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## RESOLVE TO BE HEALTHIER IN 2023

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**Pasco County, Fla.** - With 2023 right around the corner, it's time to start thinking about New Year's resolutions. That's why your West Central Florida County Health Departments serving Citrus, Hernando, Highlands, Hillsborough, Manatee, Pasco, Pinellas, Polk, and Sarasota counties want you to consider some ideas to improve your health as January 1 approaches.

Here is a list of some healthy resolutions you might wish to consider:



- **Quit Smoking:** Kicking the habit can do important things for your health, including lowering your risk for cancer and heart disease. It isn't the easiest thing to do, but there is free help available. Visit [www.tobaccofreeflorida.com](http://www.tobaccofreeflorida.com) for tips, support and supplies that can help you give up tobacco for good.
- **Get More Activity:** You can join a gym if you wish, but even working simple exercises into your day as walking, playing with your kids or riding a bicycle can do wonders for your health. The CDC recommends that adults get at least 150 minutes of exercise a week – which could be broken into five 30-minute brisk walks each week. Start easy and work your way up to more intense exercise. Visit [www.cdc.gov/physicalactivity/basics/adults](http://www.cdc.gov/physicalactivity/basics/adults) for more guidance.
- **Eat Healthier:** Adding more fresh fruits and vegetables to your diet not only helps your overall health, it exposes you to tasty goodies you never knew existed! Florida is famous for its fresh produce and trying new foods may help you discover a new taste you will love. There is no need to give up sweets and treats, just save them for special occasions. Learn how to make your plate healthier, visit [www.cdc.gov/healthyweight/losing\\_weight/eating\\_habits.html](http://www.cdc.gov/healthyweight/losing_weight/eating_habits.html).

- **Visit Your Doctor:** Life is busy and often we put our wellbeing lower on the list of priorities. If it has been a while since you have seen your doctor for a regular checkup, use the new year as a time to reconnect. Remember that preventative maintenance is far less expensive than a trip to the hospital to treat an emergency. Call your local health department to see what resources may be available if you are uninsured or underinsured.
- **Get Vaccinated:** Vaccines are one of the greatest medical advances in history, preventing such illnesses as tetanus, measles, polio, mumps, and whooping cough – in addition to COVID-19 and the flu. Make sure your vaccines are up to date and that you are protected from these preventable illnesses.

Remember that there will be times when it is difficult to keep your resolutions. That's perfectly normal. Mark your calendar for the start of every month in 2023 and remind yourself to check on the progress of your resolutions and give yourself a pat on the back for any progress you have made.

If you have questions about programs that can help you achieve your New Year's resolutions, call your local health department office at:

- DOH Citrus - (352) 527-0068
- DOH Hernando - (352) 540-6800
- DOH Highlands - (863) 386-6040
- DOH Hillsborough - (813) 307-8000
- DOH Manatee - (941) 748-0747
- DOH Pasco - (727) 619-0300
- DOH Pinellas - (727) 824-6900
- DOH Polk - (863) 519-7900
- DOH Sarasota - (941) 861-2900

Best wishes for a safe, happy, and healthy New Year from your West Central Florida Department of Health offices.

### **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.

Follow us on [Facebook](#), [Instagram](#) and Twitter at [@HealthyFla](#). For more information about the Florida Department of Health please visit [www.FloridaHealth.gov](http://www.FloridaHealth.gov).

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