

FLORIDA DEPARTMENT OF HEALTH IN MANATEE COUNTY



Contact:

DOH-Manatee
Communications

PROTECTING, PROMOTING, AND IMPROVING THE HEALTH OF ALL PEOPLE IN FLORIDA.



October-December 2024

FIT & FUN

Healthy Lifestyles for the
Next Generation

SWAT youth hit the sands and scrub of Coquina Beach to collect litter with litter pickers as part of their campaign to raise awareness to how cigarette butts, boxes, filters and trash associated with vape use can harm the environment.

Keep Our Beaches Clean!

Students Working Against Tobacco (SWAT) youth fanned out across Coquina Beach on September 21, with litter grabbers to pick up trash as part of International Coastal Cleanup 2024. In addition to aluminum cans and bottle tops, youth filled buckets with cigarette butts and filters, used e-cigarette cartridges, disposable lighters, and other trash associated with tobacco and vape use. SWAT's efforts help raise awareness to the hazards that tobacco and vape use can bring to the environment, especially to turtles, fish, and other wildlife at risk of consuming the poisonous contents and/or choking on tobacco and vape-related litter. SWAT has eight chapters across Manatee County and is always inviting young adults ages 12-18 to join its forces to improve public and environmental health. To learn more, call 941-720-4775.



Special Message From Dr. B

It's that time of year again, with so many great holidays bringing family and friends together to give thanks for what we have received and anticipate all the good things to come in the year ahead. From bags of treats at Halloween, to cake and punch enjoyed as we celebrate the new year, we're all challenged to be on guard when it comes to healthy eating. Remember that healthy eating is not just about what you eat, but how much you eat. Here are a few tips:



Health Officer
Dr. Jennifer Bencie

- Try to resist going back to the buffet table more than once or, better yet, use smaller plates so that you're not eating so much at one serving.
- Take time after eating to get some exercise, even if it's just a 10-minute walk around the neighborhood.

Eating reasonable amounts can help you feel lighter and, in turn, have more energy to enjoy holiday gatherings. Happy holidays!

The Art of Good Nutrition

Experience the works of teen artists eager to raise public awareness to health matters impacting our community with a visit to DOH-Manatee, located at 410 6th Ave. E. in Bradenton. In addition to exhibits inside the building, a large metal sculpture promoting balanced nutrition ("Hues of Health" by Gemma Davies) stands in the "food forest" located between the main building and DOH-Manatee's WIC services center. DOH-Manatee, Arts for Health Sarasota-Manatee, and the Suncoast Science Center's Faulhaber Fab Lab challenged teams of young artists to design these impactful works of art.



Fitness Fun

D S S D V B C B A K
L H D T S C I A T B
I D W K R P A K H J
F A A S Q E O G E B
T N L W Z Z T R W A
Q C K D U I R C T L
J E M G P S P W H A
U R V O H L W A C N
M U W P V X A I H C
P N L Y D E V Y M E

Physical activity is important to living a long and healthy life.

Make sure you take time every day to “disconnect” from your laptop, mobile phone, and video game console to treat yourself to 30 minutes of exercise.

Find a place to stretch for a few minutes before taking a walk or a jog or playing your favorite outdoor sport.

See if you can find in the puzzle more ways to get active!

Answers to appear in the
January-March 2025 issue of *Fit & Fun*!

STRETCH

SPORT

WALK

BALANCE

MOVE

JUMP

DANCE

SWIM

LIFT

PLAY

BIKE

RUN



941-748-0747



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