

Facebook

Celebrate National Great Outdoors Month by taking a break from TV and video games and going outside to be active: <http://bit.ly/2mb3XBM>

Gardening is a great way to be active outdoors. Learn some gardening health and safety tips: <http://bit.ly/2nbCGk4>

This National Great Outdoors Month, think about variety, amount, and nutrition for healthy eating at summer cookouts: <http://bit.ly/2c7H792>

June is National Great Outdoors Month. Learn how a local YMCA promotes physical activity and healthy eating: <http://bit.ly/2nHF8BC>

Learn how promoting physical activity and healthy eating is helping more than 800 children: <http://bit.ly/2nHF8BC>

This National Great Outdoors Month, learn about the importance of staying hydrated with plain water: <http://bit.ly/2n3IAHL>

Learn how a community in Hawaii helped residents reconnect with their culture through gardening: <http://bit.ly/2nVKGpc>

Swimming is a great way to be active in the summer. Learn swim safety tips during National Great Outdoors Month: <http://bit.ly/2mwBwTa>

June is National Great Outdoors Month. Learn how local parks are adding healthier food and drinks to concession stands: <http://bit.ly/2h7tiK4>

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



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