

**‘You have to think it before you can do it.
The mind is what makes it all possible.’**

– Kai Greene

WellnessWorks invites you to join the “Spring into Better Health” Steps Challenge

As the flowers bloom this spring, now’s the time to get on track and achieve a healthier you, by stepping up your physical fitness and enjoying the great outdoors in the Spring into Better Health Steps Challenge. Complete 150,000 Steps Over 4 Weeks.

Challenge runs **April 17th-May 19th**

Registration opens April 10th

May is Mental Health Awareness Month!

Mind and Mood – “Practice Stress Management” Wellbeing Challenge

Mind your mood and check in on yourself daily with the Wellbeing Challenge. Emotional wellness is showing yourself care and kindness, as you recognize and experience a wide range of emotional stressors in your personal and professional life. Complete one of the three stress management activities and log them for at least 20 days to earn 100 points to complete the challenge!

Challenge runs **May 1st – May 30th**

Registration opens April 24th

Build Emotional Wellness and Thrive Celebrate Mental Health Awareness Month!

Please join us to recharge and destress! Take a mind and body refresh class, Yoga, Mindful Meditation or engage in learning more about Aromatherapy and relax and recover with a mid-day escape and massage, for even more tips connect and tune in to the Virtual Expert Panel Discussion.

Monday May 17th, 2023

10:00 am -2:00 pm

18th Floor, Stephen P Clarke Center

For More Information

Eat Smart: WellnessWorks Coach Nutrition Corner Spring Vegetable Stir-Fry

Celebrate the spring season by incorporating seasonal vegetables into your next meal! Try out this recipe that is good for your body and wallet!

View Recipe

National Walking Day

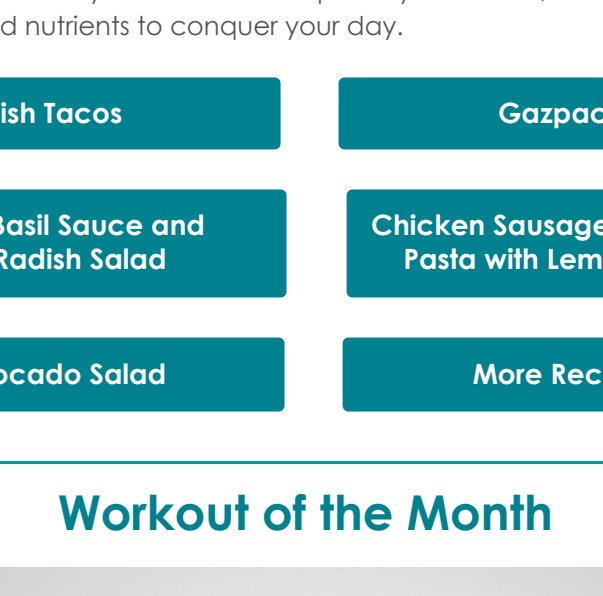
Each year, the American Heart Association sponsors a day to increase awareness about the health benefits of walking. Walking is one of the easiest forms of exercise as it is low impact, requires no equipment, and can be done anywhere!

Benefits of Walking and How to Stay Motivated

Get Fit! MIAMI-DADE COUNTY EMPLOYEE WELLNESS CENTER

Healthy Tip:

How can I follow a healthy eating plan?



How much physical activity do I need? Experts recommend at least 150 minutes a week (a total of 2 ½ hours) of moderate-intensity aerobic activity. You can spread your activity throughout the week—whatever works best for you. Studies show that if you spread activity across at least 3 days a week, you can improve your health, reduce your risk of injury, and keep yourself from becoming too tired.

Healthy Tips

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. Try out these easy to make and perfect for a busy work day ideas that will improve your health, diet and may provide you fuel and nutrients to conquer your day.

Grilled Fish Tacos

Gazpacho Verde

Chicken with Basil Sauce and Cucumber-Radish Salad

Chicken Sausage & Spinach Skillet Pasta with Lemon & Parmesan

Quinoa Avocado Salad

More Recipe Ideas

Workout of the Month

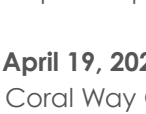
BECOMING LEGENDARY

DAREBEE WORKOUT © darebee.com

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



20 jumping jacks



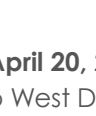
2 burpees



20 jumping jacks



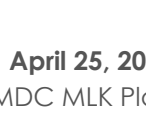
2 goblet squats



20 jumping jacks



2 goblet squats



2 burpees

Read More

WellnessWorks In-person Health and Wellness Events

Biometric screening events this month:

April 12, 2023

MDC Pre-Trial Detention Center,
1321 N.W. 13th Street, 2nd Floor Chapel
12pm – 4pm

