

Sept. 17, 2015

HEALTHIEST WEIGHT HELPS RESIDENTS *FALL INTO HEALTH*



Contact:

Communications Office
NewsMedia@flhealth.gov
850-245-4111

Tallahassee, Fla.—This September, Healthiest Weight Florida is bringing back Fall into Healthy Habits, a campaign aimed at making healthy choices the easy choices during the fall season.

“Fall brings new opportunities for outdoor activity and “Fresh from Florida” seasonal produce,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “The Fall into Healthy Habits campaign is a great resource for children, adults and families to enjoy this beautiful season in a healthier way.”

The Fall into Healthy Habits [website](#) offers printable materials to encourage outdoor activities like gardening, geocaching and camping. In addition, the materials put a healthy spin on seasonal favorites like trick-or-treating and tailgating.

Creating lasting healthy habits, especially eating habits, can begin with small changes for the fall. To make these healthy actions long-term habits, the Centers for Disease Control and Prevention recommends an approach in which you Reflect, Replace and Reinforce:

- **Reflect** on all of your eating habits, both bad and good, and your common triggers for unhealthy eating;
- **Replace** your unhealthy eating habits with healthier ones; and
- **Reinforce** your new, healthier eating habits.

For more healthy tips this fall and beyond, [sign up](#) to receive weekly emails from the Healthiest Weight team.

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](#) and on [Facebook](#). For more information about the Florida Department of Health please visit 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.

