

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

FOR IMMEDIATE RELEASE:

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**FAMILIES, INDIVIDUALS ENCOURAGED TO BE ACTIVE AND HEALTHY
AT THE NORTHWEST FLORIDA DAY OF PLAY**

PENSACOLA, FL – The Florida Department of Health in Escambia and Santa Rosa Counties, in association with Live Well Northwest Florida, will host the third annual Day of Play on September 20, 2014, from 10:00 a.m. until 2:00 p.m. at the Community Maritime Park in Pensacola, Florida. Residents and visitors in northwest Florida are invited to experience a variety of activities and learn more about ways that families and individuals can live a healthier lifestyle.

This year's event is sponsored by 5-2-1-0 Let's Go Northwest Florida!. A local effort of Florida Surgeon General and Secretary of Health Dr. John Armstrong's Healthiest Weight Florida initiative, 5-2-1-0 Let's Go Northwest Florida! has also been adopted by Live Well Northwest Florida as a key strategy for promoting healthy nutrition and physical activity habits in residents of Escambia and Santa Rosa Counties. This initiative encourages individuals and families to adopt four lifestyle habits associated with achieving and maintaining a healthy weight:

- Consume 5 or more fruits and vegetables each day,
- Limit daily screen time to 2 hours,
- Play or be active for at least 1 hour each day, and
- Consume 0 sugary drinks.

The 5-2-1-0 Northwest Florida Day of Play is free and open to the public.

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

Find more information at [facebook.com/5210nwfl](https://www.facebook.com/5210nwfl) or at 5210nwfl.com. For more information about the Florida Department of Health's Healthiest Weight initiative, visit healthiestweightflorida.com.

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