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| [http://bulkmail.doh.state.fl.us/images/hwf/SS2LH.jpg](http://bulkmail.doh.state.fl.us/lt.php?c=2659&m=3211&nl=238&s=4a56cd174cb33585260c5d90fd9a0b2f&lid=14577&l=-http--www.healthiestweightfl.com) |
| |  | | --- | | **Move More** | | Don't like to be outdoors when it's cold?  Take your workout indoors this month!  Here are some ideas to get you started:   * Check to see if schools and colleges in your area open their indoor tracks/indoor facilities to the public * Consider joining a gym or fitness facility * Sign up for indoor classes such as jazzercise, Zumba or dance classes * Turn on your TV or pop in a physical activity video, and transform your living room into a space for daily physical activity * Get a group together and head to the mall for a group walk   It's important to develop a set of regular physical activities that are available regardless of the weather.  **Fresh from Florida Recipe of the Week**  Enjoy some fresh, in-season Florida sweet corn and tomatoes in this [Florida Sweet Corn and Tomato Bisque](http://bulkmail.doh.state.fl.us/lt.php?c=2794&m=3365&nl=238&s=4a56cd174cb33585260c5d90fd9a0b2f&lid=15354&l=-http--www.freshfromflorida.com/Recipes/Sides/Florida-Sweet-Corn-and-Tomato-Bisque) recipe by Fresh from Florida. Florida sweet corn is a good way to add fiber to your diet as well as Vitamin C. | |
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