

# Social Media Toolkit

## Title: Health and Fitness

For use during week 9/23/2019-9/29/2019

Launch Date: 9/9/2019

### Introduction

*\*Describe content of toolkit.*

*\*Describe background of topic*

*\*Describe the source(s) for the toolkit content*

Achieving a healthy lifestyle is a very important but broad-based topic. This toolkit tries to provide an overview for those who will read the social media posts to learn how to start a more active lifestyle and how to take the first step in eating healthier food. The goal is to try to inform people so that they might become motivated to take that first step.

#### *Active lifestyle*

Obesity is a complex, multifactorial, and largely preventable disease affecting, along with overweight, over a third of the world's population today. If secular trends continue, by 2030 an estimated 38% of the world's adult population will be overweight and another 20% will be obese.<sup>1</sup>

Physical activity and exercise are major contributors to a healthy lifestyle. The benefits of physical activity and exercise are numerous and include not only benefits to the physical body but also to mental health. Active people generally live longer and are at less risk for serious health problems like heart disease, type 2 diabetes, obesity, and some cancers. For people with chronic diseases, physical activity can help manage these conditions and complications. Regular exercise can prevent and reverse age-related decreases in muscle mass and strength; improve balance, flexibility and endurance; and decrease the risk of falls in the elderly. Regular, weight-bearing exercise can also prevent osteoporosis by building bone strength. Regular exercise can also decrease stress and anxiety and improve general, mental health.<sup>2,3</sup>

#### *Eating healthier food*

According to the *Dietary Guidelines for Americans 2015–2020*,<sup>4</sup> a healthy eating plan includes the following: 1) emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products; 2) includes lean meats, poultry, fish, beans, eggs, and nuts; 3) is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars; and 4) stays within your daily calorie needs. A healthy eating plan that helps you manage your weight includes a variety of foods you may not have considered. If “healthy eating” makes you think about the foods you **cannot** have, try refocusing on all the new foods you **can** eat.

The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. It is about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses.<sup>2</sup>

### Target audience/high-risk subsets

*\*Describe target audience*

*\*Describe high-risk or sub-populations, if appropriate*

Target audience:

Everyone

### Target Audience Needs/Issues/Considerations

*\*Include considerations that the opposition may provide*

**Proceed with caution:** May need to get a physician's approval prior to someone who is not active beginning a physical activity or exercise routine.

**Defining the difference between physical activity, exercise and physical fitness is important.** Physical Activity: Any bodily movement that contributes to daily energy expenditure. Exercise: Planned, structured, and repetitive bodily movement that contributes to daily energy expenditure. Physical Fitness: A set of attributes that a person has or achieves through physical activity and/or exercise: cardiorespiratory fitness, muscular strength and endurance, flexibility, body composition, agility, balance, coordination, speed, power and reaction time.

**Basic requirements should be emphasized (there is an abundance of information and all of this might be confusing to readers).** There is so much information about this topic that it may be overwhelming to users of social media to process. It is good to discuss the basic requirements: Total weekly amounts of aerobic activity for active individuals would be 150-300 minutes of moderate-intensity activity per week. For highly active would be 300 minutes or more moderate-intensity activity per week. There are two Facebook posts dealing with the FITT principle (Frequency, Intensity, Time and Type of activity) that might help readers.

Talk about how to be more active or increase activity with the FITT principle (Frequency, Intensity, Time and Type of activity)

## **Supporting Campaigns**

*\*Include organizations that would have credible information and would be likely to have their own campaigns*

American Cancer Association

American Heart Association

Centers for Disease Control and Prevention

Office of Disease Prevention and Health Promotion (health.gov)

U.S. Department of Health and Human Services

## **References**

<sup>1</sup> Hruby, Adela and Frank Hu. 2015. The Epidemiology of Obesity: A Big Picture. *Pharmacoeconomics*. 2015 Jul; 33(7): 673–689.doi: 10.1007/s40273-014-0243-x

<sup>2</sup> Centers for Disease Control and Prevention [Internet]. Healthy Weight. Retrieved on 9/10/19 from: <https://www.cdc.gov/healthyweight/index.html>

<sup>3</sup> MedicineNet [Internet]. Health Tips for Healthy Living. Retrieved on 9/10/19 from: [https://www.medicinenet.com/healthy\\_living/article.htm#healthy\\_living\\_facts](https://www.medicinenet.com/healthy_living/article.htm#healthy_living_facts)

