


## 30 Social Posts for FORGED Ambassadors

Sample images:

Branding images:  Forged design items

Sample Social Images  Forged Aug Social Images

 Forged Amputee Wellness Brand Kit.pdf

1.

Being an amputee doesn't mean your fitness journey is over. It means finding something designed for you. That's why I share about FORGED Amputee Wellness. I've seen how it helps me, and I'd love to hear how it could help you too.

2.

You don't need a crowded gym to make progress. With FORGED, I've been able to train in ways that feel safe and personal to me. Where do you feel most comfortable working out?

3.

When physical therapy ends, it can feel like you're on your own. FORGED filled that gap for me. Have you ever felt stuck after therapy?

4.

Every journey is different. That's why FORGED builds programs around your story and your goals. For me, that's been a game changer. What goal are you working toward right now?

5.

FORGED was created by Dr. Andy Hundley, a physical therapist who has spent years helping amputees. I trust it because I know the experience behind it. Who has made the biggest difference in your health journey?

6.

Here's a wellness reminder I've learned from FORGED: small steps matter. I've seen how even a little consistency adds up over time. What small step are you focusing on today?

7.

One thing I love about FORGED is that it meets me where I'm at. I can do workouts in my chair, in my room, or standing when I feel up to it. Where do you feel strongest when moving?

8.

Being forged means being shaped through fire. I connect with that because of what I've overcome. How has your journey shaped you?

9.

FORGED isn't about starting over. It's about continuing to grow. For me, it's been about staying strong and preventing setbacks. What's your next step forward?

10.

I don't always wear my prosthesis, and FORGED has workouts that still fit me. That's one of the reasons I stick with it. How do you stay active on your own terms?

11.

As an ambassador for FORGED, I share it because I believe in it. It's something I wish I had sooner. What's one resource you wish you had earlier in your journey?

12.

FORGED is more than workouts. It's about nutrition, wellness, and mindset too. I've noticed it helps me feel stronger in more than just my body. What helps you feel your best?

13.

I used to feel uncomfortable in gyms. FORGED gave me confidence to work out at home. Where do you feel most at ease when it comes to fitness?

14.

Have you ever wished for a program created specifically for amputees? That's what FORGED has done for me. What would your ideal program look like?

15.

I'm proud to be part of FORGED because it helps amputees thrive. It's helped me keep going when I might have stopped. What keeps you moving forward?

16.

Clinicians, this is for you. FORGED offers your patients a month of free training and resources designed specifically for amputees. That's worth sharing. What tools have helped your patients the most?

17.

Resilience isn't only about surviving. It's about thriving. FORGED reminds me of that every time I train. What reminds you that you're stronger than you think?

18.

FORGED makes wellness personal. That's why it works for me. No two stories are the same, and this program understands that. What makes your journey unique?

19.

FORGED is the first and only training program made specifically for amputees. That matters to me. How would your health look different if more things were made just for you?

20.

Every day is a chance to take one more step toward strength and confidence. FORGED helps me keep track of those steps. What's one win you've had recently?

21.

This community is something special. It's more than training, it's encouragement and support. I'm thankful to be part of it. Where do you find your best support?

22.

So many programs overlook the needs of amputees. FORGED doesn't. That's why I share it with others. What do you wish more programs understood about amputees?

23.

What's one health or fitness goal you've been thinking about? I know for me, putting it into words has been the first step.

24.

Whether you're just starting or you've been active for years, FORGED makes it personal. I've seen that firsthand in my own training. Where are you starting from today?

25.

Strength looks different for each of us. FORGED helped me define mine in a way that feels real. What does strength mean to you?

26.

What I admire most about FORGED is the heart behind it. Dr. Andy truly cares. That's why I trust it. Who has shown up for you in your journey?

27.

Limitations don't define us. FORGED has helped me see that. With the right tools, we can push past barriers. What's one barrier you've broken through?

28.

Fitness doesn't have to feel intimidating. With FORGED, it feels encouraging. That's why I've stuck with it. What makes you feel encouraged to move?

29.

FORGED isn't just about exercise. It's about building confidence and joy in life. I've felt that shift. What's bringing you joy right now?

30.

I'm proud to be an ambassador for FORGED because it gives amputees the tools and encouragement to thrive. It's made a difference for me, and I believe it can for you too.