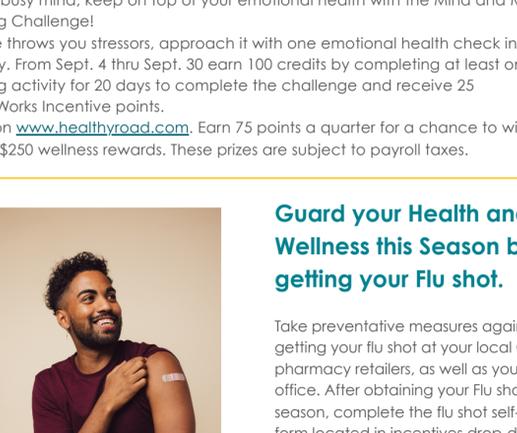


“Sometimes things fall apart but new growth always follows. Anyone who thinks fallen leaves are dead has never watched them dancing on a windy day.”

– Shira Tamir

Mind and Mood- Wellbeing Challenge



Busy life, busy mind, keep on top of your emotional health with the Mind and Mood Wellbeing Challenge!

When life throws you stressors, approach it with one emotional health check in at a time daily. From Sept. 4 thru Sept. 30 earn 100 credits by completing at least one Wellbeing activity for 20 days to complete the challenge and receive 25 WellnessWorks Incentive points.

Sign up on www.healthyroad.com. Earn 75 points a quarter for a chance to win one of many \$250 wellness rewards. These prizes are subject to payroll taxes.

Guard your Health and Wellness this Season by getting your Flu shot.



Take preventative measures against the flu by getting your flu shot at your local CVS or other pharmacy retailers, as well as your doctor's office. After obtaining your Flu shot this season, complete the flu shot self-attestation form located in incentives drop-down on www.HealthyRoads.com to earn 25 points towards the 75 points required for quarterly \$250 raffles by October 31, 2023.

Everyone completing the self-attestation will automatically be entered into our Wellness mystery prize raffle drawing.

Stop and Fight the Flu Get to know your health



The single best way to reduce the risk of seasonal flu and its potentially serious complications is to get vaccinated each year, but good health habits like avoiding people who are sick, covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like flu. There also are flu antiviral drugs that can be used to treat and prevent flu. The tips and resources below will help you learn about actions you can take to protect yourself and others from flu and help stop the spread of germs.

1. Avoid close contact with people who are sick.
2. Stay home when you are sick.
3. Cover your mouth and nose with a tissue when coughing or sneezing.
4. Wash your hands often to help protect you from germs.
5. Avoid touching your eyes, nose, or mouth.

[Click here to find out more](#)

Wellness Educational 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 an onsite health coaching table

This month's workshop topic is Stop and Fight the Flu. Get to know your Health

Sept. 19, 11 a.m. – 12 p.m.

Overtown Transit Village
701 NW 1st Court, Miami, FL 33136
First Floor Conference Room

Sept. 21, 17, 11 a.m. – 3 p.m.

Transportation and Public Works- Coral Way
2775 SW 74th Ave., Miami, FL 33155

Sept. 28, 11 a.m. – 12 p.m.

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

Fall Biometric Screenings are here!

Get a better understanding of your health by attending a WellnessWorks Biometric Screening event hosted at various Miami-Dade County locations. Check out the schedule below to learn more about each event and register for an appointment.

- Sept. 12 - Stephen P. Clark Center
- Sept. 13 - Department of Transportation and Public Works Traffic, Signals and Signs
- Sept. 14 - Aviation (Concourse D)
- Sept. 19 - Permitting and Inspection
- Sept. 20 - Medical Examiner's Office
- Sept. 21 - Miami-Dade Fire Rescue
- Sept. 26 - Central Garage
- Sept. 27 - Martin Luther King (MLK) Office Plaza
- Sept. 28 - Parks, Recreation and Open Spaces

Step Up, Revive, and Thrive Face-Off Challenge 2024



We are looking for 32 teams of 25 participants to join the ultimate department annual steps challenge showdown for 2024!

