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Med students promote active lifestyles

By **Skyy Sandifer** • DEMOCRAT WRITER • April 3, 2010

Sarah Genet said living healthy is one of the most important things we can do for ourselves, which is why Genet and other medical students at Florida State University are holding a health fair today featuring food, fun and education.

The local chapter of the American Medical Association, affiliated with FSU's medical school, is sponsoring the event in order to increase awareness about living a healthy lifestyle. It is part of the AMA's national "Stepping into Wellness" campaign.

Maximize Your Health will be held from noon to 3 p. m. at the medical school at the intersection of Call Street and Stadium Drive. General admission is \$10 (\$5 for all students) and free for children under 8 years old.

Genet, a first-year medical student, said the primary goal of Maximizing Your Health is to engage the community in physical activities.

It will introduce new workouts and teach people how they can improve or manage their health. There will be arts and crafts for children, and lunch will be provided by Red Elephant.

"There will be representatives from gyms around town and personal trainers showing innovative ways to work out," Genet said. "We want people to feel comfortable and incorporate some kind of physical activity in their lives"

Doug Carlson, a spokesman for the College of Medicine, said the medical students try to inspire community members to live better lives.

"Our students take things they've learned and share with the community," he said. "They do the little things they can to help educate people on how lifestyle behaviors play a role on health."

IF YOU GO

n What: Maximize Your Health

n When: Noon-3 p.m. today

n Where: FSU College of Medicine

n Cost: General admission is \$10; \$5 for all students; free for children younger than 8 years old

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