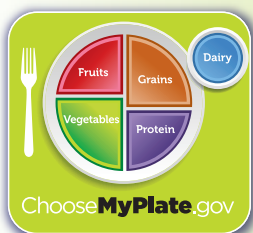# Healthiest

## How Can YOU Be at Your Healthiest Weight?

# Weight

### Eat Smart

■For information on menus, meal plans and healthy eating on a budget, visit **ChooseMyPlate.gov.**

■When eating out, visit **MenuStat.org** to find nutritional information by menu item, food category or restaurant.

■Eat more colors by adding **Fresh From Florida** fruits and vegetables to your diet. Learn what is in season and try new recipes at **LivingHealthyInFL.com.**

### Move More

■Take advantage of Florida's beautiful state parks! Find outdoor activities at **FloridaStateParks.org** or check out **Florida Park Fit** on Pinterest.

■Learn more about daily physical activity recommendations for you and your loved ones at **CDC.gov/PhysicalActivity.**

### Set Goals

■Make it your goal to measure your weight and talk to your health care professional about it. Learn how to talk to your doctor about your weight at **YourWeightMatters.org.**

■Science shows that people who track their daily physical activity and food intake are more likely to reach their weight goals. Visit **SuperTracker.usda.gov** and start tracking your progress today!

Choose**MyPlate**.gov

**Florida HEALTH Healthiest Weight**

03-15

# Healthiest

## What is Healthiest Weight Florida?

# Weight

**H**ealthiest Weight Florida is a public-private collaboration bringing together state agencies, local governments, businesses, schools, non-profits, faith-based groups and health care professionals to help Floridians make informed choices about healthy eating and active living.

The initiative works closely with partners to:

1. **Increase opportunities for physical activity**
2. **Increase access to healthy foods**
3. **Promote health in the worksite**
4. **Strengthen schools as the heart of health**
5. **Increase public awareness of unhealthy weight and its associated health consequences**

## Why Focus on Healthy Weight?

■ Only 36% of Floridians are at healthy weight. By 2030, almost 60% will be obese.

■ This increase in unhealthy weight is expected to contribute to millions of cases of preventable chronic diseases costing Florida an estimated $34 billion.

■ Being at a healthy weight can reduce a person's risk of several serious health conditions including heart disease, diabetes, stroke and certain cancers.

■ For those at an unhealthy weight, even modest weight loss (5 to 10 pounds) can have a positive impact on health.

■ Achieving and maintaining healthy weight can also improve your energy levels, sleep habits, self-esteem, psychological health and reduce health care costs.

**Florida HEALTH**
**Healthiest Weight**

**www.HealthiestWeightFlorida.com**

**Twitter: @HealthyFla**
**Facebook: FLDepartmentofHealth**
**Pinterest: HealthyFla**