



Healthy Lifestyles

FACEBOOK/TWITTER: Here's not one, but two resources for adaptive sports. Tag a sports enthusiast.

 www.stride.org/sports/snowshoeing/

 www.iskiny.com/adaptive-skiing-programs

FACEBOOK/TWITTER: Tips for setting specific goals that you can reach. #diabetes #diabetesprevention
www.health.ny.gov/diseases/conditions/diabetes/healthy_weight.htm

INSTAGRAM: Head to the link in bio for tips for setting specific goals that you can reach. #diabetes #diabetesprevention

www.health.ny.gov/diseases/conditions/diabetes/healthy_weight.htm

FACEBOOK/TWEET: Being mindful is just one part of reaching a healthy weight. Get tips on what to eat, reading nutrition labels, and more.

www.health.ny.gov/diseases/conditions/diabetes/healthy_weight.htm

INSTAGRAM: Being mindful is just one part of reaching a healthy weight. Get tips on what to eat, reading nutrition labels, and more. Link in bio to get started today.

www.health.ny.gov/diseases/conditions/diabetes/healthy_weight.htm

FACEBOOK: Do you know someone living with joints that hurt? Tell them about @NYSDOH's – New York State Department of Health's low-cost or no-cost arthritis programs.

www.health.ny.gov/diseases/conditions/arthritis/programs.htm

TWITTER: Do you know someone living with joints that hurt? Tell them about @HealthNYGov's low-cost or no-cost #arthritis programs. www.health.ny.gov/diseases/conditions/arthritis/programs.htm

INSTAGRAM: Do you know someone living with joints that hurt? Tell them about @nysdoh's low-cost or no-cost #arthritis programs. Link in bio.

www.health.ny.gov/diseases/conditions/arthritis/programs.htm

FACEBOOK: *[POLL OPTION]*

Good for you.

Bad for you.

POST IN COMMENTS SECTION:

Marketing says drinking these products is a healthy way to fill up again after losing nutrients from exercise. Many people believe this is true. These are the facts: These drinks often contain excessive amounts of sugar. Most active people can replenish nutrients lost through exercise by drinking plenty of water and eating a well-balanced diet – one that contains a variety of fruits and vegetables.

www.health.ny.gov/prevention/nutrition/sugary_beverages/

TWITTER: Sports drinks. Are they good or bad? Take our poll and learn more:

www.health.ny.gov/prevention/nutrition/sugary_beverages/

Good for you.

Bad for you.



Public Health Toolkit

Social Media



INSTAGRAM: Sports drinks that are marketed as healthy, often contain excessive amounts of sugar. #DYK? Most active people can replenish nutrients lost through exercise by drinking plenty of water and eating a well-balanced diet. Link in bio to learn more.

www.health.ny.gov/prevention/nutrition/sugary_beverages/