



Jeb Bush
Governor

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Secretary, Department of Health

PINELLAS COUNTY HEALTH DEPARTMENT

Thursday, September 14, 2006

MEDIA ALERT

FOR IMMEDIATE RELEASE

Contact:
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PINELLAS COUNTY HEALTH DEPARTMENT
727-824-6908 (for media use only)

Health Summit for parents to focus on nutrition and dietary habits

Who:

Florida on the Move in Pinellas County and 4FITKIDS Youth Sports

What:

Health Summit to discuss the importance of proper nutrition and dietary habits with the parents of 4FITKIDS participants. Guest speakers include Lois Milne from Florida on the Move and Dr. Michael Garko of Let's Talk Nutrition Radio Show,

When:

Saturday, September 16 - 9:00 – 10:30 a.m.

Where:

All Children's Educational Conference Center, St. Petersburg.

Details: 4FITKIDS was founded out of the concern for the health and wellness of kids. Many children today have sedentary lifestyles and do not follow healthy dietary habits. This type of lifestyle has resulted in many children being obese or overweight which leads to many medical problems.

4FITKIDS is a Non- competitive youth sports league where the focus is truly on kids. In this sports league, kids get active, stay active and learn to love to play. 4FITKIDS, through the partnership with Florida on the Move is unique as it incorporates the lifestyle concepts of move more and make good nutritional choices.

Coaches and parents will increase their knowledge through the curriculum, developed by Florida on the Move, to equip them for their vital roles of modeling and nurturing the growth and development of their children. The nutritional program is designed to be delivered in short, segments at each of the 4FitKids sessions.

For more information about the event: 4 FIT KIDS at 813-765-9264

For more information about Florida on the Move in Pinellas: <http://www.pinellashealth.com/Wellness/FOM.asp>

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