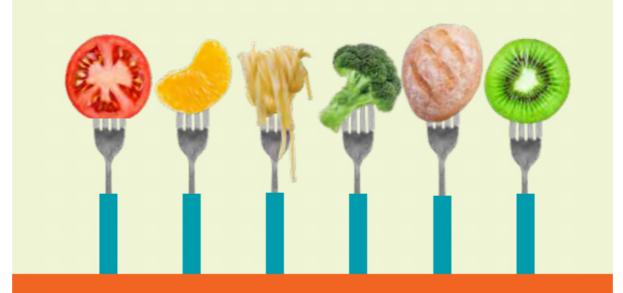
View in web browser





Integrating this challenge into your daily routine can improve your quality of life and health. The Balanced Plate model is a simple tool designed to help you prepare your meals. It can help you allocate your carbohydrate intake to feel full and nourished until your next meal or snack.

#### Register on <u>Healthyroads.com</u>

Challenge runs from March 11 to April 14, 2024.

Follow the 4-WEEK CHALLENGE PLAN and log onto <u>HealthyRoads.com</u> daily (Monday-Friday) to attest to your progress and earn 5 points for each action. To complete the challenge successfully, you must earn 100 points.



#### **Biometric Screenings**

Just a few minutes at a WellnessWorks Biometric Screening can give you your personal health stats.

All AvMed eligible MDC employees may attend this free screening that

Blood Pressure
<ul> <li>Cholesterol</li> </ul>
<ul> <li>Blood Sugar</li> </ul>
• BMI
<ul> <li>Massage</li> </ul>

includes:

Miami-Dade County locations hosting a Biometric screening this month:

- March 13 DTPW Road, Bridges and Canal
- March 14 DTPW Lehman Center
- March 15 MDC Clerk of Courts
- March 19 WASD HQ
- March 26 ISD GSA Trades

## WellnessWorks Invites All MDC Employees to Join In-person and Virtual Workshops and Presentations.

## Wellness Educational Workshop

Enhance your wellness knowledge by attending an in-person or virtual educational workshop. These workshops are designed to educate attendees on strategies to integrate fitness, nutrition, and overall wellness into their daily lives.

3/19/24 RER Department, (PIC)11805 SW 24 Street, Room I & J Stress and Weight Management 10:00 am to 1:00 pm

3/21/24 DTPW, Northeast Transit Enhancing Health with Nutrition

Session 1 - 11:00 am to 11:45 am, Session 2 - 12:00 pm to 12:45 pm

3/27/24 Aviation Department, Miami International Airport, 2100 NW 42nd Avenue

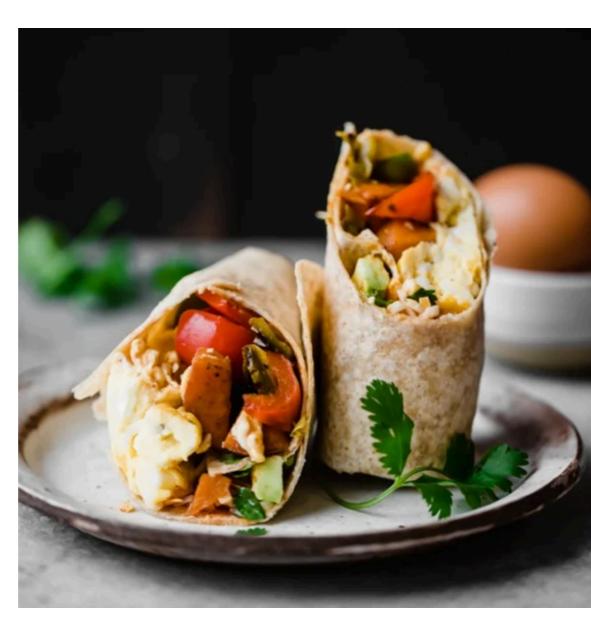
Room: North Terminal, Concourse D, Fourth Floor, Auditorium Employee Appreciation Month Wellness educational workshops Session 1- How to Combat Stress Eating, from 11:00 am to 12:00 pm Session 2- Cooking demonstration, from 12:30 pm to 1:30 pm

3/28/24 (OTV), 701 First Floor Conference Room - Front RM.130 Enhancing Health with Nutrition Session 1 - 11:00 to 11:45 am, Session 2- 1:00 to 1:45 pm

# Eat Smart: WellnessWorks Coach Nutrition Corner

Veggie-Packed, Freezer-Friendly

Prep Time: 10 Minutes Cook Time: 15 Minutes Total Time: 25 Minutes Serves 4



Source: <u>https://www.ambitiouskitchen.com/veggie-freezer-friendly-breakfast-burritos/</u>

This breakfast burrito is an excellent on-the-go option for hectic workdays, providing a satisfying blend of fiber and protein. The convenience extends further as you can prepare them in large quantities and store them in the freezer.

