

Instagram Captions for Health & Wellness

1. "Did you hydrate today? (water drop)Your skin, energy, and focus all depend on it!
#HealthyHabits #WellnessTips"
2. "Struggling with sleep? Try cutting off screen time an hour before bed! (sleepy face) #SleepBetter
#HealthFirst"
3. "Small steps like morning stretches or 10-min walks can boost your mood naturally! #SelfCare
#MindBody"