

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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## FLORIDA DEPARTMENT OF HEALTH PALM BEACH COUNTY ENCOURAGES HEALTHY INITIATIVES 2015

PALM BEACH COUNTY, FL—Florida Department of Health in Palm Beach County has teamed with numerous community partners and programs to encourage everyone to get moving this year and incorporate a healthy lifestyle into your daily schedule.

"I would like to see everyone in our county begin by promising to add a healthy choice daily," said Florida Department of Health in Palm Beach County Director Alina Alonso, M.D. Dr. Alonso added, the Department of Health has created the Healthy Promise Florida Campaign as a start for everyone to making Palm Beach County the Healthiest in the State and Florida the healthiest in the nation.

"I promise Florida" is just the beginning. Visit [www.HealthyPromiseFL.com](http://www.HealthyPromiseFL.com) and submit your promise it might be to eat more fruits and vegetables, or simply taking a few extra steps each day. The promise can then be posted on the website or an I promise post-it note can be dropped off at the Health Department wall of promises at 800 Clematis Street, West Palm Beach.

Once the promise is made, three more initiatives have been added to help residents, their families, and employees to keep that promise.

1. [www.healthiestweightflorida.com](http://www.healthiestweightflorida.com) is a source of information for activities, strategies and resources people can use to obtain a healthier weight.
2. [www.5210letsqo.com](http://www.5210letsqo.com) is a health department program designed for families, schools, businesses, and the entire community to follow four simple steps, by eating 5 fruits or vegetables daily, limiting recreational screen time to 2 hours or less per day, exercise 1 hour a day and drink beverages with 0 sweeteners.
3. The third initiative is encouraged by First Lady Michelle Obama at [www.letsmove.gov](http://www.letsmove.gov). Locally, Palm Healthcare Foundation has partnered with local media outlets, business and community agencies to **Let's Move** Commit to Change Physical Activity Challenge throughout January. Individuals and teams simply complete 30 minutes of physical activity and log your minutes each day. The team logging the most minutes at the end of January will be crowned champion. To sign-up visit [CBS12.com/LETSMOVE](http://CBS12.com/LETSMOVE)

More information can be obtained by calling the Health Department at 561-840-4500 or on the web at [www.flhealthpalmbeach.org](http://www.flhealthpalmbeach.org).

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