## Ingredients

For the veggies:

- 1 tablespoon olive oil or avocado oil
- 3 cloves garlic, minced
- 1 medium red or yellow onion, diced
- 1 medium sweet potato, diced into ½ inch cubes
  1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 teaspoon cumin
- <sup>1</sup>/<sub>2</sub> teaspoon chili powder
- Salt & pepper to taste
- For the eggs:
- 8 eggs
- 2 tablespoons water
- Freshly ground salt and pepper
- For the burritos:
  - 4 burrito-sized whole wheat tortillas
  - <sup>1</sup>/<sub>2</sub> cup shredded cheddar cheese
  - Optional: 1 avocado, sliced
  - Hot sauce, if desired, and lemon wedges

# Instructions

- 1. Heat oil in a large skillet on medium heat.
- 2. Add garlic, onion, sweet potato, red and green bell pepper, cumin,
- chili powder, salt, and pepper to the skillet.
- 3. Stir to coat the veggies with the spices.4. Cover and cook for about 10 minutes, stirring occasionally, until sweet
- potatoes are soft.
- 5. Remove the skillet from heat.
- 6. While the veggies cook, make scrambled eggs.
- 7. In a medium bowl, whisk together eggs, water, salt, and pepper.
- 8. Coat a nonstick skillet with cooking spray, place over medium-low
- heat, and add eggs.
- 9. Cook, folding every 30 seconds until fluffy.
   10. Remove from heat and set aside.
- 11. To assemble the burritos, lay out tortillas and evenly distribute eggs
- and veggies.
- 12. Add 2 tablespoons of cheese and ¼ avocado to each burrito (if using).
- 13. Optionally, include hot sauce or salsa.
- 14. Tuck the ends in, then roll up the burritos.
- 15. To warm up, place them on a baking sheet in the oven at 325
- degrees for 5-10 minutes or microwave for a minute or two. 16. Serve with sour cream, Greek yogurt, salsa, or hot sauce.

\*If you wish to freeze burritos, wrap them in plastic wrap and then in foil. When ready to eat, remove the foil and plastic wrap and microwave for about 2-3 minutes until warmed.

Per serving (1): Calories: 448, Carbohydrates: 43.5g, Protein: 22.2g, Fat: 19.7g, Saturated Fat: 5.3g, Fiber: 6.5g, Sugar: 6.4g

## Miami-Dade County Wellness Center Newsletter

Miami-Dade Employees have access to a discounted gym (only \$18 per month, no fees) that many go to before or after work or even during lunch breaks. Increasing daily activity and doing resistance training can:

- Improve body composition
- Improve mood
- Improve blood pressure
- Increase muscle mass
- Strengthen bones, ligaments, and tendons
- Reduce the risk of certain cancers and cardiovascular disease
- Help manage chronic conditions

Give us a call or send us an email to ask how you can get started today! 305-375-5797 <u>employeewellnesscenter@miamidade.gov</u> Hours of operation: Mon-Thur: 6 am to 8 pm, Fri: 6 am to 5 pm

#### Summer Is Here. Are You Ready?

Do you need <u>accountability</u>? Do you have trouble staying <u>consistent</u>? Are you not sure how to <u>program</u> your workouts? Do you need help <u>assessing</u> your form? Are you struggling to build muscle, lose weight, or gain weight?

If you answered yes to any of these questions, then a personal trainer could help you reach your goals and give you KNOWLEDGE! A personal trainer gives you guidance and a boost to later be INDEPENDENT in the gym!

Check out our personal training packages!

# 30 minutes:

• 1 session: \$30

- 5 sessions: \$130, save 13%
- 10 sessions: \$215, save 18%
- 60 minutes:
- . . .
  - 1 session: \$55
    5 sessions: \$230, save 16%
    10 sessions: \$415, save 25%

March Awareness Month



Welcome to March! This month is all about the importance of making the right food choices and developing healthy eating habits. It's time to focus on the significance of nutrition and physical activity for wellbeing. One way to educate yourself this month is by attending nutrition workshops, such as the Beyond the Table workshop hosted by the Academy of Nutrition and Dietetics.

