

# What is the Live Healthy Georgia campaign?

Gov. Sonny Perdue and the Georgia Department of Human Resources (DHR) have joined forces to help Georgians live healthier by launching the Live Healthy Georgia campaign.



# Live Healthy Georgia



The campaign aims to reduce chronic disease in Georgia by promoting five key messages:

**Be Active** • **Get Checked** • **Be Smoke Free** •  
**Eat Healthy** and **Be Positive**.

# What can I do to reduce my chronic disease risk?

- **Be Active** (increase and maintain physical activity)
- **Get Checked** (receive appropriate health screenings)
- **Be Smoke Free** (eliminate tobacco use)
- **Eat Healthy** (follow a low-fat diet rich in fruits, vegetables and whole grains)
- **Be Positive** (achieve and maintain a state of mental wellness)

As part of the effort to reduce tobacco use among Georgians, DHR provides a free, comprehensive resource to help our residents kick the habit:  
**The Georgia Tobacco Quit Line 1-877-270-STOP/  
Spanish speakers call 1-877-2NO-FUME/  
TTY 1-877-777-6534 for the hearing impaired.**

Look for us at upcoming events throughout Georgia!  
For more information visit: [www.livehealthygeorgia.org](http://www.livehealthygeorgia.org).



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