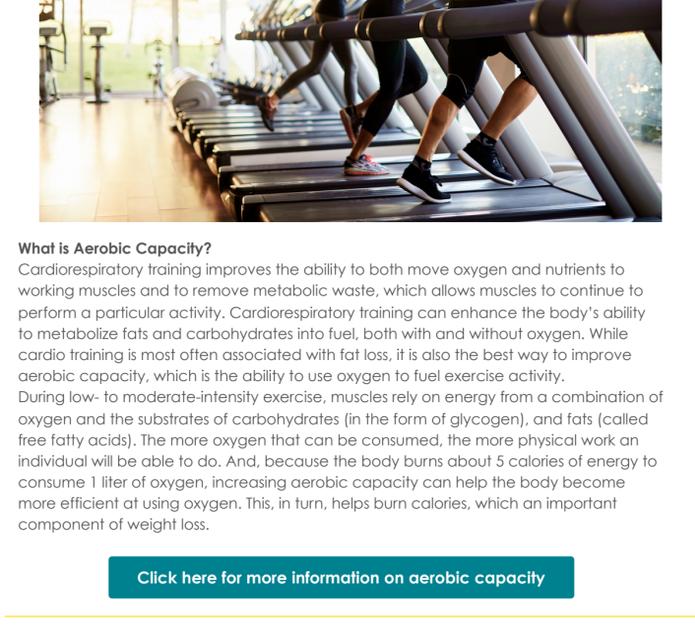
Department Teams will take on other Department Teams to compete for greatest endurance and stride efforts to determine the Step Up, Revive, and Thrive Face-Off Challenge 2024 Champions

Challenge Dates: January 22, 2024 – November 8, 2024

To Register: Designated Team Captains will collect all participants' complete information on the registration form found in [this link](#) and submit the completed form to WellnessWorks@miamidadegov from **October 2, 2023 to November 17, 2023.**

Each Department may enroll up to two Department teams to compete in the tournament.

7th Annual 5K Family Fun Day and Picnic



Time is running out, last chance to register early, at a discounted rate for the 7th Annual 5K Family Fun Day and Picnic on November 4, 2023, from 7:00 am. – 1:00 p.m. at Zoo Miami, 12400 SW 152 Street, Miami, FL 33177. Early registration ends Sept. 22.

[Register by Oct. 14.](#) No tickets will be available on event day. T-shirt sizing and a complete race day packet cannot be guaranteed to those who register after Sept. 22.

[Click here for more info](#)

Health is Wealth Healthy Recipe: WellnessWorks Coach Nutrition Corner

Apple Pancakes

Kickstart your mornings with a wholesome boost by enjoying these fiber-packed oat pancakes – a perfect breakfast not only for you but also for the little ones gearing up for school!

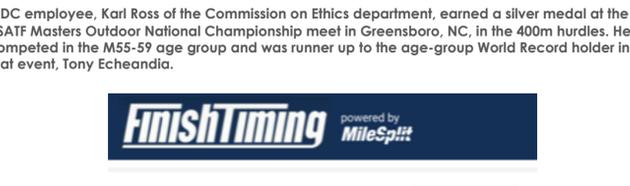


[Apple Pancakes Recipe](#)

Get FIT MIAMI-DADE COUNTY EMPLOYEE WELLNESS CENTER

Healthy Tip:

What is Aerobic Capacity and How can You Improve it?



What is Aerobic Capacity?

Cardiorespiratory training improves the ability to both move oxygen and nutrients to working muscles and to remove metabolic waste, which allows muscles to continue to perform a particular activity. Cardiorespiratory training can enhance the body's ability to metabolize fats and carbohydrates into fuel, both with and without oxygen. While cardio training is most often associated with fat loss, it is also the best way to improve aerobic capacity, which is the ability to use oxygen to fuel exercise activity.

During low- to moderate-intensity exercise, muscles rely on energy from a combination of oxygen and the substrates of carbohydrates (in the form of glycogen), and fats (called free fatty acids). The more oxygen that can be consumed, the more physical work an individual will be able to do. And, because the body burns about 5 calories of energy to consume 1 liter of oxygen, increasing aerobic capacity can help the body become more efficient at using oxygen. This, in turn, helps burn calories, which an important component of weight loss.

[Click here for more information on aerobic capacity](#)

Workout of the Month



ab FINISHER
DAREBEE WORKOUT © darebee.com

- 30 crunches
- 30 flutter kicks
- 30 flutter kicks
- 30 crunches
- 30 flutter kicks
- 30 crunches
- 30 flutter kicks
- done

[Read More](#)

Healthy Selfie:

MDC employee, Karl Ross of the Commission on Ethics Department, earned a silver medal at the USATF Masters Outdoor National Championship meet in Greensboro, NC, in the 400m hurdles. He competed in the M55-59 age group and was runner up to the age-group World Record holder in that event, Tony Echeandia.

