

**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

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## THE FLORIDA DEPARTMENT OF HEALTH REMINDS RESIDENTS AND VISITORS OF TIPS TO ENJOY THE LABOR DAY HOLIDAY

**Tallahassee** – The Florida Department of Health reminds residents and visitors to maintain a healthy balance of activities during the Labor Day holiday weekend. The Department encourages Floridians to keep safety and health in mind as families enjoy outdoor activities and special meals together.

“Labor Day allows an opportunity to reflect and relax,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “While taking time to enjoy our beautiful state this weekend, please remember to prepare Florida fresh foods, drink plenty of water and use extra caution to ensure pool and water safety.”

The Department offers the following tips for enjoying a safe and healthy Labor Day weekend:

- **Healthy Foods:** Florida fresh fruits and vegetables offer a wide selection for your holiday meals and cookouts. Instead of the traditional menu of hotdogs and hamburgers, choose a leaner meat like chicken or fish. And rather than consuming multiple sugary beverages which can add a lot of calories to a meal, drink water to help stay hydrated, especially while outdoors.
- **Physical Activity:** A break from the work day routine offers the opportunity for more physical activity. Consider visiting one of Florida’s state parks which offer many walking trails. Canoeing, roller blading and bicycling are additional ideas for enjoying the outdoors. People who are physically active live longer and have a lower risk for heart disease, stroke, and type 2 diabetes.
- **Water Safety:** Children require close supervision, especially in areas that are heavily populated. Never leave children alone near water and instruct children to never push or jump on others in the water.
- **Relaxation:** Making downtime a priority helps reduce stress-related health problems. Consider these relaxation techniques: take a leisurely walk, lift and rotate shoulders and breathe slowly.

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