<sup>4</sup> Office of Disease Prevention and Health Promotion [Internet]. 2015-2020 Dietary Guidelines for Americans. Retrieved on 9/9/19 from: <https://health.gov/dietaryguidelines/2015/>

## Toolkit Content

<b>Please list: Developer(s) Affiliation(s) Title(s)</b>	Sandy Vasenda NEOMED MPH Student																																		
<b>Estimated time used to create</b>	10.5 hours																																		
<b>Date submitted</b>	9/10/2019																																		
<b>Target date for release (Monday)</b>	9/9/2019																																		
<b>Approvals</b>  (Needs at least one reviewer per column—initial appropriate column)	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 40%;">Reviewer</th> <th style="width: 15%;">Date</th> <th style="width: 15%;">Format &amp; language (grammar)</th> <th style="width: 15%;">Social media content</th> <th style="width: 15%;">Public health content</th> </tr> </thead> <tbody> <tr> <td>Kim Trowbridge</td> <td>9/11/2019</td> <td>KT</td> <td></td> <td>KT</td> </tr> <tr> <td>Amy Lee</td> <td>9/16/19</td> <td>AL</td> <td>AL</td> <td></td> </tr> <tr> <td> </td> <td> </td> <td> </td> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> <td> </td> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> <td> </td> <td> </td> <td> </td> </tr> </tbody> </table>					Reviewer	Date	Format & language (grammar)	Social media content	Public health content	Kim Trowbridge	9/11/2019	KT		KT	Amy Lee	9/16/19	AL	AL																
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<b>Accuracy</b>	Sources of all data are provided (all credible sources)																																		
<b>Social Media Platforms Included</b>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Platform</th> <th style="width: 15%;">Ideal number</th> <th style="width: 35%;">In this toolkit</th> </tr> </thead> <tbody> <tr> <td>Facebook</td> <td style="text-align: center;">5</td> <td style="text-align: center;">5</td> </tr> <tr> <td>Twitter</td> <td style="text-align: center;">10</td> <td style="text-align: center;">10</td> </tr> <tr> <td>Instagram</td> <td style="text-align: center;">5</td> <td style="text-align: center;">5</td> </tr> <tr> <td>Hashtags (for Twitter or Instagram)</td> <td style="text-align: center;">10</td> <td style="text-align: center;">10</td> </tr> <tr> <td>Video (YouTube)</td> <td style="text-align: center;">Optional</td> <td style="text-align: center;">3</td> </tr> <tr> <td>Print media (e.g. press release)</td> <td style="text-align: center;">Optional</td> <td></td> </tr> <tr> <td>Other (list):</td> <td style="text-align: center;">Optional</td> <td></td> </tr> <tr> <td style="padding-left: 20px;">Photos</td> <td></td> <td style="text-align: center;">3</td> </tr> <tr> <td style="padding-left: 20px;">Blog post ideas</td> <td></td> <td style="text-align: center;">3</td> </tr> </tbody> </table>					Platform	Ideal number	In this toolkit	Facebook	5	5	Twitter	10	10	Instagram	5	5	Hashtags (for Twitter or Instagram)	10	10	Video (YouTube)	Optional	3	Print media (e.g. press release)	Optional		Other (list):	Optional		Photos		3	Blog post ideas		3
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### Approvers Information

- Please approve by the target date for release. Approvers may review for more than one review category (e.g. both public health content and social media content). At least one approver is needed per category; two approvers are preferred.
- Feel free to add or make edits—there will not be an opportunity for the original student group to make further edits
- Here are the items that you are checking

Reviewer	Items for review
<b>Public health content</b>	Information provided is current (within six months of launch date or the most recent information as relevant for a specific topic e.g. the latest guidelines). Also, from a credible source.
<b>Social media content</b>	Layout, imaging, length of posts
<b>Format and language</b>	Good grammar, punctuation, format compliant with toolkit guidelines.

