

Creating personalized videos using CapCut templates

Take your social media presence to the next level with CapCut video templates from **OPTAVIA® Social!**

These ready-to-use, customizable video templates are crafted not just for easy posting but to inspire you to make them uniquely yours. Each template serves as a creative foundation that you can easily personalize—whether by adding your own text, voiceovers, or imagery—to reflect your style and message. Use them as a starting point to create content that truly connects with your community, while making it your own. Let these templates spark new ideas, offering a flexible way to engage and add your personal touch, so you can deliver content that's both engaging and unmistakably yours.

Don't wait — download now and create an unforgettable impact that stands out!

What is CapCut?

CapCut is an all-in-one video editing app developed by the company behind TikTok. It's widely used for creating and editing videos for social media platforms like TikTok, Instagram, and YouTube. The app is available for both mobile devices (iOS and Android) and has a desktop version as well.

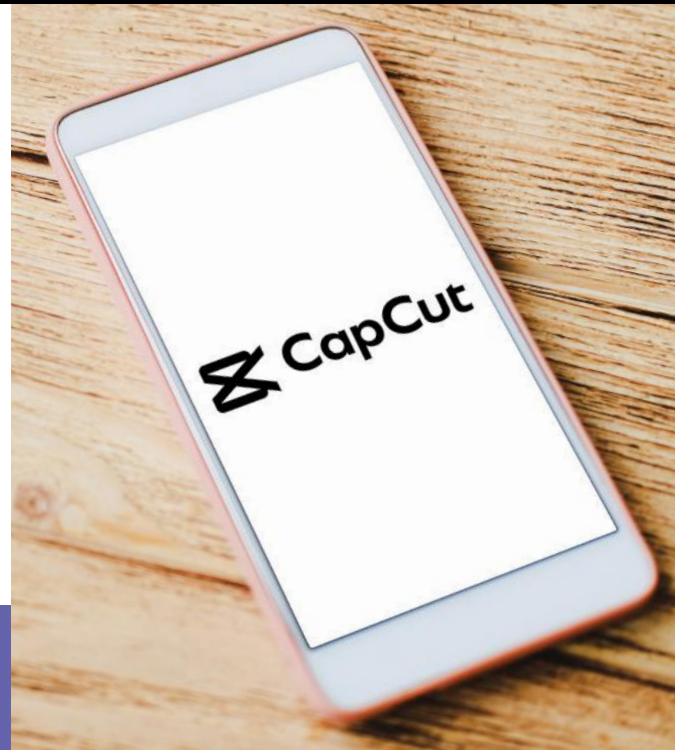
What is a CapCut Template?

Pre-made templates for various styles of videos, which makes editing faster and easier for users who don't want to start from scratch. We're providing these templates to help you create and share your own content on social media effortlessly.

How much does CapCut Cost?

The free version of CapCut is a fully-featured video editing app that's easy to use and includes thousands of templates.

CapCut Pro is a paid version that offers a more enhanced experience with additional features. **CapCut Pro is \$9.99 per month.**



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Best Practices

To increase your reach on Reels, here are some best practices to follow:

1. Use Trending Sounds & Music

Leverage trending audio to increase the likelihood of your Reels being discovered. Instagram tends to push Reels that use popular music or sounds. [Find trending audio.](#)

2. Post Consistently

Consistency is key! Posting Reels regularly, rather than sporadically, helps boost your visibility on the platform.

3. Use Relevant Hashtags

Hashtags are still important! Use a mix of popular, niche, and branded hashtags to increase discoverability. Try using 5-10 relevant hashtags per Reel.

4. Add Captions or Text

Not everyone watches Reels with sound on, so adding captions can help keep people engaged. It also makes your content accessible to a wider audience.

5. Engage with Your Audience

Reply to comments, ask questions, and encourage viewers to interact. Engagement drives reach, so the more interactions your Reel gets, the more Instagram will push it out.

6. Leverage Trends, but Stay Authentic

Jump on trends but make them your own. Add your unique spin to trending challenges or formats to stand out while staying true to your personal brand.



7. Collaborate with Others

Collabs, especially with creators in your niche, can introduce your content to a wider audience. Instagram pushes Reels that feature collaborations through tagging and duets. *Tag: @OPTAVIA and invite us as a post collaborator!

8. Cross-Promote

Share your Reels to your stories, tag relevant accounts, and share on other platforms to boost reach. Let your followers know about your new Reel!

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Wellness Era



POST COPY INSPIRATION

Title: POV: Your Wellness Era Begins Today!

Embrace the journey of transformation, self-discovery, and renewal. Each step you take towards a healthier lifestyle is a powerful statement that you choose to invest in YOU.

In this era, every choice you make is a step toward a vibrant life filled with joy, and purpose. No matter where you are on your journey, it's never too late—or too early—to choose yourself and your well-being.

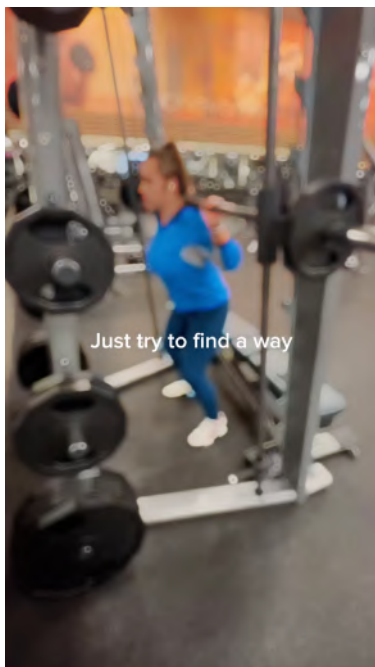
Embrace this powerful chapter of growth and limitless potential. You are destined for greatness, and you absolutely deserve it! If you're ready to step into your wellness era, drop a comment or send me a DM. Let's unlock your best self together!

