



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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**Tuesday, January 10, 2006**

**FOR IMMEDIATE RELEASE**

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## **Step Up, Florida Comes to Pinellas County**

(PINELLAS COUNTY) – Step Up, Florida- On Our Way To Healthy Living! <sup>sm</sup> is a statewide campaign promoting physical activity and healthy lifestyles all year long to Florida’s citizens and visitors.

This campaign also showcases the great opportunities to be physically active in Florida. In the month of February every county will be hosting a Step Up, Florida! event. That means that wherever you live, you have an opportunity to get involved and get active with people in your community. The Step Up, Florida celebration is a point-to-point event where a flag is passed through all 67 counties in Florida, ending at a designated location in Duval County on February 28.

**Step Up, Pinellas** and help us celebrate. Pinellas will move the flag from the southern end of the Pinellas Trail to the Pasco County line. Come and get active with others in this safe, fun event celebrating the great opportunities we have to be physically active here in Pinellas County.

### **Step Up, Pinellas County!**

When: **Thursday, February 2 / 8:45 a.m.** kickoff

Where: **Pinellas Trail** (SW corner of Dillard’s at Tyrone Mall – 22nd Ave & 69th St. in St. Petersburg)

For further information about Pinellas County’s Step Up, Florida event, visit [www.PinellasWellness.com](http://www.PinellasWellness.com)

For information about the statewide initiative, please visit the DOH website at:

[http://www.doh.state.fl.us/family/chronicdisease/walk\\_index.html](http://www.doh.state.fl.us/family/chronicdisease/walk_index.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)