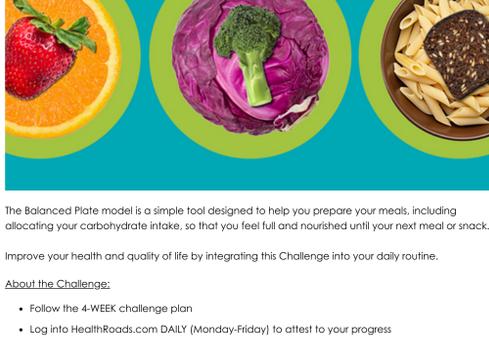




"One cannot think well, love well, sleep well, if one has not dined well." – Virginia Woolf

Spring Nutrition Challenge: Fuel Your Body And Make It A Habit



The Balanced Plate model is a simple tool designed to help you prepare your meals, including allocating your carbohydrate intake, so that you feel full and nourished until your next meal or snack.

Improve your health and quality of life by integrating this Challenge into your daily routine.

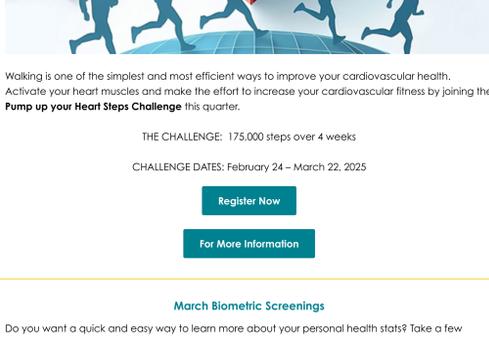
About the Challenge:

- Follow the 4-WEEK challenge plan
- Log into HealthRoads.com DAILY (Monday-Friday) to attest to your progress
- Earn 5 points for each action for 20 days
- Earn 100 points for successfully completing the challenge

CHALLENGE DATES: March 10 – April 5, 2025

[Click to Register](#)

Q1 Challenge: Pump Up Your Heart Steps Challenge



Walking is one of the simplest and most efficient ways to improve your cardiovascular health. Activate your heart muscles and make the effort to increase your cardiovascular fitness by joining the **Pump up your Heart Steps Challenge** this quarter.

THE CHALLENGE: 175,000 steps over 4 weeks

CHALLENGE DATES: February 24 – March 22, 2025

[Register Now](#)

[For More Information](#)

March Biometric Screenings

Do you want a quick and easy way to learn more about your personal health stats? Take a few minutes out of your day to participate in a WellnessWorks Biometric Screening this month. MDC employees who are insured by AvMed are eligible to attend this **free screening** that includes:

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

Upcoming Biometric Screening Events this Month

- March 12: [Turner Guilford Knight Corrections Center](#)
- March 13: [Transportation and Public Works \(Carroll Way Transit\)](#)
- March 14: [Tax Collector](#)
- March 18: [Corrections and Rehabilitation, Pre-Trial Detention Center](#)
- March 19: [Corrections and Rehabilitation, Maya Building](#)
- March 25: [Regulatory Economic Resources, Permit and Inspections](#)
- March 26: [Corrections and Rehabilitation, M.K. Office Plaza](#)
- March 27: [Transportation and Public Works \(Roads, Bridges, and Canals\)](#)

WellnessWorks' In-Person & Virtual Educational Workshops

WellnessWorks invites all MDC employees to enhance their wellness knowledge by attending an in-person or virtual educational workshop. These workshops and presentations are designed to educate attendees on strategies to integrate fitness, nutrition, and overall wellness into your daily life.

March 13

- Miami Dade Sheriff's Office | 1851 NW 10th Ave. | PMB Classroom – Rm. 1104
- 11:00 am – 12:00 pm

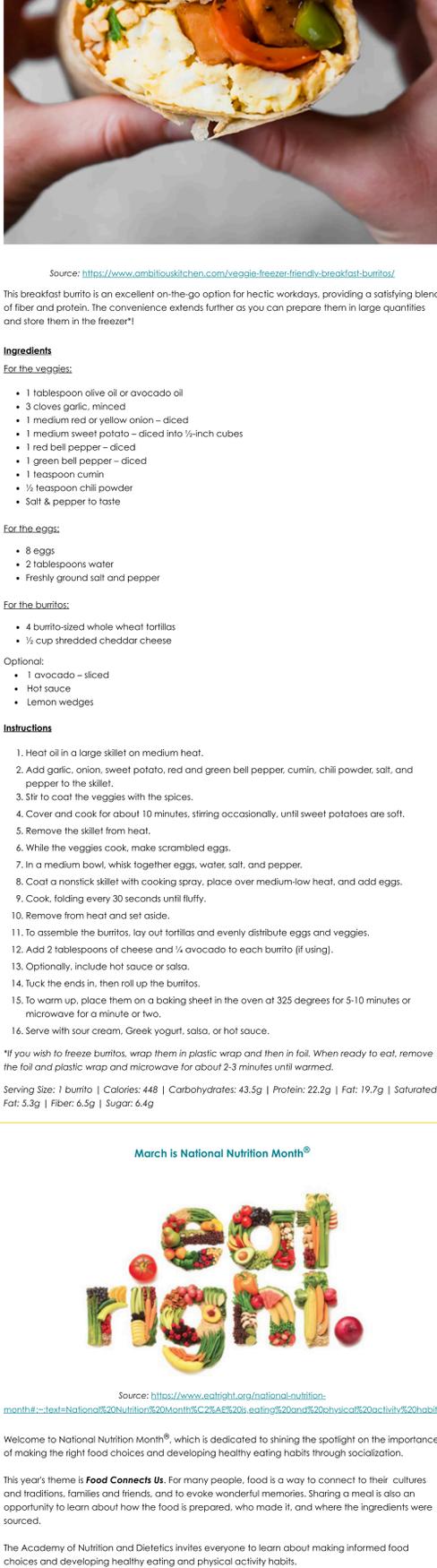
March 24 | Healthy Eating for the Busy Professional

