



"You are worthy of a life filled with joy and happiness" – Unknown

The Home Stretch: Biggest Winner Challenge 2025 Final Assessment May 19-23



The 12-week challenge to lose fat and gain muscle concludes this month!

To complete the challenge and for a chance of winning, participating teams and individuals must undergo a mandatory final-week composition assessment for comparable metrics recording:

- total fat mass
- total lean muscle mass
- height and weight measurements

Participants who achieve the largest percentage of fat loss and muscle gain will be crowned "The Biggest Winner" in INDIVIDUAL and TEAM categories.

The prizes for INDIVIDUAL Biggest Winners by location and countywide are:

- Biggest Winner by Location: \$300
- Biggest Winner Countywide: \$600 (\$300 location winner + \$300 county grand prize)

The Biggest Winner TEAM is countywide only, with the winning team receiving a team trophy and every team member getting a WellnessWorks mega swag bag.

For a list of locations to complete the final assessment, visit: <https://secure.miamidade.gov/employees/wellness-works/wellness-works-resources.page>

Build Emotional Wellness & Thrive Event Save the Date: May 7



Emotional wellness is about showing yourself care and kindness as you recognize and experience a wide range of emotional stressors in your personal and professional life. This month, we invite you to mind your mood and check in on yourself daily with the **Mind & Mood Practice Stress Management Wellbeing Challenge**.

Wednesday, May 7, 2025
Stephen P. Clark Center – 18th Floor
10:00 am – 2:00 pm

A special ceremony to announce the Step up, Revive and Thrive Challenge 2024 Winning Team will take place at 11:00 am in Rm. 18-3.

For more information, visit: www.MiamiDade.gov/Support-Services or email: WellnessWorks@MiamiDade.gov

Q2 Challenge: Blossom into Healthy Steps Challenge



As the flowers bloom this spring, WellnessWorks encourages you to step outside and increase your physical fitness. Commit to moving your body more and sitting less when you join the **Q2 Blossom into Healthy Steps Challenge**.

THE CHALLENGE: 235,000 steps over 4 weeks

CHALLENGE DATES: May 5 - 31, 2025

REGISTER AT: www.HealthyRoads.com



Emotional wellness is about showing yourself care and kindness as you recognize and experience a wide range of emotional stressors in your personal and professional life. This month, we invite you to mind your mood and check in on yourself daily with the **Mind & Mood Practice Stress Management Wellbeing Challenge**.

THE CHALLENGE:

- Complete one (1) of three (3) stress management activities; and
- Log them for at least 20 days; to
- Earn 100 points and complete the challenge!

CHALLENGE DATES: May 5 - 31, 2025

REGISTER AT: www.HealthyRoads.com

WellnessWorks' Health & Wellness Events Biometric Screening Dates & Locations: May & June

Stay in good health by attending a WellnessWorks Biometric Screening this month or next. MDC employees insured by AvMed are eligible to attend these free screenings for:

Blood Pressure • Cholesterol • Blood Sugar • BMI • Massage

May 13: [311 Call Center](#)

May 14: [PICU Fleet Management Shop 2](#)

June 17: [SPCC](#)

June 18: [CAHSD](#)

June 25: [Trades Shop Facility](#)

Wellness Educational Presentation & Workshops

Enhance your wellness knowledge and learn tips to improve your health and wellness by attending a monthly in-person educational workshop. These workshops feature a topical presentation and onsite Health Coaching Table.

Upcoming Workshop Dates & Locations in May

May 6 | Let's Get the Pressure Down: Lowering Your Blood Pressure

- OTV | 701 First Floor Conference Room | Front Rm. 130
- 11:00 am – 11:45 am

May 7 | Let's Get the Pressure Down: Lowering Your Blood Pressure

- Miami-Dade Corrections HQ | 3505 NW 107th Ave.
- 11:00 am - 12:00 pm

May 8 | Let's Get the Pressure Down: Lowering Your Blood Pressure

- Miami-Dade Sheriff's Office | 9105 NW 25th Street
- 11:00 am – 11:45 am

May 13 | Let's Get the Pressure Down: Lowering Your Blood Pressure

- Northeast Transit Bus Operations | 360 NE 185th Street
- 10:00 am – 2:00 pm

Eat Smart: WellnessWorks Coach Nutrition Corner

Cucumber Chickpea Salad with Feta & Lemon

- Prep Time: 10 minutes
- Total Time: 50 minutes
- Serves: 6



Source: <https://www.eatingwell.com/recipe/8053923/cucumber-chickpea-salad-with-feta/>

Enjoy this quick and easy cucumber chickpea salad, featuring crunchy vegetables, creamy feta, and a zesty lemon kick. Perfect as a healthy side or a quick meal on its own!

Ingredients

- 2 tablespoons extra virgin olive oil
- 2 tablespoons lemon juice
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 can (15 oz.) chickpeas, rinsed
- 2 cups diced cucumber
- ½ cup crumbled feta cheese
- ½ cup finely chopped red onion
- ½ cup diced red bell pepper
- 2 tablespoons chopped fresh dill

Instructions

1. In a large bowl, mix together oil, lemon juice, salt, and pepper.
2. Add chickpeas, cucumber, feta, red onion, bell pepper, and dill; toss to combine.

