



Active Marion Project

Active Marion Project (AMP) is a project of the Marion County Hospital District focusing on workplace wellness and community health education. AMP acts as a challenge to Marion County residents to get moving towards a healthier lifestyle through fun step challenges, and workplace wellness initiatives, AMP aims to motivate the community to become healthier, together.

The Active Marion Project (AMP) takes a three-pronged approach, focusing on workplace wellness, a smartphone app, and health education.

- Workplace Wellness – AMP partners with local businesses to offer free, customized health education sessions, wellness challenges, and incentive programs that encourage employees to adopt healthier habits.
- AMP 2 App – This competition-based mobile app tracks physical activity, provides health information, and rewards users for staying active.
- Health Education – AMP offers chronic disease prevention and management programs that raise awareness, promote healthy behaviors, and encourage physical activity. Current programs include the Diabetes Empowerment Education Program and Strong People Living Well.

AMP is committed to empowering individuals and organizations to lead healthier lives through education, engagement, and community support.

<https://mchdt.org/healthy-ocala-initiative/>

Service Location

2547 E Silver Springs Blvd
Ocala, FL 34470
United States

352-622-3662

Provider

URL

<https://mchdt.org/>

The mission of the Marion County Hospital District (MCHD) is to enhance the quality of life for Marion County residents by promoting health and wellness through various community initiatives. We are

committed to creating a sustainable system of care by fostering a multidisciplinary network of providers. Our key focus areas include diabetes & obesity, dental health, substance use & behavioral health, unintentional injuries and prevention. MCHD runs several programs internally, including the Active Marion Project, the Community Home Project, Fitness and Nutrition in Schools, and manage the services at Beacon Point, furthering our commitment to improving health and wellness in the community. MCHD also provides support to many organizations in Marion County like Heart of Florida and SMA Healthcare to ensure that all Marion County residents, regardless of their ability to pay, have access to the services they need.

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