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## HEALTHIEST WEIGHT FLORIDA PROMOTES HEALTHY SNACKS FOR THE BIG GAME



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**Tallahassee, Fla.**—The Florida Department of Health is encouraging all Florida residents and visitors to practice healthy habits during Sunday's Big Game. The most watched football game of the year is often celebrated with unhealthy, high calorie foods and long periods of sitting in front of the TV.

Kickoff your tailgate with some [healthy tips](#) from Healthiest Weight Florida:

- **Pregame** – Before you turn on the game, make sure to get a workout in, go for a walk with family and friends, and prepare dishes that include fruits and veggies.
- **Game time** – For your meal, pick leaner cuts of meat or hamburger patties, choose whole wheat buns and replace French fries with grilled sweet potatoes.
- **Snacking** – Make an effort to select more fruits and vegetables, portion your chips or crackers and pass on going back for a second helping.
- **Halftime** – During the half-time break, get up and get moving by going outside for some fresh air, helping your host pick up from party and food preparation or starting a friendly game of football.

By choosing healthy behaviors throughout the game, you can also influence your friends and family to make the healthy choice the easy choice. For more healthy tips, [sign up](#) to receive weekly emails from the department's Small Steps to Living Healthy campaign.

### 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 <http://www.healthiestweightflorida.com/>.

### 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](#) and on [Facebook](#). For more information about the Florida Department of Health please visit [www.FloridaHealth.gov](http://www.FloridaHealth.gov).