



## **Florida Hospital Unveils Blueprints of Its Success**

*Central Floridians receive gifts that lay the foundation for healthier living.*

**January 4, 2006** – Orlando, FL – With the start of a New Year comes New Year’s resolutions on everything from eating healthier to losing weight to spending more time with family. Florida Hospital wants to help the community start the year off right and “create health” in Central Florida.

*Today, for the very first time, Florida Hospital revealed the blueprints to its success in an effort to lay the foundation for a healthier community.* The blueprints are contained in **Creation Health**, and they have guided Florida Hospital for nearly 100 years.

“Throughout our Florida Hospital system, there are massive construction and expansion projects underway that all have the same foundation – these principles of healthier living,” said Des Cummings, executive vice president of business development at Florida Hospital. “We are excited to be able to share these blueprints with the Central Florida community so that everyone may start the New Year with a goal of a healthier and happier life.”

The eight principles – Choice, Rest, Environment, Activity, Trust, Interpersonal Relationships, Outlook, and Nutrition – are explained in Florida Hospital’s newest book, *The Creation Health Breakthrough: 8 Essentials to Revolutionize Your Health Physically, Mentally, and Spiritually*.

“*The Creation Health Breakthrough* is a step-by-step guide on how you can use these principles to start living a healthier life,” said Dr. Monica Reed, author of the book and administrator at Florida Hospital Celebration Health. “These blueprints changed the way I live my life for the better, and I believe that they really can help lay the foundation for healthier living here in Central Florida.”

As a gift to the community, Florida Hospital announced that it will be giving away a three-day rejuvenation weekend led by Dr. Reed where people will learn about and experience these principles first-hand. The community can submit entries on the Creation Health Web site at [www.creationhealthbreakthrough.com](http://www.creationhealthbreakthrough.com). The top 10 entries will receive this weekend devoted to health valued at more than \$1,000. The next 25 entries will receive a Health Breakthrough basket valued at more than \$100 that includes the new book and all of the tools needed for this health makeover.

*The Creation Health Breakthrough* is available online and in bookstores nationwide. *The Creation Health Breakthrough* is Florida Hospital's fourth book in its healthy living series.

For more information, please contact Florida Hospital Media Relations at 407/303-8217.

[www.floridahospitalmedicalnews.com](http://www.floridahospitalmedicalnews.com)

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