View in web browser

"Life moves pretty fast. If you don't stop and look around once in a while, you could miss it." – Ferris Bueller

Glow to Thrive

Let's celebrate and thrive together when Glow to Thrive returns on March 8 at Tropical Park. Register now for only $5 to enjoy family-friendly entertainment and activities starting at 6 pm.

Glow in the dark with your free t-shirt to complete the run/walk, join the bike parade, and visit merchants and County departments with information, giveaways, prizes, and more. Food trucks will be on-site with assorted menu items for sale.

More Information

Q1 Steps Challenge: Boost Your Steps to Build Your Beats

Did you know that walking can boost your overall physical health and mental well-being? Join the Q1 Steps Challenge and walk your way to a healthier you!

The challenge is to walk 210,000 steps over the course of four weeks.

Registration opens: February 8 on www.healthyroads.com **and runs from February 19 to March 16.**

More Information

Biometric Screenings

Stay in tune with your health by attending a WellnessWorks Biometric Screening.

All AvMed eligible MDC employees may attend this **free screening** that includes:

- Blood Pressure
- Cholesterol
- Blood Sugar
- BMI
- Massage

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

MDC - Elections: 2/20/2024, 10 am to 2 pm
MDC - Aviation: 2/21/2024, 10 am to 2 pm
MDC - Fire HQ: 2/22/2024, 10 am to 2 pm
MDC - OTV: 2/27/2024, 10 am to 2 pm
MDC - ITD: 2/28/2024, 10 am to 2 pm
MDC - S. Dade Gov't Center: 2/29/2024, 10 am to 2 pm

WellnessWorks Invites All Employees to Join an In-Person and Virtual Workshop and Presentation

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.

This month's topic is How to Live Heart-healthily. Departments hosting these in-person and virtual workshops include:

- Overtown Transit Village North, First Floor Conference Room - Front RM.130 2/20/2024, two sessions offered:
  - Session 1: 11 am to 11:45 am
  - Session 2: 1:00 pm to 1:45 pm
- Medical Examiner's Office, 2/27/24 12 to 3 pm
- Miami-Dade Police Department, Headquarters, 2/29/2024, 12 pm to 3 pm

Other departments and topics include:

- Miami-Dade County Corrections, Headquarters, 2/7/2024, Topic: Fall in Love with Vegetables
- Aviation Department, 2/8/2024, 11 am to 3 pm, Topic: How to Handle Social Events While Managing Your Weight

Biggest Winner Challenge 2024

Final call to register for the Biggest Winner Challenge!

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

Choose your challenge between muscle gain or fat loss.

Registration closes on February 9, and the challenge runs from February 12 to May 17.

To join your department team, email your Department Representative or Wellness Liaison.

The challenge will include:

- Online webinars geared towards burning fat and building muscle
- A wellness coach to guide participants' 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

More Information

One-Pan Chicken and Asparagus Bake

Source: https://www.eatingwell.com/recipe/278009/one-pan-chicken-asparagus-bake/

Celebrate Heart Health Month with this nutritious recipe! Packed with lean protein and fiber, this easy-to-make meal is not only delicious but also nourishing, making it the perfect choice for a wholesome and hearty meal.

Ingredients

- 2 8-ounce boneless, skinless chicken breasts
- 12 ounces baby Yukon Gold potatoes, halved lengthwise
- 8 ounces carrots, diagonally sliced into 1-inch pieces
- 3 tablespoons extra-virgin olive oil, divided
- 2 teaspoons ground coriander, divided
- ¾ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 2 tablespoons lemon juice
- 2 tablespoons chopped shallot
- 1 tablespoon whole-grain Dijon mustard
- 2 teaspoons honey
- 1-pound fresh asparagus, trimmed
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 tablespoon chopped fresh dill
- Lemon wedges

Instructions

1. Preheat the oven to 375 °F.
2. Place the chicken on a clean surface, covering it with plastic wrap.
3. Use a meat mallet to pound the chicken to an even 1/2-inch thickness.
4. Arrange the flattened chicken on one side of a large, rimmed baking sheet, and lay out potatoes and carrots in a single layer on the other side.
5. Drizzle 1 tablespoon of oil over the chicken and vegetables, then sprinkle with 1 teaspoon coriander, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
6. Bake for 15 minutes.
7. While baking, whisk together lemon juice, shallot, mustard, honey, and the remaining 2 tablespoons of oil, 1 teaspoon coriander, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a small bowl.
8. After 15 minutes, remove the pan from the oven and switch to broil.
9. Stir the potato-carrot mixture and arrange asparagus in the center of the pan.
10. Spoon the lemon-shallot mixture evenly over the chicken and vegetables.
11. Broil until the chicken and vegetables are lightly browned, asparagus is tender-crisp, and the chicken reaches 165 °F (about 10 minutes).
12. Remove from the oven, sprinkle evenly with parsley and dill, and serve with lemon wedges.

