

“When we take care of #OurHearts as part of our self-care, we set an example for those around us to do the same.”

 -National Heart, Lung, and Blood Institute



Make Heart Health Part of Your Self-Care Routine

Devoting a little time every day to care for yourself can go a long way toward protecting the health of your heart. Here are few self-care tips to try every day to make your heart a priority.

[READ ARTICLE](#)



February is American Heart Month

With Valentine's Day just around the corner, many view February as the month of love, but it is also American Heart Month. Show your heart some love with these 10 tips.

[LEARN MORE](#)

Eat Smart: WellnessWorks Coach Nutrition Corner



Loaded Cauliflower Casserole

You'll never want to eat roasted cauliflower any other way once you try this tasty recipe. An easy side that will make everyone actually want to eat their vegetables.

[VIEW RECIPE](#)



Cardio Booster workout

3 rounds, 45 seconds work, 15 seconds rest

1. Push-ups (modification on knees)
2. Squats (weighted for extra burn)
3. Butt kicks (tap heels to make sure your bringing your legs high enough)
4. Tricep dips (can use a chair or bench)
5. Side lunges
6. Jumping Jacks
7. Sit-ups

LIVE WEBINARS - WELLNESS AT YOUR FINGERTIPS!

WellnessWorks Live Weekly Webinars:

- Feb. 02 [Exercising at Home: How to Get Started](#)
- Feb. 03 [You and Your PCP: Making the Most of the Partnership](#)
- Feb. 04 [How can I lower my cholesterol?](#)
- Feb. 09 [20 Minute Desk Workout -Train with Me Live](#)
- Feb. 10 [How to Create a Balanced Exercise Program](#)
- Feb. 11 [Is Your Home Making You Sick?](#)
- Feb. 16 [Eating, Diet, & Nutrition for Irritable Bowel Syndrome](#)
- Feb. 17 [Mood and Food: Overcome Stress Eating](#)
- Feb. 18 [Healthy Recipe Booklet: NO bake quick and Healthy Bites](#)
- Feb. 23 [Antioxidants: All You Need to Know](#)
- Feb. 24 [The Vegetarian Diet: A Beginner's Guide and Meal Plan](#)
- Feb. 25 [Healthy Habits to Manage Hypertension](#)

Check out WellnessWorks & EAP channel for pre-recorded videos on Exercise, Stretching, Meditation and Wellness Tips for Miami Dade County Employees:

[Wellness on Demand](#)
[Emotional Wellness on Demand](#)



THE HAPPINESS CHALLENGE

Employees may still join the happiness challenge by completing 20 out of the 30 happiness challenge actions.

[FOR DETAILS CLICK HERE](#)

LOVE YOUR HEART STEP CHALLENGE



Show your heart some love and join the Love Your Heart Step Challenge.

Complete 150,000 Steps in over 4 Weeks.
 Registration opens February 1 and the Challenge runs Feb 7– Mar 6.

[TO REGISTER CLICK HERE](#)

HEALTHY SELFIE



Employee Cliff Dunbar of ITD, sharing a healthy mind and body concept he practices to stay active and healthy.

Cliff shares that “Chen Tai Chi Double Broadsword routine. This move is called “Butterfly Sucks Water”. Chen Tai Chi is a battlefield art; the intent of the move is to go over the opponent's shield. By practicing tai chi, one can not only improve one's health, but also help preserve a piece of history.”

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@miamidade.gov.

2021 WALK AROUND THE WORLD POLE TO POLE CHALLENGE



In the month of February, MDC employees of the Walk Around the World 2021 Pole to Pole Challenge are joining the WellnessWorks team for a day at the Phillip and Patricia Frost Museum of Science to kick off the year-long step Challenge.

[Don't forget to share with a friend!](#)