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## FLORIDA LEGISLATORS TAKING STEPS TO HEALTHY LIVING



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**Tallahassee, Fla.**—Today, State Surgeon General and Secretary of Health Dr. John Armstrong visited the Florida State Capitol Building to launch *Easy Steps to Health @ Work*. Signs are placed in stairwells throughout the Capitol encouraging legislators, residents and visitors to take the stairs instead of elevators.

“In the workplace, we can spend a lot of time sitting, which adds up to poor health,” said Dr. Armstrong. “Taking walking breaks and using the stairs are great examples of healthy activities that can lead to longer, healthier lives.”

Regular physical activity, such as taking the stairs, is one of the most important things you can do for your health. It can help:

- Achieve and maintain a healthy weight;
- Reduce your risk of cardiovascular disease, Type 2 diabetes and some cancers;
- Strengthen your bones and muscles;
- Improve your mental health, mood and ability to do daily activities; and
- Increase your chances of living longer.

“Dr. Armstrong and I share the belief that achieving and maintaining a healthy lifestyle is a lifelong mission,” said Sen. Aaron Bean. “These new signs and the continuation of our annual Biggest Loser Weight Loss Competition are important reminders to prioritize healthy eating and exercise.”

“It’s easy to get caught up in our work and forget about making healthy choices, especially during the busy legislative session,” said Rep. Amanda Murphy. “These signs will serve as a great reminder of the small actions we can take to better our overall health.”

The department is working to make the healthy choice the easy choice for the 2016 Legislative Session. The signs are meant to educate legislators and their constituents about how small changes in your daily habits have the biggest impacts on our lives.

### **About the Florida Department of Health**

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

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).

### **About Healthiest Weight Florida**

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).