Recipe serves 4, per serving:
Calories: 352, Carbohydrates: 31g, Protein: 28g, Fat: 14g, Saturated Fat: 2g, Cholesterol: 63mg, Sodium: 599mg, Fiber: 6g, Sugar: 8g

Miami-Dade Employee Wellness Center

Miami-Dade Employees have access to a discounted gym (only $18 per month, no fees) that many go to before or after work or 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 employeewellnesscenter@miamidade.gov
Hours of operation: Mon-Thur: 6 am to 8 pm, Fri: 6 am to 5 pm

Get Started on Your 2024 Fitness Goals Now With Personal Training!

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

If you answered yes to any of these questions, a personal trainer can help you reach your goals and gain knowledge! A personal trainer gives you guidance and a boost to be independent in the gym later!

Keshia: 6 am to 11 am, Elliza: 11 am to 4 pm

Check out our personal training packages!

30 minutes:

- One session: $30
- Five sessions: $130, save 13%
- Ten sessions: $215, save 18%

60 minutes:

- One session: $55
- Five sessions: $230, save 16%
- Ten sessions: $415, save 25%

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
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- Help manage chronic conditions

Give us a call or send us an email to ask how you can get started today!

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February Awareness Month:

American Heart Health Month

Key Facts

According to the National Heart, Lung, and Blood Institute:

- Heart disease is the leading cause of death in the United States, causing one in four deaths each year.
- Research shows that stress can make us more likely to get heart disease and have a heart attack.
- Risk factors, such as high blood pressure, increase your chance of developing heart disease. The more risk factors you have, the higher your overall risk.

February is American Heart Month when everyone can focus on their cardiovascular health. Taking time to care for your heart can be challenging as you go about daily life, but showing your heart the love it deserves each day is easier than you think. Small acts of self-care, like taking walks, getting quality sleep, and cooking healthy meals, all help your heart.

Living a heart-healthy life involves being aware of your risk factors, making healthy choices, and taking steps to reduce your chances of developing heart disease, including the most common type, coronary heart disease. By taking preventive measures, you can lower your risk of developing heart disease that could lead to a heart attack and improve your overall health and well-being.

District Health Department #10 (DHD#10) urges people to act now. Consider making one or several of the below lifestyle changes. Here's how to start:

1. **Move more**
   - Get at least 2½ hours of physical activity each week: 30 minutes a day, five days a week.
   - Can't carve out a lot of time in your day? Don't chuck your goal; chunk it! Try 5, 10, or 15 minutes a few times a day. Some physical activity is better than none.
2. **Eat healthy foods**
   - A healthy diet low in sodium and saturated fat is crucial to preventing heart disease.
   - Try eating more vegetables, fruits, whole grains, vegetable oils, and fat-free or low-fat dairy products while limiting added sugar and other sweeteners.
3. **Aim for a healthy weight**

- Being overweight is hard on your heart. It increases your risk of developing heart disease, stroke, high cholesterol, high blood pressure, and diabetes.
- Choosing heart-healthy foods and regular exercise can help you achieve and maintain a healthy weight.

4. **Quit smoking**
    - The chemicals in tobacco harm your heart and blood vessels in many ways.
    - Quitting is hard, but many people have succeeded, and you can too. Ask your family and friends for support in your efforts.
5. **Reduce stress and improve sleep**
    - Stress can contribute to high blood pressure and other heart risks.
    - Not getting enough sleep or regularly getting poor quality sleep increases the risk of high blood pressure, heart disease, and other medical conditions. Aim for 7 to 8 hours of sleep a night.
6. **Know your numbers**
    - Meet your heart health goals by keeping track of your blood pressure, cholesterol numbers, and how much you exercise–all of which can impact your heart health–and tell your doctor how you're doing.

Source: https://www.dhd10.org/american-heart-month-february-2023/

How Does Lifting Weights Improve Your Heart Function?

Building lean muscle mass helps improve your cardiovascular health. Many know that cardio will strengthen your heart and its working capacity. However, lifting weights does more than build strong bones. Strength training can also contribute to heart health by increasing lean muscle mass, which helps to burn extra calories, keep blood sugar in check, and improve cholesterol levels.

