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.

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**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.

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