



# Social Media Post

## JANUARY

The Clearinghouse for Military Family Readiness and 5210 Healthy Military Children invites you to participate in the 5210 Social Media Post of the Month! Copy and paste the text and post on social media such as Facebook or Twitter. You can also copy and paste the photo from below, or use your own photo! Finish your post with #5210HMC. This will allow the Clearinghouse team to review and highlight installations and their venues participating in the health messaging campaign!

# National Family Fit Lifestyle Month

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**SHARE 5210HMC ON SOCIAL MEDIA**



Don't let the weather keep you from getting your 1 hour! Get active and use some ideas at <http://ow.ly/Ed6X7> for creative indoor physical activities. #5210HMC To learn more about 5210 Healthy Children, visit [5210.psu.edu](http://5210.psu.edu)



Cold out? Raining? Too hot? Check out fun indoor activities at <http://ow.ly/Ed6X7> to get your 1 hr of physical activity! #5210HMC