# Health Reels Caption & Hashtag Swipe File

Copy, fill in the blanks, and post. Every starter below is a template — swap in your topic and your words before you publish.

## 8 caption starters

**1.** Stop scrolling — your body needs this 60-second stretch. Save it for later.

**2.** I tried this morning routine for 7 days. Here is what changed.

**3.** No gym. No equipment. Just 10 minutes and your living room floor.

**4.** This smoothie takes 2 minutes and keeps you full till lunch. Recipe in the comments.

**5.** Your desk job is ruining your posture. Fix it with this one move.

**6.** Small habit, big change: walk after every meal. Try it for a week.

**7.** Sleep is a health habit too. Here are 3 ways to fall asleep faster.

**8.** You do not need a perfect diet. You need a repeatable one. Start here.

## 5 hashtag sets (pick one per reel)

#healthreels #wellness #healthyhabits #morningroutine #selfcare

#fitnessreels #homeworkout #fitnesstips #workoutathome #healthylifestyle

#smoothie #healthyfood #nutrition #eatwell #healthyeating

#yoga #stretching #flexibility #mindfulness #calm

#weightlossjourney #healthyliving #wellnesstips #dailyhabits #fitnessmotivation

## Pre-post review checklist

■ Watch the reel once, end to end — does it look right?

■ Read the caption out loud — is every health claim safe and general?

■ Check the hook: does the first 3 seconds earn the watch?

■ Add the call to action: save, follow, or comment?

■ Confirm the format fits the platform (vertical 9:16).

■ Post at your audience's active hour, then reply to the first comments.

*Reminder: these reels are general health information, not medical advice. Never present a reel as medical guidance.*