"Your life only gets better when you do. Work on yourself and the rest will follow." Unknown



Departments WellnessWorks Program 7th Annual 5K Family Fun Day and Picnic PRESENTED BY MAYOR DANIELLA LEVINE CAVA Team reptile or team mammal - you decide. "Go Wild and Thrive" and come enjoy a

day of fitness and family fun at Zoo Miami, 12400 SW 152 Street, Miami, FL 33177, on Nov 4, 2023, from 7:00 a.m. - 1 pm. Walk or Run your way in the 5k and explore the

additional adventurous offerings with your county family. Registration is open and ends September 22. Register now For more Information

Mind and Mood – "Well-Being Challenge"

Busy life, busy mind, keep on top of your

emotional health with the Mind and Mood challenge!

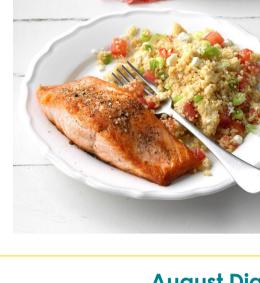


Registration Opens: August 28 on www.Healthyroads.com Challenge Runs: September 4-30

Salmon with Tomato-Goat

healthy dose of Omega-3s from the

Cheese Couscous Enjoy this delicious dish that delivers a



endocrinologist.

salmon, which promotes heart health and brain function, and an added burst of flavor from the tomatoes and goat

cheese! **Click here for Recipe**

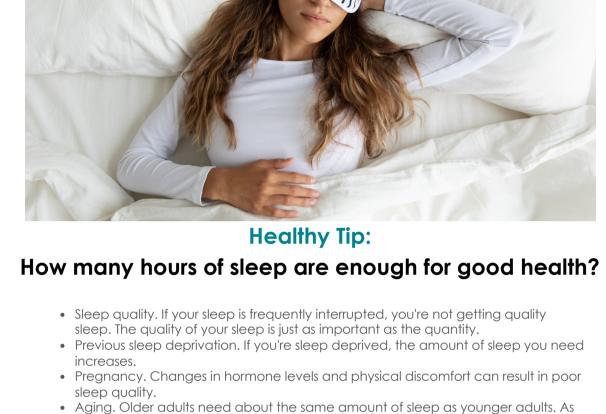
August Diabetes Awareness

Control and Prevention. An additional 96 million adults have prediabetes and most of them are unaware they are developing a serious chronic disease. "Diabetes

Diabetes is a chronic health condition that impacts how the body turns food into energy. More than 37 million people in the United States have Type 2 diabetes, the most common form of the metabolic disorder, according to the Centers for Disease

develops when the body's response to insulin is impaired, or when there isn't enough insulin, a hormone produced by the pancreas that regulates blood sugar levels. When this happens, too much sugar stays in the bloodstream. This can lead to serious health problems, including heart disease, stroke, vision loss, and kidney disease," said Ruchi Mathur, MD, director of the Diabetes Outpatient Treatment and Education Center and a professor in the Department of Medicine at Cedars-Sinai. Two less common forms of the disease are Type 1 diabetes, an autoimmune disorder that causes the body to attack its own insulin-producing cells, and gestational diabetes, which can develop during pregnancy. The American Diabetes Association is now recommending that all adults with risk factors be screened with a test for prediabetes and Type 2 diabetes starting at age 35, instead of age 45. "It is more important than ever, as disease rates are on the rise, that people get screened. Those who are overweight, in their 40s, or are from ethnic or racial groups we know are at a high risk should be getting screened for high blood sugar during their annual exam with their doctor," said Mathur, an

Learn More



you get older, however, your sleeping patterns might change. Older adults tend to

sleep more lightly, take longer to start sleeping and sleep for shorter time spans than do younger adults. Older adults also tend to wake up multiple times during the night.

For kids, getting the recommended amount of sleep on a regular basis is linked with better health, including improved attention, behavior, learning, memory, the ability to control emotions, quality of life, and mental and physical health. For adults, getting less than seven hours of sleep a night on a regular basis has been linked with poor health, including weight gain, having a body mass index of 30 or higher,

diabetes, high blood pressure, heart disease, stroke, and depression.

