

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

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Contact: DOH Communications

(850) 245-4111

GOVERNOR'S PROCLAMATION RECOGNIZES PHYSICAL FITNESS AND SPORTS MONTH

~Florida's Seniors Headed in Right Direction for Healthiest Weight~

TALLAHASSEE - Governor Rick Scott recognized May as Physical Fitness and Sports Month by issuing a proclamation which encourages all Floridians to make physical activity and fitness a priority in their daily lives. The proclamation is available [here](#). The occasion also highlights collaboration between the Florida Department of Health and the Florida Sports Foundation to increase activity among Florida's seniors.

"Active living and good nutrition lead to health over time," said State Surgeon General and Secretary of Health Dr. John Armstrong. "We appreciate Governor Scott's proclamation and the great example that our active seniors set for all of us."

The Department's Healthiest Weight Florida initiative has partnered with the Florida Sports Foundation to promote the Florida Senior Games, providing an affordable and quality multi-sport festival for Florida's seniors. The Senior Games encourages Floridians age 50 and older to be physically active by participating in competitive sports.

In addition, a recent report by the United Health Foundation found that Florida's seniors are heading in a healthy direction with an increase in physical activity. According to the report, the prevalence of physical inactivity among seniors dropped from 29.9 percent to 25.4 percent of seniors since 2013, improving Florida's rank by 16 nationally. This means more than 160,000 senior Floridians are now enjoying the benefits of increased physical activity.

To learn more about Healthiest Weight Florida and the Florida Senior Games, please visit www.HealthiestWeightFL.com and www.flasports.com.

The Florida Department of Health works to protect, promote & improve the health of all people in Florida through integrated state, county, & community efforts.

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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.FloridaHealth.gov

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FACEBOOK: FLDepartmentofHealth
YOUTUBE: fldoh