Source <a href="https://www.eatright.org/national-nutrition-month">https://www.eatright.org/national-nutrition-month</a>

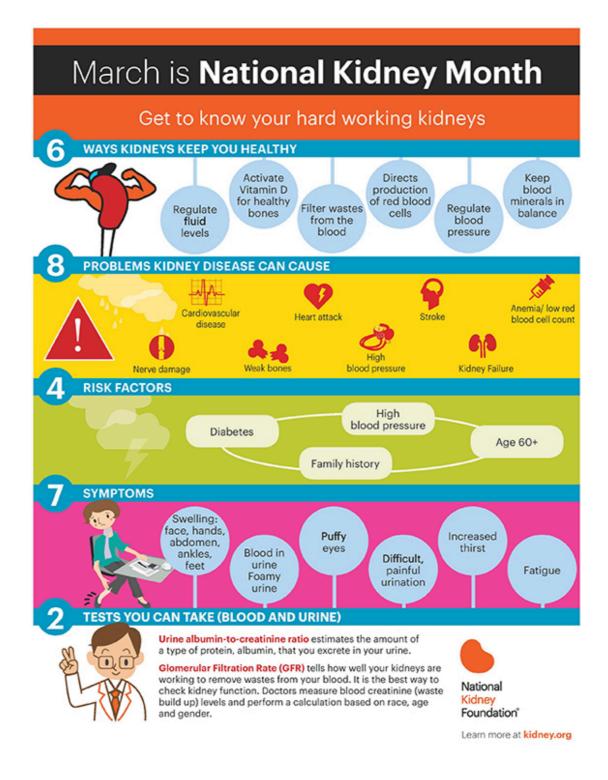
#### March Is Also National Kidney Month

The kidneys play a vital role in regulating the body's internal environment. They filter waste products and excess fluids from the blood, helping to balance electrolytes, regulate blood pressure, and produce red blood cells. Healthy kidneys are essential for proper body function

Kidney failure involves a gradual loss of kidney function. As the kidneys clean excess fluid and waste from the blood and urine, in chronic kidney disease, levels of electrolytes, fluid, and waste build up in the body. Unfortunately, chronic kidney disease can be challenging to detect in the early stages since it doesn't have early-stage symptoms. One might not realize they have kidney disease until the condition is advanced.

The treatment for chronic kidney disease focuses on slowing the progression of kidney damage, usually by controlling the cause. But even controlling the cause might not keep the disease from worsening. One way to maintain kidney health is to eat more fruits and vegetables.

Exercise is another important aspect of maintaining good health. Adding regular exercise to your routine can be met with discipline and consistency. It will also bring many other health benefits, such as increased activity, a potential new hobby, increased aerobic capacity, heart and lung health, and increased caloric expenditure. The Department of Health and Human Services also recommends getting 150 minutes of moderate aerobic activity, 75 minutes of vigorous aerobic activity, or a combination of the two every week.



Source: <u>https://www.cdc.gov/kidneydisease/prevention-risk.html</u> & <u>https://www.kidney.org/content/national-kidney-month</u>

# Get Ready for the Miami Corporate Run!



Join team Miami-Dade County at the Miami Corporate Run on Thursday, April 25, 2024, at 6:45 pm. Only 133 days left to register.

## Register Today!

#### THE FIRST 250 PEOPLE THAT SIGN UP WILL GET A 50% DISCOUNT ON REGISTRATION FEES! (\$55 TO \$27.50)

- You've never done a 5K? Below are some tips to help get you started:
  Find a pair of shoes that fit you best. At certain running stores (like Footworks), you can get a gait (walk) analysis to see what kind of shoe fits you best and will give you enough cushion and support.
- Start slowly, even if your starting pace is walking. It's not about how fast you can finish the miles but your pace and endurance. You can later work up to jogging and running longer distances.
- Consider any past injuries. Will I need to go at a slower pace because of a past sprain or surgery?
- Encourage a friend or family member to train with you! This can make the process more enjoyable and you can keep yourself accountable.
- Make sure to create a schedule where you are incorporating rest days as well. This will allow your muscles and tendons to rest.

Embarking on a new challenge that requires discipline and consistency can bring positive changes to your life. Regular physical activity provides health benefits such as increased aerobic capacity, heart and lung health, and increased caloric expenditure, and it can also introduce a potential new hobby. The Department of Health and Human Services recommends engaging in 150 minutes of moderate aerobic activity, 75 minutes of vigorous aerobic activity a week, or a combination of both every week. You can quickly meet these guidelines by being active for 30 minutes a day on most days of the week to improve your overall well-being.

