



# Wellness Watch

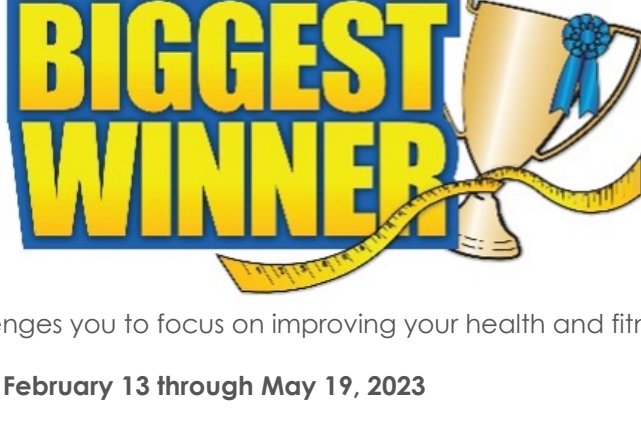
Providing Miami-Dade County Employees with the Latest Wellness News, Programs and Events



February 2023

**“Wellness is a connection of paths: knowledge and action.”**

–Joshua Holtz



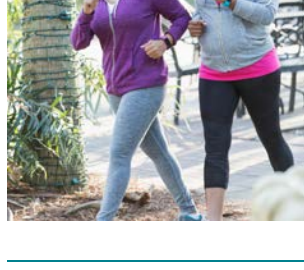
WellnessWorks challenges you to focus on improving your health and fitness in 12 weeks.

Challenge runs from **February 13 through May 19, 2023**

**The Challenge will include:**

- Online Webinars geared towards burning fat and building
- Each team will be assigned a Wellness Coach to guide their success
- Bodimetrix Ultrasound tracking measurements at initial and final assessments
- Teams based on location
- Easy access to special events, measurements and incentives
- Awards and Prizes

[For more information](#)



## Put some Pep in your Steps, It's Heart Month

Get going and strengthen your heart muscle.  
For this challenge, let your steps improve your heart health.

Complete 125,000 steps in 4 weeks.  
Challenge runs through **March 11, 2023**

[Register Here](#)

## Eat Smart: WellnessWorks Coach Nutrition Corner



### Vegetable Soup

Vegetable based soups can be a great source of vitamins, minerals, and dietary fiber. Soup can be comforting and soothing when feeling ill or even year-round. Follow this simple recipe to simmer a savory and nutritious meal. Enjoy!

[View Recipe](#)



### Heart Health

The heart is a vital organ in our body. It is important to understand how it works, make healthy choices and lifestyle changes that improve heart health and reduce your chances of getting cardiovascular disease.

[Learn More](#)



## MIAMI-DADE COUNTY EMPLOYEE WELLNESS CENTER

### Healthy Tip:

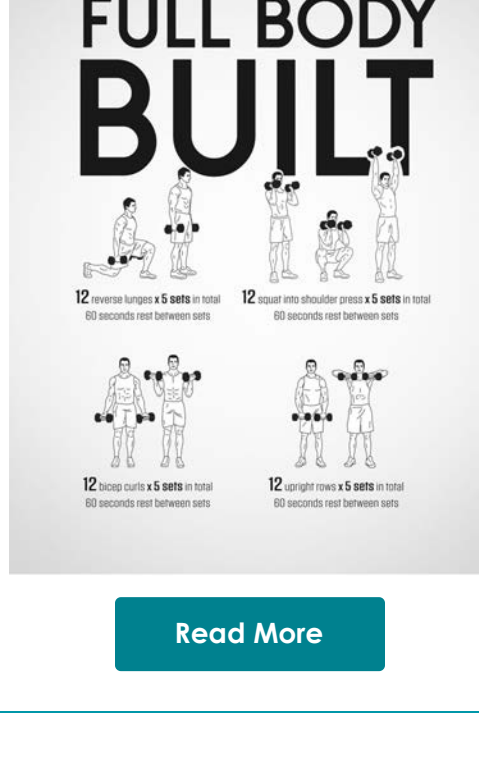
#### Following a healthy eating plan

Have healthy snacks on hand. This may help combat hunger and prevent overeating.  
Snacks that are low in added sugar and salt are better choices.

Consume more nutrient-rich foods. Nutrients – like vitamins, minerals and dietary fiber can be found in certain fruits, vegetables and whole grains.

