

#WorldOsteoporosisDay

bonehealthandosteoporosis.org/world-osteoporosis-day

World Osteoporosis Day

October 20, 2022

Instagram Reels: Osteo-a-Gogo

Help us raise awareness on World Osteoporosis Day!! NYC Ballet Principal Dancer Tiler Peck collaborated with renowned fashion icon Iris Apfel to create and share the Osteo-a-Gogo dance! Let's see how many of us can create and share our OWN take of this dance. It can be modified to suit your skill level. The main point is to have fun and spread awareness about bone health and osteoporosis!! We've included instructions for how to create and show your own dance on Instagram!!

Instagram Reels

- 1) Go to your Instagram profile.
- 2) Click on the [+] on the top right.
- 3) Click on the first item listed: "Reel."
- 4) Click on "Audio" to search and choose the song: "Soul Bossa Nova."
- 5) Click on "Soul Bossa Nova" – you will then be taken back to your camera to record yourself
- 6) Once you are back to the camera, click on the arrows at the bottom right to turn the camera around towards yourself.
- 7) Click record (the button at the bottom middle).
- 8) Edit your thumbnail cover using the prompts.
- 9) If you like, click "Save Draft" to edit and share your reel later. You can find your saved draft on the Reels section of your profile (you can edit it further before sharing).
- 10) Click "Share" to post your reel to your Instagram profile.

A note about sharing your reel to Facebook: If your Instagram and Facebook accounts are linked, you can also share your reel to Facebook when you post it on Instagram. Before sharing your reel, tap next to Share to Facebook. Tap next to the Facebook account you want to share your reel to. Select whether you want to share all your future reels to Facebook or only your current reel. Tap in the top left, then tap "Share."

Additional information and details can be found on Instagram:

Introduction to Instagram Reels: <https://about.instagram.com/blog/announcements/introducing-instagram-reels-announcement>

Share your reel to Facebook: <https://help.instagram.com/459497729122868>