Tag: @OPTAVIA and invite us as a post collaborator!

Suggested Hashtags: #OPTAVIA #OPTAVIST #GetStarted #OPTAVIAJourney #OPTAVIAResults #OPTAVIACommunity #OPTAVIATransformation #HealthyLifestyle #WellnessJourney #habitsofhealth #LeanAndGreen #POV #WellnessEra

Link to Capcut Template: <https://www.capcut.com/t/ZmFb74RJo/>

1% Better Everyday



POST COPY INSPIRATION

Title: Transforming 1% at a Time

Cherish the extraordinary power of small daily habits! Each little choice—whether it's taking a refreshing walk, enjoying a glass of water, or practicing gratitude—has the potential to ignite monumental change in your life.

Remember, the journey to greatness isn't always about making giant leaps; it's about those consistent, tiny steps that lead you closer to your dreams. Every small win deserves to be celebrated—they pave the way for your most significant achievements!

ShapeWhat small habit are you choosing to embrace today?

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Link to Capcut Template: <https://www.capcut.com/t/ZmFb7nQNB/>

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The Power of Small Actions



POST COPY INSPIRATION

Title: Embracing Everyday Habits: The Power of Small Actions

Are you ready to transform your daily routine? Join us in embracing the small habits that can make a big difference in your life! Don't forget to like, subscribe, and share your favorite daily habits in the comments below. Let's inspire each other to create a warmer, fuzzier world together!

Tag: @OPTAVIA and invite us as a post collaborator!

Suggested Hashtags: #OPTAVIA #OPTAVIST #GetStarted #OPTAVIAJourney #OPTAVIAResults #EverydayHabits #SmallChangesBigImpact #OPTAVIACommunity #WellnessJourney

Link to Capcut Template: <https://www.capcut.com/t/ZmFgeAEWK/>

Restart, Reset, Refocus!



POST COPY INSPIRATION

Title: Restart, Reset, Refocus: Your Path to Renewal

Are you ready to embrace a new chapter in your **OPTAVIA** journey? It's time to restart, reset, and refocus on what truly matters! If this message speaks to your heart, please give it a like and share it with your fellow community members who might be looking for encouragement.

Together, we can create a nurturing space where everyone feels supported and empowered to thrive!

Tag: @OPTAVIA and invite us as a post collaborator!

Suggested Hashtags: #OPTAVIA #OPTAVIST #GetStarted #OPTAVIAJourney #OPTAVIAResults #Restart #Refocus #Reset #OPTAVIACommunity #OPTAVIATransformation #HealthyLifestyle #WellnessJourney #habitsofhealth

Link to Capcut Template: <https://www.capcut.com/t/ZmFgY7Vhu/>

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Share your transformation stories like never before!

There are endless ways to showcase your amazing journey! Check out these trending transformation templates to highlight your before, after, and even the after the after!

Let's get creative and inspire others!

Transformation – Before /After



POST COPY INSPIRATION

Title: Embrace Your Transformation: Beyond the Scale

Transformation Time!

It's been a journey full of dedication, hard work, and self-love, but I'm beyond proud of how far I've come.

This isn't just about weight loss—it's about gaining confidence, strength, and a healthier mindset. The real victory is feeling stronger, healthier, and happier every day!

Looking to get started on your healthy journey, Comment below or DM me to start your transformation today!

Reminder: Please remember to include the following weight loss disclaimer in your video: "Average weight loss on the Optimal Weight 5 & 1 Plan® is 12 pounds. Clients are in weight loss, on average, for 12 weeks."

Tag: @OPTAVIA and invite us as a post collaborator!

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Link to Capcut Template: <https://www.capcut.com/t/ZmFb74ftW/>

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Transformation Post / B&A



POST COPY INSPIRATION

Title: Transformation Tuesday: A Journey of Change!

Embracing healthier habits has not only changed my body but also filled my life with renewed confidence and energy. It's truly amazing how small changes can lead to a brighter outlook and a happier, healthier me!

If you're considering starting your own wellness journey, know that you're not alone! I'm here to walk alongside you, cheering you on every step of the way. Together, we can inspire each other and celebrate every little victory!

Comment below or send me a message if you're ready to take that first step.

Reminder: Please remember to include the following weight loss disclaimer in your video: "Average weight loss on the Optimal Weight 5 & 1 Plan® is 12 pounds. Clients are in weight loss, on average, for 12 weeks."

Tag: @OPTAVIA and invite us as a post collaborator!

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Link to Capcut Template: <https://www.capcut.com/t/ZmFg1Fykg/>

Transformation B&A



POST COPY INSPIRATION

Title: Celebrating Transformations!

As an independent **OPTAVIA** Coach my journey is a powerful reminder that with dedication, support and the right mindset, anything is possible!

If you're ready to embark on your own path to wellness, I'm here to help you every step of the way!

Together, we can create a healthier, happier you! Comment below and tag someone who motivates you!

Reminder: Please remember to include the following weight loss disclaimer in your video: "Average weight loss on the Optimal Weight 5 & 1 Plan® is 12 pounds. Clients are in weight loss, on average, for 12 weeks."

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