

## Facebook

During Great Outdoors Month, barbeques and picnics are a great way to spend time outside with friends and family. Here are some healthy recipe ideas for your next outdoor gathering. <https://bit.ly/2tegVGm>

Cutting back on unhealthy drinks and drinking more water throughout the day are important ways for you to maintain a healthy lifestyle. Here are 10 tips to help you make better beverage choices. <http://bit.ly/2bxm1mk>

Great Outdoors Month celebrates getting outside and being active. Enjoy the outdoors and learn how to incorporate physical activity into your routine. <https://bit.ly/2ahfH2J>



Walking is a great way to be physically active outside. Learn how Westchester County, New York, promoted walking paths to increase physical activity in their community. <https://bit.ly/2Hlkt08>

Children with obesity are at a higher risk for having chronic health conditions. Use this collection of resources to help children and teens maintain a healthy weight and prevent obesity. <https://bit.ly/2EDVsHU>

Meal planning is part of healthy eating and maintaining a healthy weight. Get tips on how to plan healthy meals at home, at work, and on the go. <http://bit.ly/1etYyA6>



#### Twitter

It's Great Outdoors Month! Use these healthy recipe ideas to plan your barbeque or picnic <https://bit.ly/2tegVGm>

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June is Great Outdoors Month! Get outside and learn how to incorporate physical activity into your routine. <https://bit.ly/2ahfH2J>



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