**3x SOCIAL MEDIA POSTS**

**APPLE WATCH TESTIMONIAL:**

The perfect way to say “I love you” to yourself this Valentine’s Day? Get active with Vitality Apple Watch: the more you move = the less you pay. Watch this [video](https://www.youtube.com/embed/NYhbiwEKJjQ) to see how this exclusive Vitality perk is transforming lives:

**CPR POST:**

**COPY**

Forget just love, make February a month for healthy hearts – starting with brushing up on your CPR skills: the first line of defence against cardiac arrest.

DID YOU KNOW that CPR compressions when given immediately can double a person’s chance of [survival](https://cpr.heart.org/en/)? To make it easier for you, we’ve put together a Vitality CPR Playlist – popular songs across all eras and genres with the all-important 100-120 beats per minute required for ideal chest compressions.

From Bee Gees to Britney Spears, have a listen to what could be [lifesaving music](https://open.spotify.com/playlist/6pg2iW0GU9UROprqk9Nawi?go=1&sp_cid=8b1ef76f0818e0f4d64ae63b8cde31ed&utm_source=embed_player_p&utm_medium=desktop&nd=1&dlsi=c9819ee4f03c4f0f).

**RECIPE POST:**

Celebrate heart health with us this Vitality Valentine’s Month! Healthy lifestyle choices, such as eating healthy food, you can reduce your risk of heart disease by as much as [80%](https://www.discovery.co.za/corporate/health-keep-your-heart-healthy). Here’s one of our most popular heart-friendly recipes to try out at home. Tasty, easy, healthy – 3 great reasons to **❤️** it. Let’s get cooking with our heart-healthy [Mexican-style three-bean salad](https://www.discovery.co.za/assets/template-resources/vitality/mexican-style-three-bean-salad.pdf).