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FLORIDA HEALTH LOOKS BACK AT ONE YEAR OF HEALTHY PROMISES



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Tallahassee, Fla.—In its first year, the [Healthy Promise Florida](#) campaign saw thousands of Florida residents take steps toward living a healthier life. Healthy Promise Florida is a campaign sponsored by the Florida Department of Health to encourage residents in Florida to make more informed choices about healthy eating and active living during the year.

“We should all make a promise to ourselves – and to our families – that we will make healthy choices every day,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “We are the sum of the small choices we make each day, so changing even one of our daily choices to a healthier choice can lead to living a longer, healthier and more productive life.”

Floridians are invited to submit their healthy promise, along with a personal photo, to the online message board. This innovative website showcases unique healthy promises from around the state submitted by Floridians who strive to make Florida the healthiest state in the nation.

[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. The Department's goal is to encourage physical activity and walking while emphasizing how small choices affect your health and environment.

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.