpa (Instagram).

[Facebook](#)

[Twitter](#)

[Instagram](#)

[YouTube](#)

In your social posts, be sure to use the hashtag **#CommitToHealth** on Twitter and Instagram. Using hashtags amplifies our message and makes social conversations trackable.

On YouTube, please consider adding our [videos](#) to one of your playlists. Under each video, select "Add To" and add it to your favorites or an appropriate playlist.



Search



Commit to Health: Providing Meals and Snacks Through the Federal Nutrition Programs

7 views

Like 0 Dislike 0 Share



National Recreation and Park Association  
Published on Feb 23, 2018

Add to  
SUBSCRIBE 335

Commit to Health: Providing Meals and Snacks Through the Federal Nutrition Programs

SHOW MORE

## SAMPLES FOR FACEBOOK

- This new infographic from @National Recreation and Park Association shows how parks and recreation are important in helping kids get healthy, especially during out-of-school times! Find out more about the #CommitToHealth campaign. [insert infographic: <http://www.nrpa.org/contentassets/bbb9d9033f1446b38f545065c8e5a0a4/commit-to-health-anniversary-infographic.jpg>]
- Check out these nine new training videos from @National Recreation and Park Association. From learning the basics of the Federal Nutrition Programs and how to engage families, to connecting kids to nature and creating tasty recipes using Foods of the Month, implementing #CommitToHealth has never been more fun! [<http://www.nrpa.org/our-work/partnerships/initiatives/commit-to-health/commit-to-health-celebrate/>]
- Together we're making progress on healthy out-of-school time! Over the past four years our friends at the @National Recreation and Park Association have impacted nearly 300,000 youth through Commit to Health! [<http://www.nrpa.org/our-work/partnerships/initiatives/commit-to-health/commit-to-health-celebrate/>]

## SAMPLES FOR TWITTER

- Parks and recreation play a powerful role in the health of youth. Check out this infographic from @NRPA\_News! #CommitToHealth [insert infographic: <http://www.nrpa.org/contentassets/bbb9d9033f1446b38f545065c8e5a0a4/commit-to-health-anniversary-infographic.jpg>]
- Since 2014, parks & recreation has helped improve access to healthy foods and physical activity to nearly 300,000 kids through #CommitToHealth! @NRPA\_News [insert infographic: <http://www.nrpa.org/contentassets/bbb9d9033f1446b38f545065c8e5a0a4/commit-to-health-anniversary-infographic.jpg>]
- Check out 9 new #CommitToHealth training videos from @NRPA\_News. Learn about the Federal Nutrition Programs, engage families, and cook up healthy treats. [<http://www.nrpa.org/our-work/partnerships/initiatives/commit-to-health/commit-to-health-celebrate/>]

#### SAMPLES FOR INSTAGRAM

- Check out these great impacts our park and rec friends are making through @NRPA's #CommitToHealth initiative. Congrats on four great years! [include infographic image: <http://www.nrpa.org/contentassets/bbb9d9033f1446b38f545065c8e5a0a4/commit-to-health-anniversary-infographic.jpg>]

#### NEWSLETTER SAMPLE COPY

Title: New Infographic: Parks Give Kids Chance to Get Healthy During Out-of-School Times

Having a safe place to go after school, being active and eating healthy are critical for children these days. That's why the National Recreation and Park Association (NRPA) created **Commit to Health**—a campaign to implement Healthy Eating, Physical Activity (HEPA) standards in park and recreation sites across the country. The fourth year of the five-year campaign kicks off in March and to honor this milestone, NRPA created an infographic that shows how parks and recreation are important in helping kids get healthy, especially during out-of-school times. Check it out here [link to or drop infographic into newsletter:

<http://www.nrpa.org/contentassets/bbb9d9033f1446b38f545065c8e5a0a4/commit-to-health-anniversary-infographic.jpg>].

Title: New Training Videos Make Implementing Healthy Eating and Physical Activity Standards Easy

NRPA is excited to announce the release of nine new training videos, all focusing on different topics designed to make implementing the Healthy Eating and Physical Activity (HEPA) standards easy. Topics include connecting health and nature, an overview of the USDA Child Nutrition Programs, engaging families, the importance of policies and documentation in out-of-school time programs, fun recipes using Foods of the Month, and quick physical activity breaks out-of-school time sites can use. OST providers are encouraged to use these videos to help train staff,

and to implement new ideas in out-of-school time programs. Click here to find out more about the Commit to Health campaign. [insert link http://www.nrpa.org/our-work/partnerships/initiatives/commit-to-health/commit-to-health-celebrate/](http://www.nrpa.org/our-work/partnerships/initiatives/commit-to-health/commit-to-health-celebrate/)