

**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 &amp; Secretary

**Vision:** To be the Healthiest State in the Nation**MEDIA ADVISORY**  
**FOR IMMEDIATE RELEASE**  
**June 3, 2015****Contact:** Ryan E. Mims  
(850) 833-9240 ext. 2162**HEALTHY OKALOOSA FAMILY CHALLENGE KICK-OFF***~Join the Free Competition Where Your Family is Your Team!~*

**WHAT:** Healthy Okaloosa Family Challenge  
**WHEN:** June 8 – August 10, 2015  
**WHERE:** Homes Across Okaloosa County

**OKALOOSA COUNTY** — The Florida Department of Health in Okaloosa County (DOH-Okaloosa) invites you to join with families across the county to make healthy lifestyle choices this summer and have a good time doing it. The Healthy Okaloosa Family Challenge gives families fun ideas such as activities and recipes to promote physical activity and healthy eating. The challenge will use the 5-2-1-0 health messages to help guide families to a lifetime of healthier habits.

- 5-** Eat five or more fruits and vegetables each day (babies younger than one breastfeed)
- 2-** Limit recreational screen time to two hours or less each day
- 1-** Get at least one hour of physical activity each day
- 0-** Limit sugary drinks; Limit exposure to tobacco and nicotine

Every two weeks, the challenge will focus on one part of 5210. Families will practice healthy activities that are as easy as trying a new fruit or vegetable or taking a walk in the park. Doing fun activities together is a great way to learn new habits. Families will receive e-mails from DOH-Okaloosa with activity ideas, healthy recipes, and information. This information will be emailed out to families every 2 weeks.

Families will keep track of their activities and submit scorecards each 2 weeks. By the end of ten weeks, families will have practiced many new ways to live a healthier life. Families who finish the challenge will receive a certificate for making healthy lifestyle choices. The first 100 families who complete the challenge will receive free healthy prizes.

For more information or to register for the Healthy Okaloosa Family Challenge, you can visit the DOH-Okaloosa website at [okaloosa.floridahealth.gov](http://okaloosa.floridahealth.gov) or call (850) 833-9240 ext. 2161. Online registration closes **June 14, 2015**. Register today!

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