- RER Department (PIC) | 11805 SW 24th St. | Rm. 1 & J
- 10:00 am – 11:00 am

Eat Smart: WellnessWorks Coach Nutrition Corner

Veggie Packed Freezer-Friendly Breakfast Burritos

- Prep Time: 10 minutes
- Cook Time: 15 minutes
- Total Time: 25 minutes
- Serves: 4



Source: <https://www.ambitiouskitchen.com/veggie-freezer-friendly-breakfast-burritos/>

This breakfast burrito is an excellent on-the-go option for hectic workdays, providing a satisfying blend of fiber and protein. The convenience extends further as you can prepare them in large quantities and store them in the freezer!

Ingredients

For the veggies:

- 1 tablespoon olive oil or avocado oil
- 3 cloves garlic, minced
- 1 medium red or yellow onion – diced
- 1 medium sweet potato – diced into ½-inch cubes
- 1 red bell pepper – diced
- 1 green bell pepper – diced
- 1 teaspoon cumin
- ½ teaspoon chili powder
- Salt & pepper to taste

For the eggs:

- 8 eggs
- 2 tablespoons water
- Freshly ground salt and pepper

For the burritos:

- 4 burrito-sized whole wheat tortillas
- ½ cup shredded cheddar cheese

Optional:

- 1 avocado – sliced
- Hot sauce
- Lemon wedges

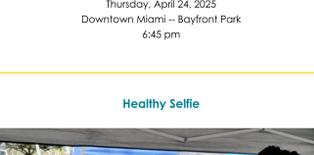
Instructions

- Heat oil in a large skillet on medium heat.
- Add garlic, onion, sweet potato, red and green bell pepper, cumin, chili powder, salt, and pepper to the skillet.
- Stir to coat the veggies with the spices.
- Cover and cook for about 10 minutes, stirring occasionally, until sweet potatoes are soft.
- Remove the skillet from heat.
- While the veggies cook, make scrambled eggs.
- In a medium bowl, whisk together eggs, water, salt, and pepper.
- Coat a nonstick skillet with cooking spray, place over medium-low heat, and add eggs.
- Cook, folding every 30 seconds until fluffy.
- Remove from heat and set aside.
- To assemble the burritos, lay out tortillas and evenly distribute eggs and veggies.
- Add 2 tablespoons of cheese and ¼ avocado to each burrito (if using).
- Optionally, include hot sauce or salsa.
- Tuck the ends in, then roll up the burritos.
- To warm up, place them on a baking sheet in the oven at 325 degrees for 5-10 minutes or microwave for a minute or two.
- Serve with sour cream, Greek yogurt, salsa, or hot sauce.

*If you wish to freeze burritos, wrap them in plastic wrap and then in foil. When ready to eat, remove the foil and plastic wrap and microwave for about 2-3 minutes until warmed.

Serving Size: 1 burrito | Calories: 448 | Carbohydrates: 43.5g | Protein: 22.2g | Fat: 19.7g | Saturated Fat: 5.3g | Fiber: 6.5g | Sugar: 6.4g

March is National Nutrition Month®



Source: <https://www.eatright.org/national-nutrition-month/#:~:text=National%20Nutrition%20Month%20is%20a%20eating%20and%20physical%20activity%20habit>

Welcoming to National Nutrition Month®, which is dedicated to shining the spotlight on the importance of making the right food choices and developing healthy eating habits through socialization.

This year's theme is **Food Connects Us**. For many people, food is a way to connect to their cultures and traditions, families and friends, and to evoke wonderful memories. Sharing a meal is also an opportunity to learn about how the food is prepared, who made it, and where the ingredients were sourced.

The Academy of Nutrition and Dietetics invites everyone to learn about making informed food choices and developing healthy eating and physical activity habits.

Check out these 20 Health Tips from the Academy to get pointed in the right direction.

[Learn More](#)

Kidney Health Awareness for National Kidney Month



The National Kidney Foundation and National Institute of Diabetes and Digestive and Kidney Diseases are on this mission to increase awareness about kidney health and disease during National Kidney Month this March.

