

April 5, 2016

**DOH-PINELLAS CELEBRATES
NATIONAL PUBLIC HEALTH WEEK
‘HEALTHIEST NATION 2030 – LET’S MAKE
AMERICA THE HEALTHIEST NATION
IN ONE GENERATION’**



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The Florida Department of Health in Pinellas County (DOH-Pinellas) recognizes National Public Health Week April 4 – 8, 2016. Public health promotes and protects the health of people and the communities where they live, learn, work and play. Americans are living 20 years longer than their grandparents' generation – thanks largely to the work of public health.

As part of National Public Health Week, the DOH-Pinellas is encouraging all Floridians to make healthier choices and incorporate exercise as part of their daily routines to help combat obesity, reduce risk of disease and improve overall health.

“Even small changes can encourage a more healthy lifestyle,” said Dr. Ulyee Choe, DOH-Pinellas' director. “Taking the stairs instead of the elevator, adding a serving of fresh fruits and vegetables to each meal and even simple things like playing in parks instead of playing video games can make a real difference.”

Pinellas County is proud to offer residents and visitors 15 Fitness Zones with exercise equipment permanently placed in an area of a park. They are free to use during park hours and no membership is required. For the Fitness Zone nearest you, or other wellness programs, click <http://pinellas.floridahealth.gov/programs-and-services/wellness-programs/health-promo-school-health/documents/pinellas-county-recreation-centers-and-fitness-zones.pdf>.

For information about DOH-Pinellas, go to www.PinellasHealth.com or call (727) 824-6900.

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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