

# September 2023 Fitness Content Calendar

Use these post ideas to plan your social media content for the month.

## Week 1: September 1 - 2

<b>9/1/2023</b>	<b>College Colors Day (September 1)</b>  Encourage followers to represent their college colors.  <b>Suggested Hashtags:</b> #CollegeColorsDay #SchoolPride
<b>9/2/2023</b>	<b>Franchise Appreciation Day (September 2)</b>  Appreciate franchise members and their fitness journey.  <b>Suggested Hashtags:</b> #FranchiseAppreciation #FitnessCommunity

## Week 2: September 3 - 9

<b>9/3/2023</b>	<b>Hispanic Heritage Month (September)</b>  Celebrate fitness achievements within the Hispanic community.  <b>Suggested Hashtags:</b> #HispanicHeritageMonth #LatinoFitness
<b>9/4/2023</b>	<b>Labor Day (September 4)</b>  Host a special fitness event or offer Labor Day workouts.  <b>Suggested Hashtags:</b> #LaborDayFitness #FitnessCelebration

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<b>9/5/2023</b>	<b>National Yoga Awareness Month (September)</b>  Promote the physical and mental benefits of yoga. <b>Suggested Hashtags:</b> #YogaAwarenessMonth #YogaLifestyle
<b>9/6/2023</b>	<b>Pre-Workout Nutrition</b>  Provide guidance on fueling up before workouts. <b>Suggested Hashtags:</b> #PreWorkoutNutrition #FuelYourWorkout
<b>9/7/2023</b>	<b>International Day of Clean Air (September 7)</b>  Advocate for outdoor fitness in clean air environments. <b>Suggested Hashtags:</b> #CleanAirDay #OutdoorFitness
<b>9/8/2023</b>	<b>World Physical Therapy Day (September 8)</b>  Highlight the importance of physical therapy in fitness. <b>Suggested Hashtags:</b> #PhysicalTherapyDay #TherapyFitness
<b>9/9/2023</b>	<b>Workout Gear Recommendations</b>  Suggest favorite workout clothing and accessories. <b>Suggested Hashtags:</b> #WorkoutGear #FitnessAccessories

## Week 3: September 10 - 16

<b>9/10/2023</b>	<b>Grandparents Day (September 10)</b>  Promote fitness activities for bonding with grandparents. <b>Suggested Hashtags:</b> #GrandparentsDay #FamilyFitness
<b>9/11/2023</b>	<b>Patriot Day (September 11)</b>  Organize a fitness event to honor and remember. <b>Suggested Hashtags:</b> #PatriotDay #FitnessRemembrance
<b>9/12/2023</b>	<b>National Day of Encouragement (September 12)</b>  Motivate followers to stay committed to fitness. <b>Suggested Hashtags:</b> #EncouragementDay #FitnessMotivation
<b>9/13/2023</b>	<b>International Chocolate Day (September 13)</b>  Share healthy chocolate treats and workouts. <b>Suggested Hashtags:</b> #ChocolateDay #HealthyTreats
<b>9/14/2023</b>	<b>Throwback Thursday</b>  Reflect on your fitness journey or highlight milestones. <b>Suggested Hashtags:</b> #ThrowbackThursday #FitnessMemories

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<b>9/15/2023</b>	<b>Gym Equipment Spotlight</b>  Introduce different gym equipment and usage tips. <b>Suggested Hashtags:</b> #GymEquipment #FitnessGear
<b>9/16/2023</b>	<b>National Gymnastics Day (September 16)</b>  Feature gymnastics-inspired workouts and skills. <b>Suggested Hashtags:</b> #GymnasticsDay #GymnastFitness

### Week 4: September 17 - 23

<b>9/17/2023</b>	<b>Outdoor Workouts</b>  Demonstrate exercise routines and advantages of outdoors. <b>Suggested Hashtags:</b> #OutdoorWorkouts #NatureFitness
<b>9/18/2023</b>	<b>Workout Motivation</b>  Provide tips for staying motivated on the fitness journey. <b>Suggested Hashtags:</b> #FitnessMotivation #StayMotivated
<b>9/19/2023</b>	<b>Mobility Exercises</b>  Teach exercises to improve mobility and prevent injuries. <b>Suggested Hashtags:</b> #MobilityExercises #InjuryPrevention

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<b>9/20/2023</b>	<b>HIIT Workouts</b>  Offer high-intensity interval training routines. <b>Suggested Hashtags:</b> #HIITWorkouts #HighIntensityTraining
<b>9/21/2023</b>	<b>World Alzheimer's Day (September 21)</b>  Raise awareness of fitness benefits for brain health. <b>Suggested Hashtags:</b> #AlzheimersDay #FitnessForMemory
<b>9/22/2023</b>	<b>American Business Women's Day (September 22)</b>  Celebrate women's contributions to fitness. <b>Suggested Hashtags:</b> #BusinessWomensDay #WomenInFitness
<b>9/23/2023</b>	<b>Fall Equinox (September 23)</b>  Welcome the fall season with outdoor fitness ideas. <b>Suggested Hashtags:</b> #FallEquinox #AutumnFitness

### Week 5: September 24 - 30

<b>9/24/2023</b>	<b>Gym Etiquette</b>  Educate on proper gym etiquette and respect for others. <b>Suggested Hashtags:</b> #GymEtiquette #RespectfulFitness
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<b>9/25/2023</b>	<b>National Daughters Day (September 25)</b>  Encourage fitness bonding with daughters. <b>Suggested Hashtags:</b> #DaughtersDay #FitWithDaughters
<b>9/26/2023</b>	<b>National Family Day (September 26)</b>  Promote family fitness activities and fun workouts. <b>Suggested Hashtags:</b> #FamilyFitnessDay #FitFamilies
<b>9/27/2023</b>	<b>Infographics</b>  Create visual content with useful fitness information. <b>Suggested Hashtags:</b> #FitnessInfographics #InfoGraphics
<b>9/28/2023</b>	<b>Progress Update</b>  Share your own fitness progress to inspire others. <b>Suggested Hashtags:</b> #ProgressUpdate #FitnessJourney
<b>9/29/2023</b>	<b>World Heart Day (September 29)</b>  Educate followers on heart-healthy fitness habits. <b>Suggested Hashtags:</b> #HeartHealthDay #CardioFitness

<b>9/30/2023</b>	<b>Family Health &amp; Fitness Day USA (September 30)</b>  Host a family-oriented fitness event.  <b>Suggested Hashtags:</b> #FamilyFitnessUSA #FitnessTogether
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Make sure to explore all of Photofy's marketing resources for gyms and fitness brands, and use our app to effortlessly create and schedule your posts.

<https://photofy.com/blog>

With Photofy, you've got the tools to make September 2023 a phenomenal month for your social media presence! Happy posting! 😊