[Learn More](#)

## Workout of the Month



[Read More](#)

## Lexus Corporate Run 2023 Registration is now open!

Step away from your cubicle and into the fun by signing up for the annual Lexus Corporate Run, taking place on Thursday, **April 27th, 2023** at Bayfront Park in Downtown, Miami.

**The first 250 Miami-Dade County employees who register will receive a T-shirt and half price registration fee (\$27.50) – as opposed to the regular fee of \$55!**

Family and friends are welcome to join but will not be subsidized by the WellnessWorks program. The discount applies to employees only!

All eligible employees will also earn 25 Wellness Works points, a spot under the Miami-Dade County tent, after race snacks and a guaranteed great time!  
Submit your AvMed insurance # and DOB via email to receive credit.

The deadline is March 22nd.

[Register Here!](#)

The 5K race (3.1 miles), which has been promoting fitness and friendship since 1985, kicks off at 6:45 pm, visit the Miami- Dade County tent after the race.

Never completed a 5K? Not to worry, contact [employeeewellnesscenter@miamidade.gov](mailto:employeeewellnesscenter@miamidade.gov), for a "Couch to 5K" training program for anyone who needs help to start walking, jogging or running. In 6 weeks, you will be able to accomplish your goal of crossing the finish line – hooray, you!

## In-person Health and Wellness Events

### Biometric Screenings

Stay on top of your health and wellness this year by attending a WellnessWorks Biometric screening event coming to a site near. Screenings will include, blood pressure, cholesterol, height and weight, and blood sugar.

**February 21, 2023**

Miami-Dade County OTV North - 701 NW 1 Court, Miami, FL 33136

**10 am - 3pm**

**February 22, 2023**

ITD - 5680 SW 87th Avenue, Miami, FL 33173

**10 am - 2pm**

**February 23, 2023**

Miami-Dade Aviation, Building 5A - 4200 NW 36th Street, Miami FL 33166

**8 am - 5 pm**

[For additional sites click here](#)

## Wellness Educational Presentation and Workshops

Enhance your wellness knowledge and learn tips on how to lead a healthy lifestyle. Presentations and workshops will provide topics on nutrition, exercise, stress management strategies and much more.

### Heart Health Educational Presentation and Onsite Health Coaching Table

**February 23, 2023**

Miami-Dade Police Department Headquarters  
9105 NW 25th Street, Doral, FL 33172 PMB Room 1104

**11 am - 12 pm**

**February 28, 2023**

Miami-Dade Fire Rescue Headquarters  
9300 NW 41st Street, Doral, FL 33178, PMB 1-001

**8 am - 9 am**

### Save the Date

**Glow to Thrive after Dark Wellness Festival,  
Presented by Mayor Daniella Levine Cava**

Get your Health and fitness Glow on at the annual wellness festival.  
There will be glow fun, fitness, and activities for the entire family.

**Friday, March 10, 2023**

Tropical Park 7900 SW 40th Street, Miami, FL 33155

**5pm to 9pm**

[Register Here](#)

## 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@miamidade.gov](mailto:wellnessworks@miamidade.gov).

MDC Employee of the HR Department, Ricardo Bran, enjoying some free time in the snow and rocking his WellnessWorks Swag-beanie.

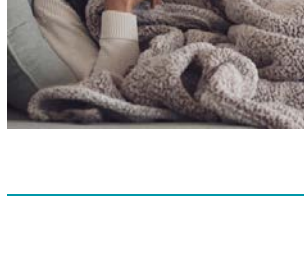


### Bariatric Weight-Loss Surgery

Looking to change your story? Our bariatric weight-loss surgery program has helped thousands transform their lives.

Visit [JacksonCanHelp.org](http://JacksonCanHelp.org) to register or call 305-585-TRIM (8746) to schedule a consultation.

[Learn More](#)



### Vaccination Health

COVID-19 and the Risk of Reinfection

Many individuals have experienced Covid 19 firsthand and to some extent may have a layer of protection, however as the variants change, comes the risk for reinfection. Learn more about reinfection risk and What CDC is doing to keep the public well informed.

[Learn More](#)

For more information visit <https://secure.miamidade.gov/employee/coronavirus/wellness-works-resources.page>, or email [wellnessworks@miamidade.gov](mailto:wellnessworks@miamidade.gov)