

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

**FOR IMMEDIATE RELEASE**  
June 2, 2015

**Contact:** Communications Office  
(850) 245-4111

## FREE TOOL HELPS FLORIDIANS TAKE SMALL STEPS TO GET HEALTHY

**TALLAHASSEE**—The Florida Department of Health is getting creative in an effort to help Floridians reach their healthy weight goals. By making small changes to your daily routine you increase your odds of achieving success, and the department wants to be part of that plan. Healthiest Weight Florida is launching Small Steps to Living Healthy, a weekly email campaign with healthy tips and resources, to help you achieve a healthier you.

“In working to achieve a healthy weight, it’s not always clear where to begin,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “Healthiest Weight is giving Floridians the tools they need to take those first small steps toward a healthier life.”

Small Steps to Living Healthy provides participants with tips, tricks and ideas about healthy eating and active living. Participants can [register](#) or opt out at any time. Each week the department highlights a different topic area. By registering for this free program you’ll get help with tips in the following areas:

- **Set Goals.** At the beginning of each month a challenge and health tip will be emailed. Examples of challenges include replacing sugar-sweetened beverages with water or taking the stairs instead of the elevator;
- **Move More.** During the second week of the month physical activity will be highlighted. Participants will be introduced to different styles of exercise and the benefits of each, including options for people with disabilities;
- **Be in the Know.** Week three “fun fact” emails will provide facts on other aspects of healthy living related to healthy weight such as stress, depression and time use; and
- **Eat Smart.** The focus of this week’s email will be nutrition. Fruits and vegetables of the month, as well as recipes, will be offered through the Living Healthy in Florida Campaign.

Currently, only 36 percent of Floridians are at healthy weight. On our current trend, by 2030, almost 60 percent will be obese. Small Steps to Living Healthy is one of several projects from Healthiest Weight Florida working to bend the weight curve in Florida five percent by 2017.

[Sign up](#) for Small Steps to Living Healthy.

To learn more about Healthiest Weight Florida visit [www.healthiestweightflorida.com](http://www.healthiestweightflorida.com).

Florida Department of Health  
Office of Communications  
4052 Bald Cypress Way, Bin A-04 • Tallahassee, FL 32399-1705  
PHONE: 850/245-4111 • FAX 850/488-6495

www.FloridaHealth.gov  
TWITTER:HealthyFLA  
FACEBOOK:FLDepartmentofHealth  
YOUTUBE: fldoh  
FLICKR: HealthyFla  
PINTEREST: HealthyFla

###

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](http://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. The department is recognizing 125 years of public health in Florida with educational opportunities and events. Please visit [www.flhealth125.gov](http://www.flhealth125.gov) for more information.

Follow us on Twitter at [@HealthyFla](https://twitter.com/HealthyFla) and on [Facebook](https://www.facebook.com/HealthyFla). For more information about the Florida Department of Health please visit [www.floridahealth.gov](http://www.floridahealth.gov).