

Mission:
To protect, promote & improve the health
of all people in Florida through integrated
state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the Healthiest State in the Nation

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FLORIDA DEPARTMENT OF HEALTH PROMOTES HEALTHY ACTIVITIES DURING PHYSICAL FITNESS AND SPORTS MONTH

TALLAHASSEE—In recognition of Physical Fitness and Sports Month, the Florida Department of Health encourages Floridians to engage in routine physical activity as way to promote healthy weight. Through the Healthiest Weight Florida initiative, the department is committed to energizing local communities so children, adults and families make more informed choices about physical activity.

“Building daily physical activity into your schedule is essential for healthy living,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “Whether by yourself, with friends and family, or through an organized sport I challenge you to spend more time outside being active in the wonderful environments our state has to offer.”

Sports naturally help children stay active for the recommended 60 minutes each day, and in addition to controlling weight, there are many health benefits of the physical activity achieved during competition. Regular exercise strengthens bones and muscles, improves mental health, and reduces the risk of cardiovascular disease, type 2 diabetes and some cancers.

The Centers for Disease Control and Prevention promote these tips to encourage healthy activity among kids:

- Set a positive example by leading an active lifestyle yourself.
- Make physical activity part of your family's daily routine by taking family walks or playing active games together.
- Give your children equipment that encourages physical activity.
- Take young people to places where they can be active, like public parks, community baseball fields or basketball courts.
- Be positive about the physical activities in which your child participates and encourage them to be interested in new activities.
- Make physical activity fun. Fun activities can be anything your child enjoys, either structured or non-structured. Activities can range from team sports or individual sports to recreational activities like walking, running, skating, bicycling, swimming, playground activities or free-time play.

- Instead of watching television after dinner, encourage your child to find fun activities to do on their own or with friends and family, like walking, playing chase or riding bikes.
- Be safe. Always provide protective equipment such as helmets, wrist pads or knee pads and ensure that activity is age-appropriate.

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Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. To learn more about how to be active and make nutritious food choices, visit www.healthiestweightflorida.com.

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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