

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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Healthiest Weight Florida Introduces Maintain, Don't Gain Holiday Challenge

TALLAHASSEE – Today the Florida Department of Health announced the Eat Smart Move More *Maintain, Don't Gain Holiday Challenge*. This free seven week program is offered in partnership with North Carolina State University and the Healthiest Weight Florida initiative and provides participants with tips, tricks and ideas for maintaining a healthy weight during the holiday season.

“The holidays can be difficult for individuals to make healthy decisions,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “The *Maintain, Don't Gain Holiday Challenge* provides practical steps, healthy recipes and consistent motivation to help you maintain a healthy weight during the holiday season.”

Americans typically gain between 1 and 5 pounds throughout the holidays and most never manage to lose those extra pounds. This season, Healthiest Weight Florida encourages Floridians to challenge themselves to maintain their current weight with the *Maintain, Don't Gain Holiday Challenge*. This challenge runs from November 17 through December 31 and provides the following resources:

- Seven weekly newsletters
- Daily Tips
- Mid-week Challenges
- Healthy holiday recipes
- Motivation and support from other participants

For more information and to sign up visit the [Maintain, Don't Gain Holiday Challenge](#).

[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 works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. During 2014, the Department is recognizing 125 years of public health in Florida with educational opportunities and events. Please visit www.FLHealth125.gov for more information.

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