

Wellness Watch

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



August 2021

“Let’s build wellness rather than treating disease.”

- Dr. Bruce Daggy



Five Questions about Long COVID-19

Anyone who has had COVID-19 can get Long COVID, regardless of age or prior health conditions. Long COVID is a range of symptoms that can last weeks or months after first being infected with the virus that causes COVID-19 or can appear weeks after infection.

[Learn More](#)



Miami-Dade County "iThrive 5K" Family Fun Day

Register Now at <http://www.miamidade.gov/iThrive5k>

Enjoy a day of fitness and fun at Zoo Miami!
12400 SW 152 Street, Miami, FL 33177
on October 16, 2021, from 7:00 a.m. – 12 noon

Registration ends September 3

Eat Smart: WellnessWorks Coach Nutrition Corner



Mango Chicken

This mango chicken is a combination of seared chicken breast, bell peppers and fresh mango, all tossed in a sweet and savory sauce. Chicken with mango is a unique dinner offering that is sure to get rave reviews!

[View Recipe](#)



Importance of Stretching

Stretching is one of the best ways to keep your muscles healthy. Stretching regularly will help maintain your muscle strength and increase your flexibility. Plus, check out recent changes to your stretching routine.

[Tips for Better Stretching](#)



Diabetes Awareness and Prevention

Whether you or someone you know are looking to prevent or treat diabetes, learn about the risk factors and lifestyle choices you can include in your life to prevent or manage diabetes.

[Click Here](#)



Well-Being Challenge

Check in on yourself daily with the Well-Being Challenge.

Complete a combination of stress management activities and log them for at least 20 days to earn 100 points to complete the challenge!

Registration Opens - August 20 at
www.Healthyroads.com
Challenge runs from - September 1-28



Summer Just Got A lot cooler

Enjoy a healthy snack and learn more from the WellnessWorks team about how to cool off and stay healthy this summer. WellnessWorks will be visiting various MDC locations, beginning this month for Beat the Heat Summer Snack Campaign. MDC employees are invited to enjoy a tasty treat, Wellness tips, and an opportunity to chat with an AvMed Health coach and jumpstart your physical activity by creating your very own treat with the blender bike.

For information on upcoming MDC locations that are hosting an event contact
wellnessworks@miamidade.gov.

Flashback to last year's V5K

MDC Employees and their families stayed active during trying times, by completing the WellnessWorks Annual 5K virtual event, offered at Tropical Park and Amelia Earhart Park.



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.

[Don't forget to share with a friend!](#)