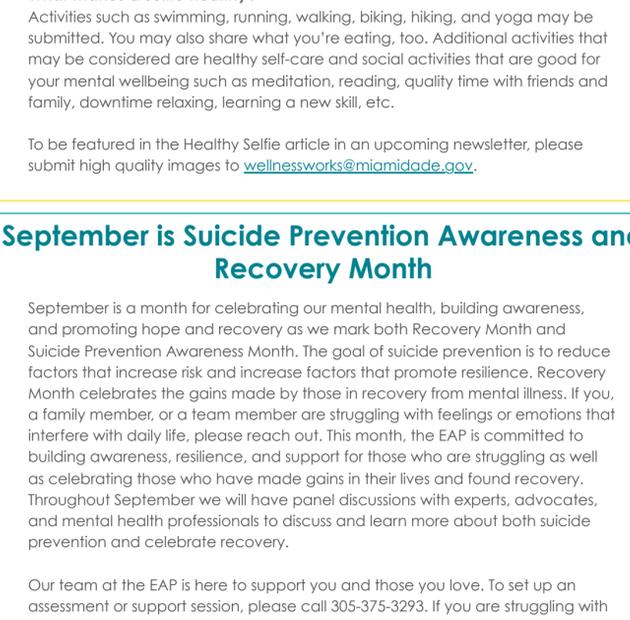
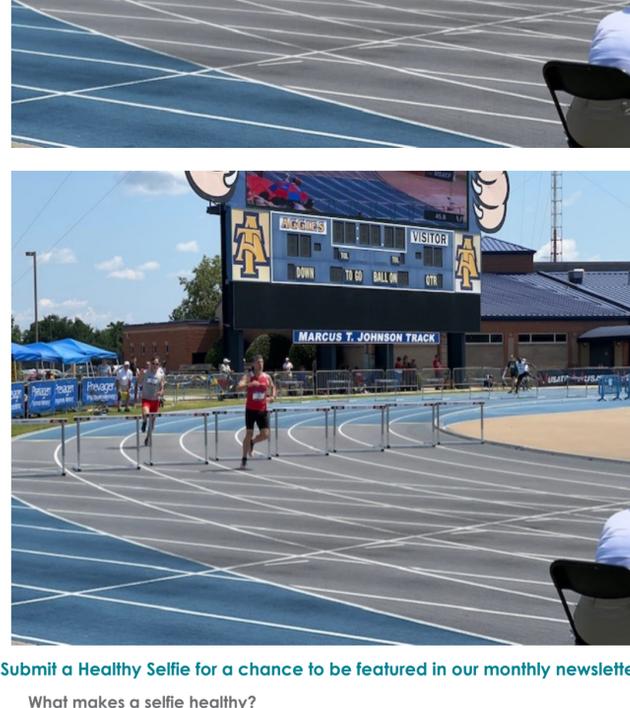


Men's 400 Meter Hurdles

Results

55-59

Place	Athlete	Time
1	Getulio Echeandia	1:04.11
8 pts	Southwest Sprinters Track Club	
2	Karl Ross	1:09.68
6 pts	Mass Velocity Track Club	
3	Douglas Smith	1:11.45
4 pts	Unattached	
4	Christopher Yorges	1:13.68
3 pts	Unattached	
5	Roger Malone	1:18.44
2 pts	Unattached	
6	Douglas Hinson	1:27.62
1 pts	Unattached	



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.

September is Suicide Prevention Awareness and Recovery Month

September is a month for celebrating our mental health, recovery awareness, and promoting hope and celebrating as we mark both Recovery Month and Suicide Prevention Awareness Month. The goal of suicide prevention is to reduce factors that increase risk and increase factors that promote resilience. Recovery Month celebrates the gains made by those in recovery from mental illness. If you, a family member, or a team member are struggling with feelings or emotions that interfere with daily life, please reach out. This month, the EAP is committed to building awareness, resilience, and support for those who are struggling as well as celebrating those who have made gains in their lives and found recovery.

Throughout September we will have panel discussions with experts, advocates, and mental health professionals to discuss and learn more about both suicide prevention and celebrate recovery.

Our team at the EAP is here to support you and those you love. To set up an assessment or support session, please call 305-375-3293. If you are struggling with thoughts of suicide, you are not alone. Please reach out to the national suicide prevention line at 988 or call Thriving Minds Mobile Crisis at 1-800-HELPYOU for immediate support 24/7. To learn more about EAP resources, events and support please visit: <https://miamidadegov/support-services>.

For more information visit [WellnessWorksResources\(miamidadegov\)](http://WellnessWorksResources(miamidadegov)) or email wellnessworks@miamidadegov



WELLNESSWORKS MIAMI-DADE COUNTY

