

## Find Support on Social Media

### Facebook Groups:

If you are looking for other Facebook support groups in addition to the FHC Livin' the Healthy Life, type keywords in the search box and you will have hundreds of groups come up. Most are peer-to-peer support.

### Twitter:

On social sites like Twitter, a hashtag is a word or phrase preceded by a hash or pound sign (#) used to identify messages on a specific topic. Finding anything on twitter can be done using the right hashtag. Type a hashtag in the Twitter search box to find people who are tweeting about a particular health topic of interest, and be sure to follow those people.

Some popular hashtags include: #weightloss #health #fitness #lowcarb #wls #walking #running #yoga

How to find health related hashtags: [www.Symplur.com/Healthcare-Hashtags/](http://www.Symplur.com/Healthcare-Hashtags/)

Some suggestions to follow on Twitter are @ObeisityAction, @YWMOAC and @Eggface.

Tweet Chats are organized events where people participate in interactive conversation through tweets on Twitter. Many are hosted by doctors, dieticians or health professional groups. The conversation usually focuses on a pre-arranged topic, and a specific hashtag for the tweet chat allows the conversation to be easily followed. The chats are scheduled for a specific time and date, but you can always just scroll through the hashtag that was used to read the information shared and follow some favorite tweeters.

Some frequent health-related tweet chats include:

#HealthChat #Healthtalk #abcDRBchat #HealthTipsChat #HACHat #StartSmall #RDChat

### Instagram:

Hashtags on Instagram help users organize and categorize photo content. Search hashtags like #fitness, #nutrition, #recipes, #weightlossjourney, and #WLSCommunity to lead you to others who are sharing about those subjects.

## **Pinterest:**

Pinterest is a visual bookmarking site that allows you to create boards of things that you find online, with each of these things being referred to as a “pin”. Pinterest users can find recipes, health tips, sample menus, workouts and motivational quotes. Search by topic and look for pages authored by sources like government agencies, trusted non-profit organizations and health professionals.

Some great pages to check out if you are interested include:

- The Obesity Action Coalition ([www.pinterest.com/ObeisityAction](http://www.pinterest.com/ObeisityAction))
- The OAC's *your weight matters campaign* ([www.Pinterest.com/YWMOAC](http://www.Pinterest.com/YWMOAC))
- Everyday Health ([www.Pinterest.com/EverydayHealth](http://www.Pinterest.com/EverydayHealth))
- Weight Watchers ([www.Pinterest.com/WeightWatchers](http://www.Pinterest.com/WeightWatchers))

## **Youtube:**

The largest video sharing site is a great source for free workouts! Be aware that many are created by non-fitness professionals, and if you're just beginning to exercise, start cautiously and progress slowly. It's important to always consult your doctor before starting an exercise program.

Here are some YouTube channels of note:

- [www.YouTube.com/user/FitnessBlender](http://www.YouTube.com/user/FitnessBlender)
- [www.YouTube.com/user/Yoga with Adriene](http://www.YouTube.com/user/Yoga%20with%20Adriene)

## **Other Online Support Groups:**

**The Obesity Action Coalition (OAC)** website hosts a publicly submitted, state by state list of support groups.

[www.ObesityAction.org/Advocacy/Support-Groups](http://www.ObesityAction.org/Advocacy/Support-Groups)

**My Fitness Pal Community** (Free, registration required to post)

[www.Community.MyFitnessPal.com/en/Categories](http://www.Community.MyFitnessPal.com/en/Categories)

**Weight Watchers** (membership required)

[www.Community.WeightWatchers.com/index.aspx](http://www.Community.WeightWatchers.com/index.aspx)

**T.O.P.S. Take Off Pounds Sensibly** (membership required)

[www.TOPS.org](http://www.TOPS.org)

**ObesityHelp** (Free, registration required to post)

[www.ObesityHelp.com](http://www.ObesityHelp.com)

**Bariatric Pal** (Free, registration required to post)

[www.BariatricPal.com](http://www.BariatricPal.com)

**Thinner Times Forums** (Free, registration required to post)

[www.ThinnerTimesForum.com](http://www.ThinnerTimesForum.com)

**Hospital Support Groups:** Ask your physician, bariatric surgeon or dietician if he, she or the local hospital has a support group and if it has an online component. Many do.

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