

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

May 24, 2013

Contact: DOH Communications
(850) 245-4111

**FLORIDIANS ENCOURAGED TO MAKE HEALTHY CHOICES THIS
MEMORIAL DAY WEEKEND**

TALLAHASSEE-The Florida Department of Health (DOH) encourages Floridians to make healthy choices while enjoying this Memorial Day weekend. Having a healthy weight is the result of making consistent, healthy choices each day about food and activity.

“The key to enjoying Memorial Day is moderation,” said state Surgeon General and Secretary of Health Dr. John Armstrong. “Include Florida fresh foods and exercise in your holiday plans—these choices will lead to better health for you and your family all summer. Together, we can make Florida the healthiest state in the nation.”

DOH offers the following tips for ensuring a healthy Memorial Day:

- Drink plenty of water, especially when enjoying caffeinated beverages or alcohol.
- Skip the bun and use lettuce to wrap your burger or hot dog.
- Use high SPF sunscreen before catching rays or playing outside.

For more information on how to keep healthy this Memorial Day, check out our Online Newsroom feature “For Your Cook Out, Keep a Look Out for Healthy Choices.” This feature is just one installment in our new Healthy Florida Summer Series, a week-by-week guide to keeping healthy this summer.

DOH protects, promotes and improves the health of all people in Florida through integrated state, county and community efforts.

Follow us on Twitter at @HealthyFla and on Facebook. For news story ideas, interviews, videos and more from DOH Communications visit the DOH Online Newsroom <http://newsroom.doh.state.fl.us/>

###

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.FloridasHealth.com

TWITTER:HealthyFLA
FACEBOOK:FLDepartmentofHealth
YOUTUBE: fldoh