

“The groundwork for all happiness is good health.”

- Leigh Hunt

COVID-19 Update:

Stay Up to Date with Your COVID-19 Vaccines

A second booster dose of the mRNA vaccine for some who received their initial booster at least 4 months ago has been approved by the CDC.

Are you eligible?

- Age 50 and over
- Age 12 and over with moderate to severe immunosuppression complications
- Anyone who received J&J vaccine for both their primary doses

[For More Information](#)

Teriyaki Chicken and Asparagus Stir-Fry

Teriyaki Chicken and Asparagus Stir-Fry

Spring is in the air and asparagus is in season. Pair it with chicken in this stir fry!

[View Recipe](#)

Arthritis Awareness Month

Arthritis is one of the most widespread health conditions in the United States. It affects about one in four adults overall. To recognize this toll on Americans' health, CDC, the Arthritis Foundation and other partners observe Arthritis Awareness Month in May.

[Learn More](#)

Understanding the Importance of Mobility

What is Mobility?

Mobility is the ability to move freely, without being inhibited by stiffness or stress. If you've ever struggled to touch your toes or felt too stiff to exercise, working on your mobility will help you achieve a better range of movements. Click here for more benefits.

[More Benefits](#)

WellnessWorks invites you to join the “Get Fit and Glow Steps Challenge”

As the flowers bloom this spring, now's a great time to get on track and achieve your healthy glow up, by stepping up your physical fitness and enjoying the great outdoors in the **Get Fit and Glow Steps Challenge**.

[Click Here to Register](#)

Challenge runs from May 2- May 28, 2022
Challenge: 150,000 steps



Get ready for the ultimate muscle building and fat reducing challenge of the year! WellnessWorks challenges you in the 12-week program: Biggest Winner. To join your department team, contact your department representative, wellness liaison, or for more information email Wellnessworks@miamidadade.gov. The Challenge runs **May 9, 2022** and ends **August 12, 2022**.

The Challenge will include:

- Online Webinars geared towards burning fat and building muscle
- Each team will be assigned a Wellness Coach to help you develop a plan specific to your targeted goals.
- Bodimetrix Ultrasound tracking measurements at initial and final assessments (mid-point assessments will be per request)
- Teams based on location
- Easy access to special events, measurements and incentives
- Awards and prizes

[For More Information](#)

Glow to Thrive After Dark Wellness Festival Presented by Mayor Daniella Levine Cava

Get your wellness glow at the “Glow to Thrive” After Dark Wellness Festival. Employees and their families are invited to enjoy an evening of wellness and glow fun and events at Tropical Park. Registration opens **May 16** and runs through **June 5, 2022** Employees may click here to register for this FREE event

[Free Registration](#)

[For More information](#)

Healthy Selfie:

Employee Ricardo Bran of the HR department, shared a selfie from one of his daily walks to improve his health and wellness, as well as accumulate more steps to contribute to his team HRLEM Globetrotters of the WellnessWorks program, Walk around the Wonders of the World yearlong Steps Challenge.

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, biking, 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 wellbeing 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@miamidadade.gov.

May is Mental Health Month Build Emotional Wellness and Thrive

Join MDC Emotional Wellness and Employee Support Services team as they host the Build Emotional Wellness and Thrive event to promote the importance of caring for one's mental and emotional health on May 9 at the Stephen P. Clark Center. This event will take place on the 18th floor between 10 a.m. and 2 p.m. Enjoy yoga, massage, aromatherapy, and more.

[Event Highlights](#)

Get FIT MIAMI-DADE COUNTY EMPLOYEE WELLNESS CENTER

MDC Wellness Center Presents:

Health Tip of the Month:

Hunger and appetite are not one and the same. Hunger is a physical sensation caused by hormones and chemical reactions that occur when your body senses that it requires more food. This reaction can happen for a variety of reasons. Appetite is a psychological reaction that can be a learned response or occur due to triggers like boredom, emotions, seeing, or smelling tempting foods.

[Know the Difference](#)

Workout of the Month

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees



10 push-ups



20 high knees



20 climbers



10 jumping lunges



20 climbers



10 jump squats

For more information visit Wellness Resource Page: [Wellness Works Resources \(miamidadade.gov\)](#) or email wellnessworks@miamidadade.gov