**FACEBOOK**

<p><b>Facebook 1</b></p>	<p>The F.I.T.T. principle outlines how to manipulate your exercise program to get in shape and get better results. It also helps you figure out how to change your workouts to avoid boredom, overuse injuries, and weight loss plateaus. For example, walking three times a week for 30 minutes at a moderate pace might be a great place for a beginner to start. After a few weeks, however, your body adapts to these workouts. You may then want to change one or more of the F.I.T.T. principles, such as:</p> <p><b>Changing the frequency</b> by adding another day of walking</p> <p><b>Changing the intensity</b> by walking faster or adding some running intervals</p> <p><b>Changing the time</b> spent walking each workout day</p> <p><b>Changing the type</b> of workout by swimming, cycling, or running.</p>	<p>Source of text: Verywell.com</p> <p>Website: <a href="https://www.verywellfit.com/f-i-t-t-principle-what-you-need-for-great-workouts-1231593">https://www.verywellfit.com/f-i-t-t-principle-what-you-need-for-great-workouts-1231593</a></p> <p>Image source: HealthySD.gov <a href="https://healthysd.gov/use-the-fitt-chart-to-get-fit/">https://healthysd.gov/use-the-fitt-chart-to-get-fit/</a></p> <table border="1" data-bbox="927 537 1511 625"> <thead> <tr> <th colspan="4">FITT EXAMPLE</th> </tr> </thead> <tbody> <tr> <td>F</td> <td>Frequency</td> <td colspan="2">4 days weekly</td> </tr> <tr> <td>I</td> <td>Intensity</td> <td colspan="2">moderate intensity</td> </tr> <tr> <td>T</td> <td>Time</td> <td>25 minutes</td> <td>20 reps</td> </tr> <tr> <td>T</td> <td>Type</td> <td>walk around the block (aerobic)</td> <td>wall push ups (strengthening)</td> </tr> </tbody> </table> <table border="1" data-bbox="927 638 1511 726"> <thead> <tr> <th colspan="4">FITT Worksheet</th> </tr> </thead> <tbody> <tr> <td>F</td> <td>Frequency</td> <td></td> <td></td> </tr> <tr> <td>I</td> <td>Intensity</td> <td></td> <td></td> </tr> <tr> <td>T</td> <td>Time</td> <td></td> <td></td> </tr> <tr> <td>T</td> <td>Type</td> <td></td> <td></td> </tr> </tbody> </table> <table border="1" data-bbox="927 739 1511 842"> <thead> <tr> <th colspan="6">American Heart Association Recommendations</th> </tr> </thead> <tbody> <tr> <td>F</td> <td>Frequency</td> <td>5x wkly</td> <td>2+ days wkly</td> <td>OR</td> <td>3x wkly</td> <td>2+ days wkly</td> </tr> <tr> <td>I</td> <td>Intensity</td> <td>moderate</td> <td>moderate to high</td> <td></td> <td>vigorous</td> <td>moderate to high</td> </tr> <tr> <td>T</td> <td>Time</td> <td>30 minutes</td> <td>major muscle groups</td> <td></td> <td>major muscle groups</td> <td>major muscle groups</td> </tr> <tr> <td>T</td> <td>Type</td> <td>aerobic activity</td> <td>strengthening</td> <td></td> <td>aerobic activity</td> <td>strengthening</td> </tr> </tbody> </table>	FITT EXAMPLE				F	Frequency	4 days weekly		I	Intensity	moderate intensity		T	Time	25 minutes	20 reps	T	Type	walk around the block (aerobic)	wall push ups (strengthening)	FITT Worksheet				F	Frequency			I	Intensity			T	Time			T	Type			American Heart Association Recommendations						F	Frequency	5x wkly	2+ days wkly	OR	3x wkly	2+ days wkly	I	Intensity	moderate	moderate to high		vigorous	moderate to high	T	Time	30 minutes	major muscle groups		major muscle groups	major muscle groups	T	Type	aerobic activity	strengthening		aerobic activity	strengthening
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<p><b>Facebook 1</b></p>		<p><a href="https://www.cdc.gov/physicalactivity/downloads/Active_People_Healthy_Nation_at-a-glance_082018_508.pdf">https://www.cdc.gov/physicalactivity/downloads/Active_People_Healthy_Nation_at-a-glance_082018_508.pdf</a></p>	<p>Active People – Healthy Nation</p>	<p>9/9/2019</p>	<p>Credit the source: Centers for Disease Control and Prevention</p>
<p><b>Facebook 2</b></p>		<p><a href="https://www.heart.org/-/media/aha/h4gm/infographics/makeeverymove-countinfographic1200w.jpg?la=en&amp;hash=EE8E608ADB1499A77E5E6F77B2B59B0CE45ED854">https://www.heart.org/-/media/aha/h4gm/infographics/makeeverymove-countinfographic1200w.jpg?la=en&amp;hash=EE8E608ADB1499A77E5E6F77B2B59B0CE45ED854</a></p>	<p>Make Every Move Count</p>	<p>9/9/2019</p>	<p>Credit the source: American Heart Association</p>
<p><b>Facebook 3</b></p>		<p><a href="https://www.heart.org/-/media/images/healthy-living/infographics/getintoworkingoutinfographicnov2018.jpg?la=en&amp;hash=3FE77416908641D5BA97233C6B510B50F5A6C35B">https://www.heart.org/-/media/images/healthy-living/infographics/getintoworkingoutinfographicnov2018.jpg?la=en&amp;hash=3FE77416908641D5BA97233C6B510B50F5A6C35B</a></p>	<p>Get Into Working Out</p>	<p>9/9/2019</p>	<p>Credit the source: American Heart Association</p>

