

## Facebook

Keeping up a healthy lifestyle can be challenging during the holidays. Check out these 10 tips to help make your holidays healthier: <http://bit.ly/2eNQcl2>

Cooler weather during the winter can make it harder to stay active. Mall walking is a great way to build physical activity into your cold weather workout. <http://bit.ly/1PPa5vr>

This winter, maintain a healthy weight by following these healthy eating and physical activity tips: <http://bit.ly/1A59ug3>

Healthy eating is just as important during the holidays as it is the rest of the year. Check out this infographic for simple ways to make healthier holiday food choices: <http://bit.ly/2fFD0nH>

## Twitter

Check out these 10 tips to make your holidays a little healthier: <http://bit.ly/2eNQcl2>

This winter, try mall walking as a way to stay active in cooler weather. <http://bit.ly/1PPa5vr>

Maintain a healthy weight this winter with these healthy eating and physical activity tips: <http://bit.ly/1A59ug3>

Making healthier holiday food choices is simple with tips from this infographic: <http://bit.ly/2fFD0nH>

## Additional Content and Resources

[My Plate Seasonal Resources: Winter](#)

[Mall Walking: A Program Resource Guide](#)

*For more information, email the Communication Team for Community Health at [dchcommunicationteam@cdc.gov](mailto:dchcommunicationteam@cdc.gov).*



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Note: Consider including a mix of winter- or cold weather-related messages with holiday tweets or posts to be inclusive of multiple audiences.