



*Michigan Department
of Community Health*



**Rick Snyder, Governor
James K. Haveman, Director**

FACEBOOK STATUS UPDATE SUGGESTIONS:

A:

Together we can make Michigan healthier. That's why we're a proud partner of MI Healthier Tomorrow. Join us in this movement and take the pledge to lose 10%. Get the skinny at www.michigan.gov/mihealthiertomorrow.

B:

It's easier to lose weight when you have a buddy. That's one of the reasons we became a partner of the MI Healthier Tomorrow movement. Together we can help Michigan get healthier, one step and one bite at a time. Join us and take the pledge to lose 10% at www.michigan.gov/mihealthiertomorrow.

C:

Want a healthier tomorrow for Michigan? We do, too. That's why we're a proud partner of the MI Healthier Tomorrow movement. See how you can take the pledge to lose 10% and sign up for support every step of the way at www.michigan.gov/mihealthiertomorrow.

D:

Did you know that losing just 10% of your body weight can reduce your risk of chronic disease? Join us and make a small step today toward a healthier tomorrow at www.michigan.gov/mihealthiertomorrow.

E:

We all could use a little friendly reminder to be a little healthier. How about a text message or an email to keep you in the zone? Join the MI Healthier Tomorrow Movement at www.facebook.com/mihealthiertomorrow.

F:

Imagine if you could sleep better, breathe easier and fight disease? All you have to do is make small lifestyle changes and lose 10% of your body weight. Join the MI Healthier Tomorrow Movement at www.facebook.com/mihealthiertomorrow.