<p><b>Facebook 4</b></p>		<p><a href="https://www.heart.org/-/media/aha/h4gm/infographics/how-much-should-i-eat.jpg?la=en&amp;hash=5F36EA45BA346064696DF4D88C55E5554B74F911">https://www.heart.org/-/media/aha/h4gm/infographics/how-much-should-i-eat.jpg?la=en&amp;hash=5F36EA45BA346064696DF4D88C55E5554B74F911</a></p>	<p>The easy way to eat healthy</p>	<p>9/9/2019</p>	<p>Credit the source: American Heart Association</p>
<p><b>Facebook 5</b></p>		<p><a href="https://www.verywellfit.com/f-i-t-t-principle-what-you-need-for-great-workouts-1231593">https://www.verywellfit.com/f-i-t-t-principle-what-you-need-for-great-workouts-1231593</a></p>	<p>Understanding the F.I.T.T. principle helps you create a workout plan that will be more effective in reaching your fitness goals. F.I.T.T. stands for frequency, intensity, time, and type of exercise. These are the four elements you need to think about to create workouts that fit your goals and fitness level.</p>	<p>9/12/19</p>	<p>Credit the source: Verwell.com (Joshua Song)</p>

## TWEETS

### Twitter best practices

- *Keep it short and simple--although messages can be <280 characters now, keep them short anyway!*
- *Post often--it is recommended to post 3 tweets per day, with different framing to reach diverse populations*
- *Post other relevant content from partners or followers*
- *Use relevant hashtags (maximum of 2 hashtags)*

<b>Tweet 1</b>	September is #NationalChildhoodObesityMonth. For info on how to keep your kids healthy, head to the @CDCgov: <a href="http://bit.ly/WOnM47">http://bit.ly/WOnM47</a>
<b>Tweet 2</b>	healthfinder.gov is your U.S. #government gateway to reliable #HealthInformation resources that have been carefully selected by the U.S. Department of Health and Human Services from over 1,700 government #agencies and #NonprofitOrganizations.
<b>Tweet 3</b>	There is always a #why that gets #people started on a plan to live a #HealthierLifestyle (for example - because my clothes no longer fit or I have no #energy) What is your #why? Find out and then take your #why and #RunWithIt.
<b>Tweet 4</b>	You are never too old to begin #exercising
<b>Tweet 5</b>	A #HealthyEatingPlan that helps you manage your #weight includes a variety of foods you may not have considered. If “healthy eating” makes you think about the foods you can’t have, try refocusing on all the new foods you can eat
<b>Tweet 6</b>	A #healthydiet can help protect you from heart disease, type 2 diabetes, and some types of #cancer. Get tips on how to eat #healthy on a budget, plan ahead to save time, and eat #healthy away from home.
<b>Tweet 7</b>	To stay at a #healthyweight, balance the #calories you eat and drink with the calories you burn (use up). #Calories are a measure of the #energy in the #foods you eat. To lose weight, you need to burn more #calories than you eat.
<b>Tweet 8</b>	How do I know if I’m at a #healthyweight? Finding out your #BodyMassIndex (BMI) is an easy way to learn if you are at a #healthyweight. Use this #BodyMassIndex (#BMI) calculator to find out your #BMI and what it means for you.
<b>Tweet 9</b>	The key to achieving and maintaining a #healthyweight isn’t about short-term #dietarychanges. It’s about a lifestyle that includes #healthyeating, regular #physicalactivity, and balancing the number of #calories you consume with the number of #calories your body uses.
<b>Tweet 10</b>	Want to know about your daily energy requirements? Check out FNIC’s DRI Calculator to find calorie and nutrient needs: <a href="http://go.usa.gov/xyckr">go.usa.gov/xyckr</a>