20 high knees

20 high knees

Click here for more information

Workout of the Month

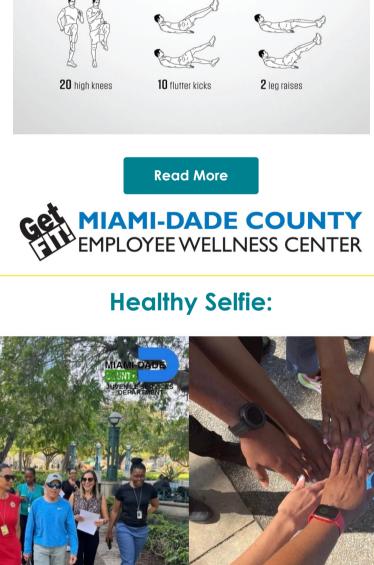
DAREBEE WORKOUT © darebee.com LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes

10 squats

10 shoulder taps

2 jump squats

2 push-ups





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

To be featured in the Healthy Selfie article in an upcoming newsletter, please

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.

submit high quality images to wellnessworks@miamidade.gov. Wellness Educational Workshops and Beat the Heat Summer Campaign Join the Wellness team at a monthly in-person workshop. Stay up to date with relevant health and wellness topics to help you achieve a healthy lifestyle. Stephen P. Clark Center 8/1/2023 12 pm - 1 pm 111 NW 1st St, Miami, FL **Miami Dade Corrections** 8/2/2023 11 am - 12 pm 3505 N.W. 107th Avenue, Doral, FL Dept. Solid Waste Management

> 8/8/2023 6 am - 8:30 am 3A Garbage Ops – 18701 NE 6th Avenue, North Miami Beach, FL

> > Aviation 8/10/2023 11 am - 12 pm Building 5A 4200 NW 36th Street, Miami, FL.

Overtown Transit Village, North 8/15/2023 11 am - 12 pm 701 First Floor Conference Room - Front RM. 130

8/31/2023 11 am - 12 pm MDPD HQ - 9105 NW 25 Street, Miami, FL PMB Classroom - Room 1104

Beat the Heat this summer and join the wellness

team at an MDC "Beat the Heat and Cool Summer

Seaport 8/2/23 10:30 am - 2:30 pm 1015 N. America Way in the Atrium

Office of the Tax Collector 8/3/23 10 am - 2 pm 200 NW 2nd Avenue, Miami, FL

Dept. Transportation and Public Works 8/17/2023 10 am - 3 pm Central Garage, 3300 NW 32nd Ave., Miami, FL Miami-Dade Police Department

Series Events". This month, MDC employees at Seaport and Office of Tax Collector Department enjoyed different hydration options to help them cool off and stay healthy this summer.

Emotional Wellness Reminder:

to adapt to changes positively. Emotional resilience refers to one's ability to

adapt to stressful situations or crises. More resilient people are able to "roll with the punches" and adapt to adversity without lasting difficulties; less resilient people have a harder time with stress and life changes, both major and minor.

This month we focus on emotional resilience and how we can increase our ability

Surround yourself with positive people. Make sure those in your life are positive, supportive people you can depend on to give helpful advice and feedback. Negative people may increase your stress level and make you doubt your ability

to manage stress in healthy ways. If you, a family member or a team member are struggling with feelings or emotions that interfere with your/their ability to engage in daily life, please feel free to reach out to our team at Miami-Dade Employee Assistance Program

(EAP). The EAP is providing virtual and on-site assessments and support for all employees that are in need of assistance. Please call 305-375-3293 or email me at Jessica. Hughes-Fillette@miamidade.gov. The hours of operation are Monday-Friday from 8:00 am to 5:00 pm. For more information visit WellnessWorks Resources (miamidade.gov) or email wellnessworks@miamidade.gov

23-17383 August 2023