

**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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**Contact:** Communications Office  
(850) 245-4111

## **STATE SURGEON GENERAL HELPS LAUNCH NASA MOVES! AT KENNEDY SPACE CENTER**

**TALLAHASSEE** – State Surgeon General and Secretary of Health, Dr. John Armstrong, joined Bob Cabana, Director of NASA’s Kennedy Space Center today to recognize National Employee Health and Fitness Month and help kick off the NASA Moves! Challenge. The initiative runs from May 18 to May 31 and encourages NASA employees to accomplish at least 20 minutes of physical activity every day. NASA Moves! highlights the type of worksite wellness program that the Department’s Healthiest Weight Florida initiative encourages among employers statewide.

“The Kennedy Space Center leadership and the entire NASA family are setting a great example for all of us by promoting health at work,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “Such a strong commitment to wellness can increase productivity, decrease sick time and reduce health care costs.”

During today’s event, NASA employees joined Director Cabana and Dr. Armstrong on a brisk walk around the Pathfinder Track in front of the Vehicle Assembly Building. The NASA Moves! Challenge encourages employees to include physical activity like walking at lunch, taking the stairs instead of the elevator, and parking farther away from the workplace entrance. Work centered activities can benefit not only the employee but their families and communities.

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. Last year, through the State Surgeon General’s Worksite Wellness Recognition Program, the Department acknowledged more than 400 organizations that have achieved a third party award or designation for workplace wellness. More information about Healthiest Weight Florida is available at [www.HealthiestWeightFL.com](http://www.HealthiestWeightFL.com).

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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