



Jeb Bush  
Governor

M. Rony François, M.D., M.S.P.H., Ph.D.  
Secretary, Department of Health

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PINELLAS COUNTY HEALTH DEPARTMENT

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**FOR IMMEDIATE RELEASE**

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## Ten-Step Countdown for a Healthier Life

From the Pinellas County Health Department – **ten things you can do** to live longer, live better, and live happier:

**Number 10: *Be Informed.*** For health information you can trust from both governmental and non-governmental sources, here are two gateway information centers from the U.S. Department of Health and Human Services that can help: National Women's Health Information Center ([www.womenshealth.gov](http://www.womenshealth.gov)) available by phone at 1-800-994-WOMAN, TDD 1-888-220-5446, and Healthfinder ([www.healthfinder.gov](http://www.healthfinder.gov)).

**Number 9: *Be Good To Your Bones.*** No matter what a person's age is, everyone needs enough calcium and enough vitamin D. For healthy bones, be sure to replenish your stock of calcium every day with plenty of foods like milk and dairy products, tofu, leafy green vegetables, canned salmon or sardines, and calcium-fortified juices or breads. Speak with your doctor about calcium supplements. (Learn more at <http://www.womenshealth.gov/faq/osteopor.htm> or <http://www.osteoporosis.org/osteopor.htm>.)

**Number 8: *Avoid Illegal Drugs and Alcohol.*** For women, the definition of moderate drinking stops at one glass. And where illicit drugs are concerned there is no such thing as "moderate" use. (For information on Substance Abuse Prevention go to <http://www.samhsa.gov/centers/csap/csap.html>)

**Number 7: *Take Medicine Wisely.*** Read the labels, follow the instructions carefully, and remind your doctor or pharmacist about any other medicines or supplements you might be taking that could interact with your medication. (Visit the Food and Drug Administration's (FDA) Tips for Taking Medications at <http://www.fda.gov/fdac/reprints/medtips.html>)

**Number 6: *Play It Safe.*** Avoid injuries. Buckle up. Wear a bike helmet. Use smoke and carbon monoxide detectors. Wear sunscreen and UV protected sunglasses. Use street smarts and common sense. Practice safe sex. (Learn more about injury prevention at <http://www.cdc.gov/ncipc/>)

**Number 5: *Get Checked.*** Get regular checkups, preventive exams, and immunizations. Don't forget self-exams, too. (Find out about preventive measures you can take to stay healthy at <http://www.nlm.nih.gov/medlineplus/ency/article/001921.htm>)



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**Number 4: *Don't Smoke.*** It's the leading preventable cause of death in our country. (For information on how to quit smoking, go to <http://www.womenshealth.gov/QuitSmoking/index.cfm>)

**Number 3: *Eat Smart.*** It's *the* secret to good health. Eat plenty of fruits, vegetables, and grains. Enjoy a variety of foods, balance foods from each food group, and exercise moderation. (For information on how to eat right go to <http://www.health.gov/dietaryguidelines/dga2000/document/frontcover.htm>)

**Number 2: *Get Moving.*** The *other* secret to good health: just 30 minutes of physical activity, accumulated over the course of each day, can radically improve the way you look and feel, both physically and mentally. (Check out the National Heart, Lung, and Blood Institute's Guide to Physical Activity for more information [http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/phy\\_act.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/phy_act.htm))

**Number 1: *Be Happy.*** Take time for yourself. Get connected with family, friends, and community. Do things you enjoy! (Visit the Food and Drug Administration's Take Time to Care web page at <http://www.fda.gov/womens/ttcc.html>)

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*The mission of the Pinellas County Health Department is to promote, protect and improve the health and safety of residents and visitors through public and private community efforts.*  
[www.PinellasHealth.com](http://www.PinellasHealth.com)