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WISHING YOU A HEALTHY NEW YEAR



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Tallahassee, Fla.—For 2016, the Florida Department of Health is encouraging New Year’s resolutions that will last year-round. To assist, the department has created the “60 Days to Better Health Challenge” downloadable [tool](#).

“We know it takes 60 days to keep a new habit,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “The ‘60 Days to Better Health Challenge’ helps Floridians track their progress, hit that 60-day mark and turn healthy resolutions into long-term healthy habits.”

The “60 Days to Better Health Challenge” tool recommends these resolutions for a healthy new year:

- **Eat your colors.** [MyPlate](#) illustrates the five food groups that are building blocks for a healthy diet. Before you eat, think about what goes on your plate;
- **Drink 8 ounces of water 8 times a day.** Water is your body’s principal chemical component and makes up about [60 percent](#) of your body weight. Every system in your body depends on water;
- **Engage in 60 minutes of physical activity each day.** Regular [physical activity](#) helps improve your overall health and fitness, and reduces your risk for many chronic diseases;
- **Work on quitting tobacco.** [Tobacco Free Florida](#) offers a number of free and convenient resources to help tobacco users quit. The Florida Quitline and Web Coach® are available 24 hours a day, 7 days a week; and
- **De-stress.** Using [healthy ways](#) to cope with stress and getting the right care can put problems in perspective and help stressful feelings and symptoms subside.

Watch the department’s [public service announcement](#) for more information on the “60 Days to Better Health Challenge” and then [download this tool](#) to help you measure your progress.

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.

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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.