## INSTAGRAM

### Instagram best practices

- Post 3-4 times during the week
- Use varying content (not only picture sharing but include videos and graphics)
- Use relevant hashtags so people can find your content

Instagram 1	
Instagram 2	
Instagram 3	
Instagram 4	
Instagram 5	

	Infographic	Website	Caption (if provided)	When accessed	Permission
Instagram 1		<a href="https://www.heart.org/-/media/aha/h4gm/infographics/lifesimple7infographiceng.png?la=en&amp;hash=9A068E77E91BB8C36B8663E92AF6B93034443CB2">https://www.heart.org/-/media/aha/h4gm/infographics/lifesimple7infographiceng.png?la=en&amp;hash=9A068E77E91BB8C36B8663E92AF6B93034443CB2</a>	Be healthy for good with life's simple 7	9/9/2019	Credit the source: American Heart Association
Instagram 2		<a href="https://www.heart.org/-/media/aha/h4gm/infographics/how-to-boost-willpower-infographic.jpg?la=en&amp;hash=ADE51FBF07F3B9930E576A8F0305CE44D569AF6D">https://www.heart.org/-/media/aha/h4gm/infographics/how-to-boost-willpower-infographic.jpg?la=en&amp;hash=ADE51FBF07F3B9930E576A8F0305CE44D569AF6D</a>	How to boost willpower	9/9/2019	Credit the source: American Heart Association
Instagram 3		<a href="https://www.heart.org/-/media/aha/h4gm/infographics/clean_eating_infographic.jpg">https://www.heart.org/-/media/aha/h4gm/infographics/clean_eating_infographic.jpg</a>	What is clean eating?	9/10/19	Credit the source: American Heart Association

<p><b>Instagram 4</b></p>	 <p>The infographic is divided into two main sections. The top section, 'TIPS FOR EVERYDAY EXERCISE', lists three tips: 1. 'DON'T OVERDO IT' (avoid over-exercising, listen to your body), 2. 'DON'T GO TO THE GYM EVERY DAY' (exercise 3-5 times a week), and 3. 'DON'T GO TO THE GYM EVERY DAY' (exercise 3-5 times a week). The bottom section, 'EXERCISE AS A HOBBY', lists five reasons: 1. 'IT'S FUN', 2. 'IT HELPS YOU STAY HEALTHY', 3. 'IT HELPS YOU STAY FIT', 4. 'IT HELPS YOU STAY ACTIVE', and 5. 'IT HELPS YOU STAY HAPPY'. It also includes a list of activities: walking, swimming, cycling, dancing, and gardening.</p>	<p><a href="https://i.pinimg.com/564x/9d/a0/de/9da0de9579386f6ab8219ff645a1a004.jpg">https://i.pinimg.com/564x/9d/a0/de/9da0de9579386f6ab8219ff645a1a004.jpg</a></p>	<p>Tips for Everyday Exercise</p>	<p>9/9/19</p>	<p>Source: Pinterest</p>
<p><b>Instagram 5</b></p>	 <p>The infographic lists five reasons to add more color to your diet: 1. 'FULL OF THE GOOD' (antioxidants, vitamins, and minerals), 2. 'FREE OF THE BAD' (saturated fats, sodium, and added sugars), 3. 'DON'T WEIGH YOU DOWN' (fiber and water), 4. 'SUPER FLEXIBLE' (superfoods like berries, leafy greens, and nuts), and 5. 'A WHOLE BODY HEALTH BOOST' (improves heart health, digestion, and energy). It also includes a list of colorful foods: red (strawberries, tomatoes), orange (carrots, oranges), green (spinach, kiwi), purple (grapes, eggplant), and yellow (lemons, bananas).</p>	<p><a href="https://www.heart.org/-/media/aha/h4gm/infographics/5-reasons-to-add-color-infographic-plus-color-english.jpg">https://www.heart.org/-/media/aha/h4gm/infographics/5-reasons-to-add-color-infographic-plus-color-english.jpg</a></p>	<p>5 Reasons to Add More Color</p>	<p>9/19/19</p>	<p>Source: American Heart Association</p>

