Wellness Watch

Providing Miami-Dade County Employees with the Latest Wellness News, Programs and Events | AvMed

December 2021

"Exercise should be regarded as a tribute to the heart."
- Gene Tunney

COVID-19 Vaccines & Children

According to the CDC, Children ages 5 years and older are able to get an age-appropriate dose of Pfizer-BioNTech COVID-19 vaccine.

Click Here to Learn More

Visit a Miami-Dade vaccine location near you.

Eat Smart: WellnessWorks Coach Nutrition Corner

Radicchio, Pear, Gorgonzola, Pomegranate, and Walnut Salad

This salad is super festive, colorful, and perfect for the holiday season! Sweet pears are combined with bitter radicchio, and balanced with gorgonzola cheese, fresh pomegranate, walnuts, and tossed with a homemade fig balsamic vinaigrette.

View Recipe

Low Down on Cholesterol

Leading a healthy lifestyle can be a major factor in keeping your cholesterol levels in check.

Important Lifestyle Factors

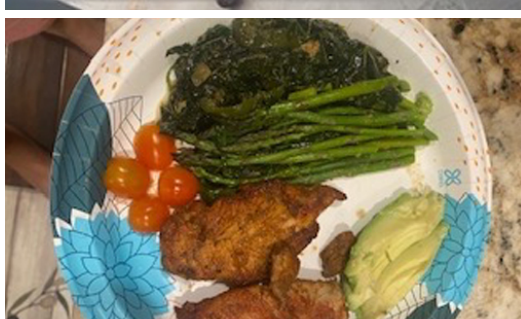**What Do Your Cholesterol Numbers Mean?**

December is National Handwashing Awareness Month

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others.

Learn More

Healthy Selfie:

MDC employee, Lyncia Ramsay, of the Aviation department, with support from a WellnessWorks coach this year, took action and is making healthy strides towards better health. (See pictured below)

Testimonial:

"Since starting the Wellness Works coaching sessions, I have felt excited and optimistic about taking control of myself physically. It's not just about weight loss, it's more about eating healthy without feeling like I'm missing out on "real food". I've committed myself to trying fun healthy foods/recipes that the coaches have suggested, move out of my comfort zone while challenging myself to trying those exercises that may seem hard at first, but slow and steady is the name of this game. I know that the end results will be well worth it!"

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.

Stay Tuned - January 2022:

Acts of Kindness Challenge