

Facebook

This year, set yourself up for success by setting realistic health goals. Get tips on healthy eating in the new year from the American Heart Association: <http://bit.ly/2fsDMYC>

The American Planning Association released three new resources to help make communities healthier. This suite of resources includes a new toolkit for professional planners conducting Health Impact Assessments. Learn more about these new resources here: <http://bit.ly/2h2e1LB>

Is your goal for 2017 to increase your physical activity? Get off to the right start by hiking, skiing, snowshoeing, and more in a national park. Find a national park near you: <http://bit.ly/2i5fAbK>

This year, make healthy eating a priority. Meal planning is an essential 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>

Planning your 2017 travel calendar? Check out the American Planning Association's Great Places in America for some ideas that include communities making it easier to be active: <http://bit.ly/1pMTpmP>

Twitter

This year, reach your healthy eating goals with these tips on #HealthyEating: <http://bit.ly/2fsDMYC>

The American Planning Association released three new resources to help make communities healthier. Learn more: <http://bit.ly/2h2e1LB>

This year, make it a goal to increase physical activity. National parks have a variety of outdoor activities: <http://bit.ly/2i5fAbK>

Meal planning is an important part of healthy eating. Get tips on how to plan healthy meals ahead of time: <http://bit.ly/1etYyA6>

Looking for places to visit and be active? Check out the American Planning Association's Great Places in America: <http://bit.ly/1pMTpmP>

Handles to Follow

[@APA_Planning](#): Official Twitter account for the American Planning Association: Making Great Communities Happen

[@NatIParkService](#): Official Twitter account for the U.S. National Park Service

For more information, email the Communication Team for Community Health at dchcommunicationteam@cdc.gov.



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