April 13, 2023

MDC Pre-Trial Detention Center,
1321 N.W. 13th Street, 2nd Floor Chapel
6am – 9am

April 18, 2023

MDC – Metro West Detention Center,
13850 N.W. 41 Street, Main Conference Room
12pm – 4 pm

April 19, 2023

MDC Coral Way Garage,
2275 S.W. 74th Avenue, Driver's Roll Call Room
10am – 2 pm

April 20, 2023

MDC – Metro West Detention Center,
13850 N.W. 41 Street, Main Conference Room
6am – 9am

April 25, 2023

MDC MLK Plaza,
2525 N.W. 62nd Street, 2nd Floor Conference Rooms 1 & 2
10am – 2pm

April 26, 2023

Corrections Maya Building
1351 N.W. 78th Ave., Monitor and Release Bureau
10am - 4pm

For more information or to schedule an appointment

Wellness Educational Presentation and Workshops

Enhance your wellness knowledge and learn tips to improve your health and wellness by attending a monthly in-person educational workshop to include a presentation and onsite Health Coaching Table.

April workshops will highlight the importance of incorporating daily physical activity and the American Heart Association- National Walking Day observance.

MDC worksite locations hosting a workshop in April:

April 11, 2023

DSWM- 3B 8000 SW 107th Avenue
6:00 am – 8:30 am

April 13, 2023

Aviation- Miami International Airport,
2100 NW 42nd Avenue, Concourse J, Fourth Floor, Auditorium
11 am - 12pm

April 18, 2023

OTV 701 First Floor Conference Room - Front RM.130
11 am - 2 pm

April 20, 2023

DTPW- Central Garage,
3300 NW 32nd Avenue, Rosa Park Building
10 am - 2 pm

April 25, 2023

MD-Fire Rescue Headquarters,
9300 NW 41st Street, PMB Room 1-001
8 am - 9 am

April 27, 2023

MD – Police Department Headquarters
9105 NW 25th Street, PMB Classroom – Room 1104
11 am - 12pm

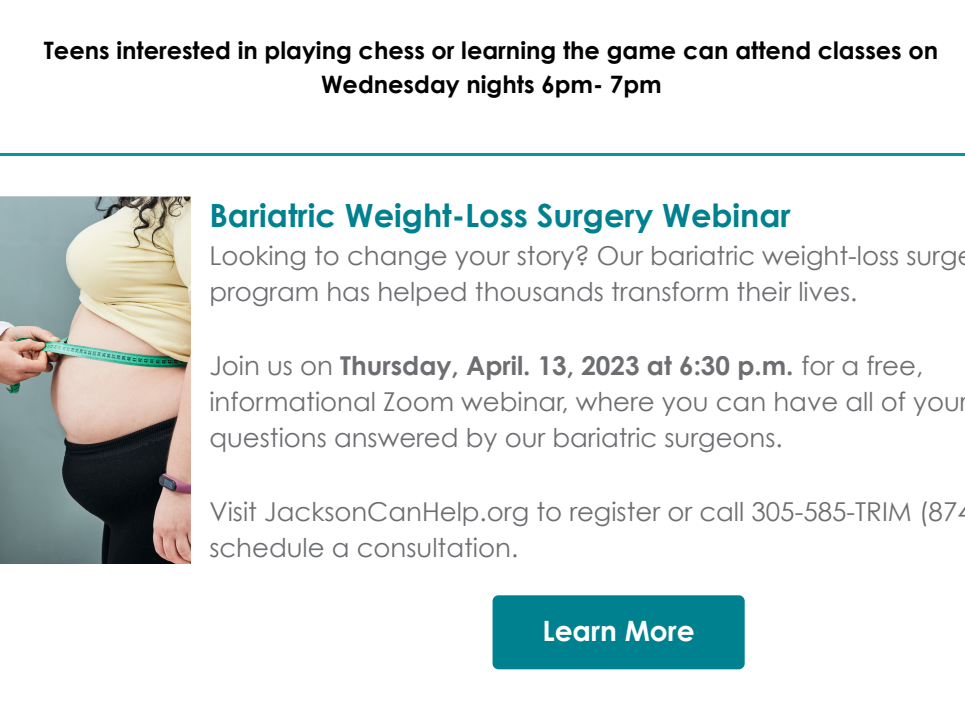
Healthy Selfie:

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@miamidadegov.



MDC employees Digno Briones and Gian Ortega, promoting social activities by playing chess at the Miami Springs Library Branch. Social activities are good for mental wellbeing and sharing quality time with friends/coworkers during breaks or official programs during library branch hours.

Teens interested in playing chess or learning the game can attend classes on Wednesday nights 6pm- 7pm