## RELEVANT HASHTAGS

	<b>Hashtag</b>
<b>Hashtag 1</b>	#Fitness
<b>Hashtag 2</b>	#workout
<b>Hashtag 3</b>	#health
<b>Hashtag 4</b>	#FitMotivation
<b>Hashtag 5</b>	#GetHealthy
<b>Hashtag 6</b>	#Goals
<b>Hashtag 7</b>	#YouCanDolt
<b>Hashtag 8</b>	#FitnessGoals
<b>Hashtag 9</b>	#NoExcuses
<b>Hashtag 10</b>	#HealthyLifestyle

**VIDEO (OPTIONAL)**

Media	Image	Embedded Link	Website	Caption (if provided)	When Accessed	By Who m	Permission
<b>Videos</b>							
<b>Video #1</b>		<iframe width="560" height="315" src="https://www.youtube.com/embed/IEutFrar1dl" frameborder="0" allow="accelerometer; autoplay; encrypted-media; gyroscope; picture-in-picture" allowfullscreen></iframe>	<a href="https://www.youtube.com/watch?v=IEutFrar1dl">https://www.youtube.com/watch?v=IEutFrar1dl</a>	Physical Activity Guidelines: Introduction (length 4:42)	9/9/2019	SV	Credit the source: Centers for Disease Control and Prevention
<b>Video #2</b>		<iframe width="560" height="315" src="https://www.youtube.com/embed/vmgeupa9Owl" frameborder="0" allow="accelerometer; autoplay; encrypted-media; gyroscope; picture-in-picture" allowfullscreen></iframe>	<a href="https://www.youtube.com/watch?v=vmgeupa9Owl">https://www.youtube.com/watch?v=vmgeupa9Owl</a>	Move More Manifesto (length 0:31)	9/9/2019	SV	Credit the source: American Heart Association
<b>Video #3</b>		<iframe width="560" height="315" src="https://www.youtube.com/embed/9mQq2xQhgVY" frameborder="0" allow="accelerometer; autoplay; encrypted-media; gyroscope; picture-in-picture" allowfullscreen></iframe>	<a href="https://www.youtube.com/watch?v=9mQq2xQhgVY">https://www.youtube.com/watch?v=9mQq2xQhgVY</a>	The Anti-Aging Power of Exercise (length 0:49)	9/9/2019	SV	Credit the source: American Heart Association



**PHOTOS (copyright free)—OPTIONAL BUT GOOD TO INCLUDE**

Photo #1		<a href="https://phil.cd.cdc.gov/Details.aspx?pid=14023">https://phil.cd.cdc.gov/Details.aspx?pid=14023</a>	<p>The man pictured here, was seated in one of the Centers for Disease Control and Prevention (CDC) campus fitness centers, where a number of scheduled group classes, are provided for employees' health and enjoyment. In this particular scenario, this individual was participating in a Yoga class, and had assumed a cross-legged, palms up meditation position.</p>	9/4/19	SV	<p><i>Credit the photo: Centers for Disease Control (Amanda Mills)</i></p>
Photo #2		<a href="https://phil.cd.cdc.gov/Details.aspx?pid=13970">https://phil.cd.cdc.gov/Details.aspx?pid=13970</a>	<p>This image was captured on one of the Centers for Disease Control and Prevention (CDC) campuses, in the facility's fitness center, where a number of scheduled group classes are provided for employees' health and enjoyment. This particular class was an instructor-led aerobics exercise session, which included the use of an inflatable balance ball, upon which the class attendees were seated. While in a seated position, these female students were performing upper-body stretching exercises.</p>	9/4/19	SV	<p><i>Credit the photo: Centers for Disease Control (Amanda Mills)</i></p>
Photo #3		<a href="https://phil.cd.cdc.gov/Details.aspx?pid=14012">https://phil.cd.cdc.gov/Details.aspx?pid=14012</a>	<p>This image was captured on one of the Centers for Disease Control and Prevention (CDC) campuses, in the facility's fitness center, where a number of scheduled group classes are provided for employees' health and enjoyment. In this particular view, a number of fitness attendees were making use of the treadmills,</p>	9/8/2019	SV	<p><i>Credit the photo: Centers for Disease Control (Amanda Mills)</i></p>

			taking part in some aerobic exercise.			
Photo #4						
Photo #5						
Photo #6						
Photo #7						
Photo #8						
Photo #9						
Photo #10						

Blog post ideas

Do you have a fitness routine? What is it?
What motivates you to exercise (eat healthy)?
Do you have any healthy recipes to share?