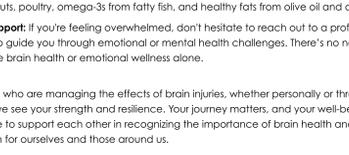
The kidneys play a significant role keeping the body in balance and functioning properly. The kidneys filter waste products and excess fluids from the blood and help regulate blood pressure, electrolytes, and red blood cells.

Kidney failure involves a gradual loss of kidney function to the point where it can become chronic kidney disease (CKD), leading to elevated levels of electrolytes, fluid, and waste build-up in the body. CKD can be difficult to detect in the initial stages. Since it does not manifest symptoms early on, you might not realize that you have CKD until the condition has advanced. Treatment for CKD focuses on slowing the progression of kidney damage, usually by controlling the cause.

Steps you can take to maintain kidney health and prevent or lower your chances of being diagnosed with chronic kidney disease include:

- Lose weight if you are overweight
- Be more active
- Stop smoking
- Maintain your blood pressure below 140/90 and keep blood sugar levels within target range (especially if you're managing diabetes)
- Eat low-sodium foods and eat more fruits and vegetables
- Get an annual checkup and make sure your practitioner evaluates your kidney function

[For More Information](#)



The FIRST 250 people that sign up get a 50% DISCOUNT on registration fees! (\$5 to \$27.50)

[Register Today!](#)

Miami Corporate Run
Thursday, April 24, 2025
Downtown Miami – Bayfront Park
6:45 pm

Healthy Selfie



The MDC Community Action and Human Services Department's annual engagement event took place at Tropical Park in February. Employees engaged in field day activities and had a chance to stop by the WellnessWorks table to learn about resources to assist them in their efforts in keeping healthy and well throughout the year.

[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 well-being 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.

Emotional Wellness Reminder

Brain Injury and Health Awareness Month

Brain Injury/Health Awareness Month is an opportunity to reflect on the importance of emotional wellness and the profound impact brain health has on lives. Brain injuries – whether from traumatic impact events or other causes – can lead to significant changes in a person's emotional, mental, and physical well-being. Understanding the connection between brain health and emotional wellness is vital to maintaining overall health.

A brain injury, even if it is not immediately visible, can cause a range of emotional and cognitive changes. People who experience brain injuries may face challenges with memory, mood, decision-making, and even their sense of identity. Additionally, mental health conditions like anxiety or depression may be linked to these changes. It is essential to recognize these struggles, not as weaknesses, but as genuine challenges requiring support and care.

During this important month, let's remember that the journey to recovery or maintaining healthy brain function involves a balance of physical care, emotional support, and mental well-being. Whether you or someone you know has experienced a brain injury, or if you're simply looking to improve your own cognitive and emotional health, here are a few tips to support brain wellness:

- Prioritize Rest and Recovery:** Whether recovering from an injury or simply working to improve your brain health, proper sleep and relaxation are essential. Give your brain the time it needs to recharge.
- Engage in Cognitive Exercises:** Just like physical exercise helps the body, mental exercises can help improve brain function. Activities like reading, doing puzzles, or taking part in memory games are not only fun, but can help boost cognitive abilities.
- Stay Connected:** Brain health can affect emotional well-being, so maintaining social connections is important. Even if you're going through recovery or adjustment, reaching out to friends, family, or support groups can provide comfort and a sense of community.
- Practice Self-Compassion:** If you're struggling with the impact of brain injury, be kind to yourself. It's important to acknowledge your challenges but also recognize your strengths. Patience and self-compassion are key to healing and growth.
- Proper Nutrition:** A healthy brain diet includes fruits, vegetables, plant-based proteins, whole grains, nuts, poultry, omega-3s from fatty fish, and healthy fats from olive oil and avocados.
- Seek Support:** If you're feeling overwhelmed, don't hesitate to reach out to a professional who can help guide you through emotional or mental health challenges. There's no need to navigate brain health or emotional wellness alone.

To all of those who are managing the effects of brain injuries, whether personally or through caring for loved ones, we see your strength and resilience. Your journey matters, and your well-being is a priority. Let's continue to support each other in recognizing the importance of brain health and emotional wellness, both for ourselves and those around us.

If you, a family member, or a team member are struggling with feelings or emotions that interfere with the ability to engage in daily life, please feel free to reach out to the team at the **Miami Dade Employee Assistance Program (EAP)**. Our EAP counselors focus on supporting employees with internal and external resources that assist in setting the foundation for restoration or enhancement of emotional and mental wellness.

The EAP team provides virtual and on-site assessments for all employees in need of assistance. To set up an assessment with an EAP counselor, please call **305-375-3293** or email Arthur.Corriere@MiamiDade.gov.

EAP hours of operation are **Monday-Friday from 8:00 am to 5:00 pm**. To learn more about EAP resources, events, and support, visit www.MiamiDade.gov/SupportServices.

For more WellnessWorks information, visit: <https://Secure.MiamiDade.gov/Employee/Wellness/Works/WellnessWorksResourcesPage>

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