BACK TO SCHOOL
HEALTH & WELLNESS

Florida HEALTH

MAKE SURE YOUR CHILDREN ARE GETTING BACK INTO THEIR ROUTINES BEFORE SCHOOL STARTS

KEEP KIDS STRONG FROM THE INSIDE OUT

Your child's overall good health can be fostered through eating nutritious foods, getting regular physical activity, and maintaining good sleep habits.

Healthy Eating

Proper nutrition is essential for children to grow and develop. Focus on fruits, vegetables, and protein. Limit sugar, saturated fats, and processed foods.



Regular Exercise

Encourage your children to be physically active for 60 minutes or more each day, like active play at the park or organized sports.



Getting Enough Sleep

Sleep is just as important to your children's development as nutrition and physical activity. Recommended sleep by age:

3-5 years	6-12 years	13-18 years
10-13 HOURS	9-12 HOURS	8-10 HOURS

COUNTY HEALTH DEPARTMENTS SUPPORT THE COMMUNITY

Contact your health care provider or local county health department about back to school health and wellness to get your children ready for a successful school year, inside and out. County health departments provide **year-round services**, including:

- Wellness Checkup
- Disease Screening
- Birth Certificates

In anticipation of the new school year, your local county health department will be providing back to school wellness activities at:

Okaloosa County Health Department
221 Hospital Drive NE
Fort Walton Beach, FL 32548

Call to schedule:
850-833-9246

Offering School Physicals:

July 27, 2026 - August 20, 2026
7:30 am - 4:00 pm
By appointment or walk-in
$45.00 per child

For more information, please visit Okaloosa.FloridaHealth.gov