

Florida Department of Health presents

50 Days to a Healthier You



Join us on a 50-day health and wellness challenge, designed to help Floridians build healthy habits that last. We'll provide daily motivation and information that supports you on your journey to total well-being.

Each week we will highlight a different wellness theme, encouraging small, achievable actions that fit into your everyday routine. Daily activities take as little as 5-15 minutes and are designed for all ages and fitness levels to modify, as needed.

Focus Areas

- Incorporating Movement in Daily Activities
- Developing Strength and Balance
- Meal Planning and Nutritious Food Swaps
- Stress Management and Mindfulness
- Rest and Recovery
- Community Connections and Building Relationships

Weekly Themes

WEEK 1: Fuel Smart

WEEK 2: Move More

WEEK 3: Heart Health

WEEK 4: Mind & Rest

WEEK 5: Strength & Balance

WEEK 6: Connect & Community

WEEK 7: Sustainable Habits



REGISTER TODAY

HealthierYouFL.com/Florida50

Participation in the program is free and available online and on our social media channels.

Florida
HEALTH