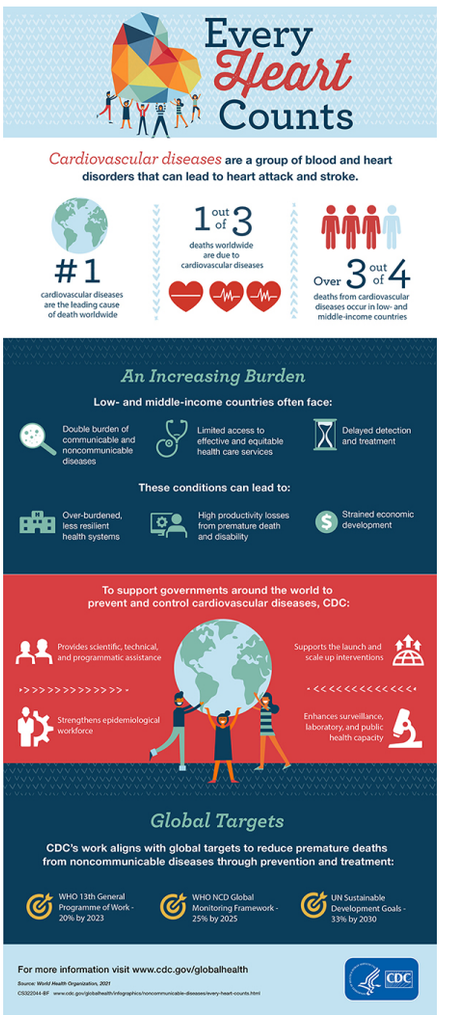
Strength training, especially for older adults, can also make it easier to perform everyday activities such as lifting a bag of groceries. Resistance exercises are also crucial for bone health and can help prevent osteoporosis.

Many fitness centers offer low-impact strength-training classes. But if you cannot get to a gym and feel uncomfortable working with weights at home, the U.S. Centers for Disease Control and Prevention suggests trying some of the following activities for strength training:

- Working with resistance bands, weight machines, or hand-held weights
- Doing push-ups, sit-ups, and other bodyweight resistance exercises
- Heavy gardening (digging, lifting, and carrying)
- Yoga or Pilates
- Tai Chi

Be careful not to overdo it. The American Heart Association recommends performing 8 to 10 resistance exercises two days a week. Look for exercises that use all the major muscle groups–legs, hips, back, chest, abdomen, shoulders, and arms, and try to do each exercise to the point of muscle fatigue. Avoid overtraining, however, and stop immediately if you feel any pain.

Source: https://www.guthrie.org/blog/how-weight-lifting-strengthens-your-heart



Source: https://www.cdc.gov/globalhealth/infographics/noncommunicable-diseases/every-heart-counts.html

Source: https://www.heart.org/en/healthy-living/healthy-living-infographics

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:

Schedule PDF **Schedule Page**

Workout of the month: This bodyweight workout can be done at home and needs no equipment! It combines cardio and muscle-strengthening exercises in a circuit format. Choose to repeat as many times as you like and challenge yourself to do an extra round the following week. Weights can also be added to specific exercises for an additional challenge. If you're a beginner, the goal is to learn the movements first and practice proper form. Then, add weights to progressively overload the exercise (get stronger over time).

Source: https://www.acefitness.org/resources/everyone/blog/7855/a-guide-to-at-home-workouts-for-beginners/

Healthy Selfie

Employees of the tax collectors department made time in their day to improve their well-being at work by joining the WellnessWorks team for a Wellness Educational Workshop and Holiday Food Demonstration.

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 self-care and social activities that are good for your mental well-being such as meditation, reading, quality time with friends and family, 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.

Emotional Wellness Reminder

Practice gratitude. In the famous words of Ferris Bueller, *"Life moves pretty fast. If you don't stop and look around once in a while, you could miss it."* It can be easy to get swept in the fast lane and forget to stop and show your appreciation for what you do have. A life well lived is one of gratitude and thankfulness. Take some time this month to focus on how you can integrate these invaluable habits into your daily life.

> *Gratitude doesn't have to be saved for the "big" things in life. The habit of being grateful starts with appreciating every good thing in life and recognizing that there is nothing too small for you to be thankful for. Even if it is as simple as appreciating the clear weather or how quickly your mailman delivered your mail last Friday, don't leave anything out when practicing your gratitude. Cultivating optimism and gratitude can lead to a more fulfilled and healthy life.* (https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-power-of-positive-thinking)

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 services with an EAP counselor, please **call 305-375-3293** or email Jessica.Hughes-Fillette@miamidade.gov.

More Information

AvMed complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, sex, sexual orientation, gender, gender identity, disability, or age, in its programs and activities, including in admission or access to, or treatment or employment in, its programs and activities. The following person has been designated to handle inquiries regarding AvMed's nondiscrimination policies: AvMed's Regulatory Correspondence Coordinator, P.O. Box 569008, Miami, FL 33256, by phone 1-800-882-8633 (TTY 711), or by email Regulatory.Correspondence@AvMed.org.

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