



Jeb Bush  
Governor

John O. Agwunobi, M.D., M.B.A.  
Secretary

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FOR IMMEDIATE RELEASE**

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### **STEP UP FLORIDA ARRIVES IN PALM BEACH COUNTY**

**PALM BEACH COUNTY, FL**— The statewide event “Step Up, Florida – on our way to healthy living!” arrived in the county today as seven bicyclists took the “Fitness Flag” from the Broward County line to Ocean Inlet Park in Boynton Beach. The Florida Department of Health is promoting physical activity as a means to healthy living throughout the state by passing the fitness flag from Monroe County to Leon County from February 2 to March 2, 2004

Officials in Palm Beach County have planned additional activities February 9 and 10 that encourage all people to participate in a physical activity and have fun at the same time.

Monday, February 9, cyclists will begin again at Ocean Inlet Park and ride to Currie Park in West Palm Beach along Flagler Drive between 7:00 AM and 9:00 AM. At 1:30 PM all are invited to participate in a Gator walk, which will begin at the Health Department offices, 826 Evernia, West Palm Beach, go through City Place, return north on Rosemary to Clematis where walkers will go east to Flagler and north along Flagler to Currie Park. Marking the route are the artistic alligators that have been displayed by the Boys and Girls Clubs and Armory Art Center giving those participating a chance to see how many of the gators they can find and provide some excellent scenery along the way.

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Post Office Box 29 / 826 Evernia Street, West Palm Beach, FL 33402  
Jean M. Malecki, M.D., MPH, FACPM, Director  
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Tuesday, February 10 the final leg in Palm Beach County will be a bicycle ride from Currie Park to Coral Cove Park north of the Jupiter Inlet where the "fitness flag" will be passed to Martin County.

Health Department Director Jean M. Malecki, MD said, "A little exercise each day can help prevent a number of health problems." Malecki noted that physical activities like walking, biking, rowing all can help improve a person's overall physical condition and may counteract obesity which can lead to high blood pressure, diabetes and many other health problems.

Following the walk Monday, at Currie Park, Deputy Secretary of Health Annie Neasman, Dr. Malecki, City of West Palm Beach Councilman Ray Liberti and Metropolitan Planning Director Randy Whitfield will address the participants.

Information on participation can be obtained by calling the Health Department at 561-540-1300.

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