

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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Media contact: Paul Butler –Public Information Officer

Office: (352) 589-6424 After Hours Call in Number (352) 728-7662

E-mail: paul.butler@flhealth.gov

FLORIDA DEPARTMENT OF HEALTH ANNOUNCES
The Maintain, Don't Gain! Holiday Challenge

Lake County – The Florida Department of Health in Lake County is proud to announce that Healthiest Weight Florida has teamed up with the University of North Carolina to present a new tool to help you and your clients make healthier choices this holiday season.

The Maintain, Don't Gain! Holiday Challenge was created and is maintained by a team of dietitians and other experts at the University of North Carolina and the North Carolina Department of Health. Healthiest Weight Florida has teamed up with UNC to bring this program to Florida.

This **FREE** online seven week challenge provides participants tips, tricks, and ideas to help maintain a healthy weight throughout the holiday season.

The Holiday Challenge includes:

- Seven weekly newsletters delivered to your inbox with tips to
 - Host a healthier Thanksgiving
 - Manage holiday stress
 - Fit physical activity into your busy day
 - Survive a holiday party
- Daily Tips
- Mid-week Challenges
- Healthy holiday recipes
- Motivation and support from other participants

Hurry! The Challenge begins **November 17th**.

For more information, visit www.HealthiestWeightFL.com/Holiday.

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