

Healthy World Vitality Plan Website Help



Greetings from Healthy World Sedona! And thank you for deciding to join the Healthy World Vitality Plan (HWVP). We hope you will have a great experience as part of your Vitality Group, and we're committed to doing whatever we can to ensure that you, your coach, the other members of your group, and the entire HWVP membership have the support you need to achieve and maintain your peak vitality.

This Help page contains tips and suggestions for using the HWVP website. New items will be added as the need arises or at the suggestion of members.

Creating Posts

There are three pages on the HWVP website for viewing and creating posts:

- [Recipes](#). For sharing your favorite whole food, plant-based dishes and finding new ones.
- [Healthy Lifestyle](#). For advice or information on how to achieve vitality with any of the five NEURO categories: Nutrition, Exercise, Stress Management, Restorative Sleep, and Optimal Cognitive Ability.
- [General](#). For anything relevant to your HWVP experience that doesn't fit into the other two categories.

You can create a new post of your own on any of these three pages by clicking the ADD POST button near the top of each page.

VITAL TIP

*Be sure you are on the page that's appropriate for your post—either [Recipes](#), [Healthy Lifestyle](#), or [General](#)—**before** you click the ADD POST button, so your post will appear on the correct page.*

When you click the ADD POST button, you'll see the form for creating your post:

[Back to list](#)

Creating new entry * Mandatory fields

Author Jon Thompson

Date/Time 7 Jan 2022 02:34:02 PM

Subject

Body

POST CANCEL

1. The Date and Time are set to Mountain Standard time (Arizona) and should not be changed. They cannot be used to schedule the post for a later delivery time.
2. Choose a subject that is descriptive of your post's content. This will make it easier for others to find your post using searches.
3. In the Body pane of the post form, you can type or paste text or images that you have copied from other sources. You can use the various icons at the top of the Body pane to format your text, including linking it to other web pages.

VITAL TIP

For added interest, start your post with an image that you copy from another source and paste in the Body pane. After you paste the image, you will see a Settings prompt at the top left of the image, which allows you to select the size of the image, add a border, and do other formatting.

***Subject**

Body

Size 267x299 px Text flow Margins

Link to original Borders 0 px Alt text

Settings

Set image properties

More

B *I* U

4. When you've finished creating your post, click the Post button and you'll be directed back to the website page where your post will now appear at the top of the list. Notice that every post you create contains Edit and Delete buttons, so you can make further changes later.