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## **SOUTH LAKE HOSPITAL LAUNCHES NEW HEALTH RESOURCE WEBSITE**

**-- New interactive site features healthy activities, recipes and tips for youth, family and adults --**

**CLERMONT, Fla.** (June 10, 2010) – As the centerpiece of its Year of Healthy Living initiative to encourage better overall health, South Lake Hospital has launched an all-new health resource website – [www.yearofhealthyliving.com](http://www.yearofhealthyliving.com). The interactive site provides news and information on healthy activities and lifestyle choices, as well as user-generated content.

“Healthcare is about more than regular check-ups and screenings,” said South Lake Hospital CEO Leslie Longacre. “As a healthcare provider, we’re committed to focusing more attention on the very real benefits of better nutrition, physical fitness, and mental and emotional balance – and this new website is the perfect platform to do that.”

The new site features articles and information on smart eating habits, fun activities and simple ways to incorporate healthy living practices into everyday tasks. It includes regularly updated recipes, upcoming events and fun family activities like canoeing and bike riding. It also features fitness tips from exercise physiologists at the National Training Center. Visitors to the site are encouraged to share their own favorite activities and recipes in the “My Active Community” section.

“We want this to be an interactive resource for our community, where South Lake residents share their ideas and celebrate their successes with one another,” said Longacre.

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Earlier this year, South Lake Hospital declared 2010 the Year of Healthy Living to elevate awareness of its role in preventing disease, not just treating it. The initiative has included community-wide events such as the NTC Family Fun Day last month, open houses and classes on its campus.

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#### **ABOUT SOUTH LAKE HOSPITAL**

South Lake Hospital is a not-for-profit acute care community hospital, in partnership with Orlando Health. South Lake Hospital has been providing quality healthcare services to South Lake County for more than 60 years. For additional information about South Lake Hospital, please visit [www.southlakehospital.com](http://www.southlakehospital.com).

