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GETTING OUTDOORS TO EXERCISE IN FRANKLIN COUNTY FOCUS OF STATE SURGEON GENERAL VISIT



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Eastpoint, Fla. — Today, State Surgeon General and Secretary of Health Dr. John Armstrong visited Franklin County to highlight their commitment to helping residents and visitors lead healthy lifestyles. During the event at the Apalachicola National Estuarine Research Reserve, county and community leaders encouraged residents to enjoy the plentiful outdoor recreational opportunities available in the area. The event wrapped up with a one-mile nature wellness walk through the reserve, led by Dr. Armstrong.

The Health in All Places Tour is a chance for state, local and community leaders to come together to highlight what each coastal county has to offer when it comes to health. County Health Departments are located in each county that are charged with promoting health and providing necessary health services to their communities. This tour is a chance to highlight those services and how they move health forward in communities across Florida.

The department is offering free, broadcast-quality video for use by the media from this event. You will find 40 seconds of video followed by two interviews at the FTP link http://ww10.doh.state.fl.us/pub/dohcomm/HiAP_FRANKLIN.mp4. Below is a suggested script followed by verbatim from the soundbytes.

FRANKLIN COUNTY IS BEING HIGHLIGHTED BY THE FLORIDA DEPARTMENT OF HEALTH AS PART OF THE HEALTH IN ALL PLACES TOUR. TODAY, STATE SURGEON GENERAL AND SECRETARY OF HEALTH DOCTOR JOHN ARMSTRONG JOINED COMMUNITY LEADERS AS THEY SHARED WITH RESIDENTS AND VISITORS THE IMPORTANCE OF ACHIEVING AND MAINTAINING A HEALTHY WEIGHT. THIS IS ONE STOP IN A COMPREHENSIVE COASTAL TOUR TO DRAW ATTENTION TO THE MANY ACTIVITIES FLORIDA HAS TO OFFER THAT ALLOW RESIDENTS THE OPPORTUNITY TO GET AND STAY HEALTHY.

NAME: Dr. John Armstrong/State Surgeon General/Florida Department of Health

LENGTH: 22

OC: "places for everyone"

"Make healthy choices, and walking and being active outdoors, those are two key health choices to make. What's particularly important about this nature walk is that this place allows

anybody to be active and that's an important part of health in all places, health in all places for everyone."

NAME: Commissioner Brenda Ash/Franklin County

LENGTH: 21

OC: "Armstrong was giving"

"I think it's important that we not only Franklin County but everybody realize the importance of health. We don't want to be living a life of medication so it was very important that we are here and we are listening, that we really understood the message that Dr. Armstrong was giving."

TAG: THE TOUR CONTINUES FRIDAY IN JEFFERSON AND TAYLOR COUNTIES WHERE HEALTH OFFICIALS AND COMMUNITY PARTNERS WILL HIGHLIGHT THE IMPORTANCE OF COMMUNITIES GETTING ACTIVE.

About the Florida Department of Health

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