Serving Size: 1 cup | Calories: 183 | Carbohydrates: 15g | Fiber: 6g | Protein: 2g | Fat: 6g | Total Fat: 11g

Let's Get the Pressure Down Lowering Your Blood Pressure



Controlling your blood pressure with lifestyle or medication may be what first comes to mind when learning you have hypertension. But leading a healthy lifestyle should be an important first step in helping you improve, lower, and ultimately lessen the severity of high blood pressure and the use of medication altogether.

Here are 10 lifestyle changes from the [Mayo Clinic](#) to help keep your blood pressure down without medication.

1. Lose extra weight and watch your waistline
2. Exercise regularly
3. Eat a healthy diet
4. Reduce salt and sodium in your diet
5. Limit alcohol
6. Quit smoking
7. Get a good night's sleep
8. Ease stress
9. Track your blood pressure at home and get regular checkups
10. Control your cholesterol and blood sugar

[For More Information](#)

Emotional Wellness



According to the [U.S. Centers for Disease Control and Prevention](#), nearly 1 in 4 U.S. adults (58.7 million people) live with a mental health condition. With May being Mental Health Awareness Month, here are some tips to improve your emotional wellness that you can follow year-round:

1. **Exercise.** Aim for at least 30 minutes of exercise most days of the week. Anything that you enjoy and gets your heart pumping will do wonders for your mental health.
2. **Eat healthy and hydrate.** Limit simple sugars and processed foods and eat more fruits, veggies, and healthy fats, like avocados, nuts, and olive oils. Make sure you are also drinking enough water.
3. **Prioritize sleep.** Practice good sleep hygiene and aim for 7 to 9 hours of sleep per night. If you have trouble sleeping, see your healthcare provider.
4. **Build an internal locus of control.** People who see themselves in control of their own destiny tend to be happier and more resilient. Practice taking responsibility for things that happen in your daily life and focusing only on the things you can control.
5. **Calm your Mind.** Mindfulness can reduce stress, anxiety, depression, and chronic pain. Building mindfulness can be as simple as repeatedly bringing yourself back to the present throughout the day. You can also consider starting a formal meditation, practice centered on mindfulness, where you focus on bringing your attention back to your breath or another anchor.
6. **Surround yourself with positivity.** Limit your exposure to toxic people and things. If possible, if you use social media, make sure that it is a positive experience, and only follow people who boost your mood or add value to your life in some way.
7. **Practice gratitude.** Gratitude can help lower stress, depression, and anxiety. This works especially well if you write it down. Write down three things every night for which you are grateful. These can be tiny things, like the feeling of soft bed sheets or the warmth of a sunny day.
8. **Connect with others.** Isolation is both a cause and a symptom of mental illness. Join a club of like-minded people or try a new hobby. Engage with others daily, even if you just call someone you haven't spoken to in a while.
9. **Give.** Do something for someone else. Give a compliment, offer to help a family member, start volunteering. Do something to broaden your perspective and focus on someone else's needs.
10. **Challenge negative thoughts.** Thoughts are not facts. You can challenge a thought by asking yourself two questions: "Is it true?" and "Will believing it help me become a better version of myself?" If the answer to either of these is "no", ditch it, and choose to believe the alternative.
11. **Use affirmations and reminders.** Set a reminder or alarm on your phone with an uplifting quote. Change your computer passwords to an inspiring word. Put up sticky notes with positive sayings to encourage yourself.
12. **Practice self-compassion.** Work on forgiving yourself and acknowledge that you are doing your best at any given moment. Speak to yourself as you would to a friend or loved one.

Know When to Get Help

It is never wrong to seek professional help from your healthcare provider or therapist. The Miami-Dade Employee Assistance Program (EAP) is here to give you that support.

If you or a loved one are struggling, there is hope. Please reach out to the EAP at **305-375-3293** to speak with our licensed clinicians and learn more about our services, or visit: www.MiamiDade.gov/Support-Services.

In observance of Mental Health Awareness Month, the EAP will be providing weekly **WellTalks** focused on Mental Health and Emotional Wellness. We invite you to join us to learn more about managing stress, building positive relationships and finding support.

[Click for the Schedule](#)

Find Comfort in Your Workday

The day goes by quickly. You arrive at work and start your day, and before you know it, it's lunchtime. Question: have you stood up and stretched?

Stretching throughout your day is important to maintain flexibility. It also helps to release tense muscles and alleviate repetitive motion discomforts that may result from prolonged sitting, typing, and mousing motions used to carry out daily tasks.

[Web MD](#) has put together several stretches you can do at work to ensure your comfort level and maintain productivity.

[Click to Start Stretching](#)

Healthy Selfie

Miami-Dade County Corrections and Rehabilitation Department hosted a WellnessWorks Wellness Educational Workshop last month that included a Zumba class. Several employees enjoyed the upbeat, high-energy, and fun-tastic aerobic workout.



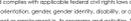
Submit a Healthy Selfie for a chance to be featured in our monthly newsletter.

What makes a selfie healthy? Activities such as swimming, running, walking, hiking, and yoga, may be submitted. You may also share what you're eating, too. Additional activities that may be considered are healthy self-care and social activities that are good for your mental well-being such as meditation, reading, quality time with friends and family, downtime relaxing, learning a new skill, etc.

To be featured in the Healthy Selfie article in an upcoming newsletter, please submit high quality images to WellnessWorks@MiamiDade.gov.

For more information, visit the [Miami-Dade Wellness Resource Page](#) or email WellnessWorks@MiamiDade.gov.

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