

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

FLORIDA DEPARTMENT OF HEALTH ENCOURAGES HEALTHY GIFTS THIS HOLIDAY

TALLAHASSEE – The holiday season is a time of giving. The Florida Department of Health encourages Floridians to give the gift of healthy activity to family and friends. Helping others achieve and maintain good health is one of the most valuable gifts you can give that will positively impact their lives for years to come.

“This holiday, consider how you can share the gift of health with others,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “Select nutritious food gifts, choose a family outing with physical activity for everyone and find ways to encourage others to reach their health goals during this season.” For tips on encouraging gifts of good health this holiday season, watch the State Surgeon General’s [Happy Holiday](#) message.

The Department of Health offers these additional suggestions for giving the gift of health:

- **Take a friend or family member to get their flu shot before December 25th**
Like the holidays, flu season is in full swing. Show your loved ones you care by safeguarding them from the flu. The flu vaccine is available at physician offices, county health departments and local stores. Locations are available by visiting: <http://www.floridahealth.gov/programs-and-services/prevention/flu-prevention/locate-a-flu-shot.html>.
- **Buy a loved one a Florida State Parks pass and give the gift of the great outdoors**
This gift allows Florida residents and visitors to breathe the fresh air, exercise outdoors and enjoy our beautiful state in any of the 160 state parks throughout Florida. Learn more at www.floridastateparks.org.
- **Cook a healthy meal or take a healthy cooking class together**
A common way to express affection during the holidays is through food. Spend some quality together while preparing lower fat, lower calorie options for gatherings with family and friends. Or consider creating new memories by providing a gift to attend local healthy cooking classes.
- **Give the gift of activity and support**
Baskets and stockings are typically filled with candy, yet you can reshape this idea and create a health basket for a loved one containing items that can help with daily life. Include an activity tracker or pedometer, with a note attached that says, “You can do it!” Fill it up with fruit and other healthy snacks to help others start the New Year feeling better and motivated to stay healthy.

- **Maintain, Don't Gain Challenge**

Healthiest Weight Florida's newest initiative, *Maintain Don't Gain Holiday Challenge*, contains helpful tips and reminders that can be useful to those who are striving towards their healthiest weight goals. 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 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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