



MEDIA RELEASE

THE CITY OF WESTON

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CITY OF WESTON RECOGNIZED AS 2016 HEALTHY WEIGHT COMMUNITY CHAMPION

Weston, FL – February 1, 2016 – For the second year in a row, the City of Weston has been awarded the Healthy Weight Community Champion recognition by the Florida Department of Health.

City leaders greatly appreciate the recognition, which reflects the city's dedication and commitment to infrastructure and programs that promote exercise, safety and a healthy lifestyle. A new initiative in Weston over the past 12 months was the inclusion of healthy lifestyle educational articles in the City's weekly online community newsletter.

This year, Weston was one of 80 communities in the state recognized for their model practices. To receive Healthy Weight Community Champion recognition, a community must demonstrate their work to reshape environments in their community through a variety of evidence-based policies that increase physical activity and improve nutrition.

"By working toward creating healthy environments, these local governments have shown their commitment to improving the health of all Floridians," said State Surgeon General and Secretary of Health Dr. John Armstrong. "We are proud to see the number of recognized communities growing steadily each year."

The city will be presented with a plaque at an upcoming City Commission meeting as well as personalized graphic art to utilize in communications throughout the year.

For more information, visit www.HealthiestWeightFL.com.



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