



Top Health and Fitness Pages to Follow on Social Media

The Impact of Social Media

Embrace It:

- Motivational Posts
- Safe exercises and new recipes
- Information and tips from qualified sources
- Keeping track of your goals and progress

Be Cautious:

- Beware of “Quick Fixes.”
- Giving out personal information
- Body Image: People put their best selves on social media. Strive to be the best version of YOU!

Pages to Follow on Facebook



**IDEA Health &
Fitness
Association**



**Corporate Fitness
Works**



**Daily Health
Tips**

facebook®

Pages to Follow on Twitter



Fitness Magazine
@FitnessMagazine



Mind Body Green
@MindBodyGreen



Everyday Health
@EverydayHealth



Corporate Fitness Works
@CorpFitWorks

Pages to Follow on Pinterest



Health



Fitness



PopSugar Fitness



Corporate Fitness Works

Pages to Follow on Instagram



Healthy Recipes
@healthyminutemeals



Corporate Fitness Works
@corporatefitnessworks



Healthy Food Videos
@healthyfoodvideos



References

- <https://greatist.com/health/social-media-affects-fitness>