

# Wellness Watch

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



July 2021

**“A healthy lifestyle is something we refine over time – not overnight.”**

- Unknown



## COVID-19 Vaccination

Protect your health. Get vaccinated and earn 50 wellness points on [www.HealthyRoads.com](http://www.HealthyRoads.com) for completing your vaccine attestation.

**Visit a Miami-Dade Vaccine Location Near You**



## Mercedes-Benz Corporate Run – Miami

2021 Mercedes-Benz Corporate Run, the annual 5K event is back this year!

You don't want to miss out on this! WellnessWorks, in partnership with AvMed, will cover half the price of the normal registration cost.

**Register Under the Miami-Dade County**



## Miami-Dade County 5k "Thrive" Family Fun Day

Join WellnessWorks for our annual 5k and family fun day event at Zoo Miami.

**Registration begins:** July 26- September 3

**When:** October 16, 2021, from 7:00 a.m. - 12 noon

**Where:** Zoo Miami  
12400 SW 152 Street  
Miami, FL 33177

## Eat Smart: WellnessWorks Coach Nutrition Corner



## Coconut Water and Fresh Berry Popsicles for 4th of July

Easy, refreshing 2-ingredient Coconut Water and Fresh Berry Popsicles made with strawberries, blueberries and raspberries. They're perfect for July 4th, but also great all summer long! Gluten free, dairy free.

**View Recipe**



## July is UV Safety Awareness Month

Summer has arrived and while the sun is shining bright, it's a golden time to highlight July as UV Safety Awareness Month! For protection from sun exposure, click the link below.

**Protect Your Eyes & the Skin You're In!**



## 5 Tips for Summer Fitness

Summer is finally here! You may be eager to spend time outdoors, take advantage of local parks, pools or walking/bike paths. Check out these tips to help you safely take your workout outside this summer.

**Summer Fitness Tips**



## The Biggest Winner Challenge

Register Now! The Challenge runs: July 19 - October 8, 2021

The Challenge will include:

- Online Webinars geared towards burning fat and building muscle
- Bodimetrix Ultrasound tracking measurements at initial, midpoint and final assessments
- Wellness Coaches to help you with your targeted goals
- Teams based on location
- Easy access to special events, measurements and incentives
- Awards and Prizes

To enroll, contact your Department Representative/ Wellness Liaison or for more information.

visit : <https://secure.miamidade.gov/employee/coronavirus/wellness-works-resources.page>



## Get Fit for Fall Steps Challenge

With the change of the seasons comes a greater mindset toward a better you. Get moving and fit in time for fall by joining the Fit for Fall Steps Challenge.

THE CHALLENGE  
200,000 Steps Over 4 Weeks  
REGISTRATION OPENS JULY 26 via [www.healthyroads.com](http://www.healthyroads.com)

CHALLENGE DATES August 1– August 28, 2021

## Healthy Selfie:

Participants of the WellnessWorks annual department teams, Steps Challenge titled, 2021 Walk around the World Pole Challenge, celebrated reaching the midpoint in the challenge and one of the highlighted destinations, Antarctica South Pole last month, with a night of fun and painting with their team, at the Virtual Milestone event, "Painting with a twist". See some of the wonderful works of art produced by MDC employees and team challenge participants.

**Click Here to View Artwork**

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).

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