

**“Our bodies are our gardens –
our wills are our gardeners.”**

– William Shakespeare

COVID-19

COVID-19 How to Protect Yourself & Others

COVID-19 cases have shown a decrease within the last past months and many people are letting down their safeguards with hopes of the virus being resolved. We should continue to look out for the health of others by following the necessary steps to keep the virus and any of the new variants at bay. Click below for more details and information on how to keep safe visit

[Keep Safe](#)

[Employee Resources](#)

Eat Smart: WellnessWorks Coach Nutrition Corner

Spring Vegetable Grain Bowl

This dish is all about clean flavors and distinct textures. Farro provides satisfying chew, while the raw shaved veggies soften slightly in the vinaigrette to become perfectly crisp-tender.

[View Recipe](#)

Start Your Day off Right

When you start off the day with planning, good nutrition, and a positive attitude, you might find that the stress of your job rolls off your back more easily.

[How to Reduce Stress](#)

The Importance of Alcohol Awareness Month

Alcohol Awareness Month has become a national movement to draw more attention to the causes and effects of alcoholism, as well as how to help families and communities deal with drinking problems.

[Read More](#)

Autism Acceptance Month

The Autism Society has a variety of resources designed to inform and encourage communities to celebrate differences and become more inclusive of individuals with autism. The campaign will overlap with World Autism Awareness Day on April 2nd and continue throughout the month.

[Click For More Information](#)

MDC Wellness Center Healthy Tips:

As part of National Nutrition Month, the Academy of Nutrition and Dietetics encourages everyone to "Bite into a Healthy Lifestyle" to return to the basics of healthful eating and physical activity habits.

[Eat Right](#)

MDC Wellness Center Workout of the Month:



Overhead squats can enhance your mobility. By hinging multiple joints in your body, overhead squats can improve your ankle, hip and shoulder mobility. Overhead squatting activates your core muscles as stabilizers. Keep your core engaged through the full range of motion during the exercise to unlock this benefit.



The Bulgarian-split squat is a single-leg squat variation. Compared to a traditional barbell squat, it removes all the pressure and load from your lower back, and places it directly into your legs. The stabilizing leg of the Bulgarian split-squat is elevated behind you, which allows greater range of motion and depth, to achieve greater muscle hypertrophy, and strength gains in your glutes and quadriceps. Bulgarian split squats are key for not only building a bigger barbell back squat, but for building quadriceps and glutes, midline stability, and it offers an awesome range of motion movement for the hip flexors.



Increased Glute and Hamstring Muscle Mass. The dumbbell Romanian deadlift will generate metabolic stress and mechanical damage to muscle fibers in your glutes and hamstrings. Learning Proper Hip Mechanics. Improved Athletic Performance.



Benefits of Swiss Ball Leg Curls: Increasing lower body strength, primarily in the hamstrings and glutes. Building muscle, especially in the hamstrings and glutes. increasing core strength (most notably, the anterior core).

**Get FIT! MIAMI-DADE COUNTY
EMPLOYEE WELLNESS CENTER**

THE WELLNESSWORKS PROGRAM INVITES YOU TO PARTICIPATE IN OUR NEXT QUARTER'S STEPS CHALLENGE

GETFIT and GLOW

AWAKEN A FRESH, GLOWING, ENERGETIC AND HEALTHY SIDE OF YOU

SPRING STEPS CHALLENGE

This four-week challenge will help you move more and have fun exploring the great outdoors as fresh flowers bloom this spring season

THE CHALLENGE
150,000 Steps over 4 Weeks

REGISTRATION OPENS
April 25

CHALLENGE DATES
May 2 - May 28

ENROLL
Miami employees visit [HealthyRoads.com](#)
Select "Challenge"
Click "Get Fit and Glow Spring Steps Challenge"

CONNECT
Connect a compatible device to track your progress
Scan "My Health Kiosk" Island by Connected

MORE INFO
For more information contact [Wellness@miamicounty.gov](#)

EARN POINTS
Upon completion of the challenge, you will receive 25 points toward your 75 point goal for the quarter. For each quarter in which you earn 75 points you will be entered to win one of the many \$250 drawings. WellnessWorks rewards are subject to program terms.

BONUS PRIZES
Accumulate 100,000 and submit a photo to participate in the drawing for a prize of your choice in the monthly prize drawing and entry into a bonus prize drawing.

PRIZES
• \$100 Single Wall Water Bottle
• Fit Bit Inspire 2
• Apple Smart Scale
• Fitbit Yoga Mat

Powered by Health Research Institute • Health and Wellness Support Service Institute

AvMed | BLUEBERRY | I THRIVE @ MIAMI-DADE COUNTY

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**.

Registration Opens: April 25, 2022
Challenge runs from May 2 - May 28, 2022
Challenge: 150,000 steps

[Register](#)

[For more information](#)



Spring Health is Wealth Recipes are Here!

WellnessWorks brings healthy recipe ideas to you, with the Health is Wealth Recipe demonstrations and recipe card campaign. Tryout these easy to make and perfect for busy workday ideas that will improve your health, diet and may provide you fuel and nutrients to conquer your day.

Recipe Cards:

[Lemon Chia Seed Muffin Yogurt Parfait](#)

[Fresh Turmeric Smoothie Bowl](#)

[Strawberry Avocado Salad](#)

[Healthy Chicken Broccoli Pasta Casserole](#)

[Steamed Orange & Garlic Chicken](#)

[More Recipe Ideas](#)

Healthy Selfie:



Christopher Hernandez, of the PROS department, stopped by the Stephen P. Clark Center to claim his healthy mystery prize for his participation in the WellnessWorks program and completing his flu attestation on [www.healthyroads.com](#).

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 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@miamicounty.gov](#).

**Have you benefited from participating in WellnessWorks?
Share your story and tell us how you thrive as a result of being part of the County family
at ITHRIVE@miamicounty.gov**

I THRIVE @
MIAMI-DADE COUNTY

You can visit the site to read about your coworkers and share your personal experience too. Together we thrive.

[Click Here: ITHRIVE](#)

Mental Health Corner:



Emotional Wellness Tip: Focus on the present

Many of us spend a good amount of our lives stressing about what "was" or what "will be" rather than what "is." Looking in the rearview mirror is not always a negative thing; it can help us evaluate life lessons and avoid making mistakes. The problem comes when we spend significant time in the past, we cannot always see what is right in front of us. If catch yourself slipping to the past for more than a minute, re-center your thoughts and focus on where you are in this very moment.

To learn more about Emotional Wellness Tips:

[Click Here](#)

Coming Soon



For more information, visit the Wellness Resource Page:
<https://secure.miamidade.gov/employee/coronavirus/wellness-works-resources.page>