

Florida Department of Health in Miami-Dade County Introduces the Journey to Wellness Rx.

This non-pharmaceutical prescription is provided to recommend physical activity and encourage healthy eating to help with weight or chronic disease management.

Journey to Wellness Rx gives you access to all of Miami-Dade's community resources which promote and assist individuals with creating a healthy lifestyle. Visit HealthyMiamiDade.org to find the interactive resource map.

For additional information on increasing physical activity, maintaining a healthy weight and eating healthy, visit ChooseMyPlate.gov and CDC.gov.

Make Healthy Happen!

Maintain an optimum state of health. Wellness and prevention are the keys to living a healthier, longer life. Here are some tips to create healthy habits:

- ✓ Increase your physical activity.
- ✓ Maintain a healthy weight.
- ✓ Eat more fruits and vegetables.
- ✓ Eat 2 servings or more fish weekly.
- ✓ Eat 3.5 ounces or more of whole grains daily.
- ✓ Limit your intake of beverages with added sugar to less than 36 ounces (450 calories) weekly.
- ✓ Limit your intake of sodium to 1,500 mg or less daily.
- ✓ Don't smoke or use tobacco products.

Florida Department of Health in Miami-Dade County
Office of Community Health and Planning
West Perrine Health Center, 18255 Homestead Avenue Miami, FL 33157
Office: 305 278-0442

Florida Department of Health in Miami-Dade County
Health & Wellness Center
Frederica Wilson and Juanita Mann Health Center
2520 NW 75th Street, Miami, Florida 33147