

Sept. 10, 2015

## CAPITOL SIGNS HIGHLIGHT IMPORTANCE OF LEGISLATORS MAKING HEALTHY CHOICES



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**Tallahassee, Fla.**—The Florida Department of Health invites you to join Florida legislators, State Surgeon General and Secretary of Health Dr. John Armstrong, and Tallahassee community leaders as we promote the benefits of taking *Easy Steps to Health @ Work*. The department is placing signs in stairwells throughout the Capitol this month through the end of the 2016 Legislative Session to encourage legislators, residents and visitors to take the stairs instead of elevators.

The first 100 attendees will have the opportunity to walk away with pedometers to help track their steps in an effort to promote fitness in the Capitol and beyond.

**WHAT: EASY STEPS TO HEALTH @ WORK KICKOFF**

**WHEN:** Wednesday, Sept. 16, 2015  
9 a.m.

**WHERE:** First Floor Rotunda

Florida State Capitol Building  
400 S. Monroe St., Apalachee Pkwy,  
Tallahassee, FL 32399

**About the Florida Department of Health**

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

Follow us on Twitter at [@HealthyFla](https://twitter.com/HealthyFla) and on [Facebook](https://www.facebook.com/HealthyFla). For more information about the Florida Department of Health please visit [www.FloridaHealth.gov](http://www.FloridaHealth.gov).

**About Healthiest Weight Florida**

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. To learn more about how to be active and make nutritious food choices, visit [www.healthiestweightflorida.com](http://www.healthiestweightflorida.com).