Source and 5K Training Schedule:

## 5K Run Training Schedule

March Madness Workout



— 30-DAY CHALLENGE —			© darebee.com	
1 22 lunges 4 sets   30sec rest	2 2 minutes jumping jacks non-stop	3 22 lunges 4 sets   30sec rest	4 2 minutes jumping jacks non-stop	5 22 lunges 4 sets   30sec rest
2 minutes jumping jacks non-stop	7 24 lunges 4 sets   30sec rest	8 2 minutes jumping jacks non-stop	3 24 lunges <mark>4 sets   30sec</mark> rest	10 2 minutes jumping jacks non-stop
1 24 lunges 4 sets   30sec rest	12 2 minutes jumping jacks non-stop	13 26 lunges 4 sets   30sec rest	14 2 minutes jumping jacks non-stop	15 26 lunges 4 sets   30sec rest
6 2 minutes jumping jacks non-stop	17 26 lunges 4 sets   30sec rest	18 2 minutes jumping jacks non-stop	19 28 lunges 4 sets   30sec rest	20 2 minutes jumping jacks non-stop
1 28 lunges 4 sets   30sec rest	22 2 minutes jumping jacks non-stop	23 28 lunges 4 sets   30sec rest	24 2 minutes jumping jacks non-stop	25 30 lunges 4 sets   30sec rest
6 2 minutes jumping jacks	27 30 lunges	28 2 minutes jumping jacks	29 30 lunges	30 2 minutes jumping jack

#### Healthy Selfie

newsletter.

The Miami-Dade Aviation Department collaborated with WellnessWorks and the Human Resources Department to present an interactive and beneficial wellness educational workshop titled "How to Design your Workout Program to Match your Goals?" on Wednesday, January 24, 2024, to 16 MDAD employees. Health Coach Jalessa McCathen also provided health coaching sessions to 6 employees.



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

What makes a selfie healthy? Activities like swimming, running, walking, biking, hiking, and yoga may be submitted. You may also share what you're eating. 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, spending 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 <u>wellnessworks@miamidade.gov</u>.

#### **Emotional Wellness (EAP)**

Happy Employee Appreciation Month! This month give yourself the gift of self-care. Self-care is a broad term that encompasses just about anything you do to be good to yourself. In a nutshell, it's about being as kind to yourself as you would be to others. It's partly about knowing when your resources are running low and stepping back to replenish them rather than letting them drain away. Meanwhile, it also involves integrating self-compassion into your life in a way that helps to prevent even the possibility of burnout.

It's important to note that not everything that feels good is self-care. We can all be tempted to use unhealthy coping mechanisms like substances, overeating, or risktaking behaviors. These self-destructive activities help us regulate challenging emotions, but the relief is temporary. The difference between unhealthy coping mechanisms and self-care activities is that the latter benefits you. Self-care has longterm benefits for the mind, body, and both when practiced correctly.

#### Top 6 Benefits of Self Care

- Better productivity. When you learn how to say "no" to things that over-extend you and start making time for things that matter more, you slow life down in a wonderful way. This brings your goals into sharper focus and helps you concentrate on what you're doing.
- Improved resistance to disease. There is evidence that most self-care activities activate your parasympathetic nervous system (PNS). What this means is that your body goes into a restful, rejuvenating mode, helping it to fortify its immune system.
- Better physical health. Similarly to the previous point, with better selfcare often comes fewer colds, cases of flu and upset stomachs. Less stress and a better immune system can surely help you feel more physically able and strong inside and out.
- Enhanced self-esteem. When you regularly carve out time that's only about being good to yourself and meeting your own needs, you send a positive message to your subconscious. Specifically, you treat yourself like you matter and have intrinsic value. This can go a long way toward discouraging self-talk and your critical inner voice.
- Increased self-knowledge. Practicing self-care requires thinking about what you really love to do. The exercise of figuring out what makes you feel passionate and inspired can help you understand yourself a lot better. Sometimes, this can even spark a change in career or a reprioritization of previously abandoned hobbies.
- More to give. When you're good to yourself, you might think you're being selfish. In truth, self-care gives you the resources you need to be compassionate to others as well. Giving compassion is a bit like filling a bucket; you can't fill someone else's if you don't have enough of your own!

If you or a loved one are struggling, know there is hope. Miami-Dade's Employee Assistance Program (EAP) is a confidential service that provides emotional wellness support, assessment and resources. To set up virtual or onsite services with an EAP counselor, **please call 305-375-3293** or email <u>Jessica.HughesFillette@miamidave.gov.</u>

For more information, please visit: <u>https://secure.miamidade.gov/employee/wellness-works/wellness-works-resources.page</u>.

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