



**Florida Health Mission:**

To protect, promote  
& improve the health  
of all people  
in Florida through  
integrated state, county,  
& community efforts.

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**John H. Armstrong, MD, FACS**  
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**FOR IMMEDIATE RELEASE**

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**Activity equals energy—Streets Alive makes it FUN!**

Lee County, FL—You want to be healthy; you want to be fit, but think exercise can be so boring! Not on Sunday! Fun will be the only title exercise gets from 11 a.m. to 4 p.m. Sunday at the second Streets Alive Lee in downtown Fort Myers where over a mile of roads are closed to motor vehicles. The Florida Department of Health in Lee County is proud to be a sponsor of Streets Alive where a wide range of activities, from kayaking to yoga and dance to bike polo, are free to try.

“Wear your Halloween costume or come as you are and see first-hand how much fun it can be to participate in a parade and learn a new physical activity,” encouraged Kevin Kirkwood, Health Promotions manager for DOH-Lee. “Incorporating just 150 minutes of exercise per week into your lifestyle can significantly improve overall physical and mental health.”

To be in the parade, gather at 10:45 a.m. Sunday on the corner of Second and Hendry Streets.

Participants will dance to live music, can Walk with a Doc, sail a boat, walk a dog, learn bicycle road safety and 5210, purchase farm fresh produce, crafts, and delicious healthy beverages.

Ride in by bike, car or bus, or arrive on foot. Parking is free. In addition to special event vendors, downtown businesses are open all day. Everyone is welcome. Streets Alive is the signature event of Healthy Lee.

DOH-Lee’s sponsorship is part of the #HealthiestWeightFL initiative. For more information go to [StreetsAliveLee.org](http://StreetsAliveLee.org) or [HealthiestWeightFlorida.com](http://HealthiestWeightFlorida.com).

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