



"A New Life! Decide today who you will become...what you will give...how you will live." - Anthony Robbins



## Biggest Winner Challenge 2024

### New Year! Refresh your focus.

WellnessWorks challenges you to focus on improving your health and fitness in 12 weeks. Choose your challenge: muscle gain or fat loss.

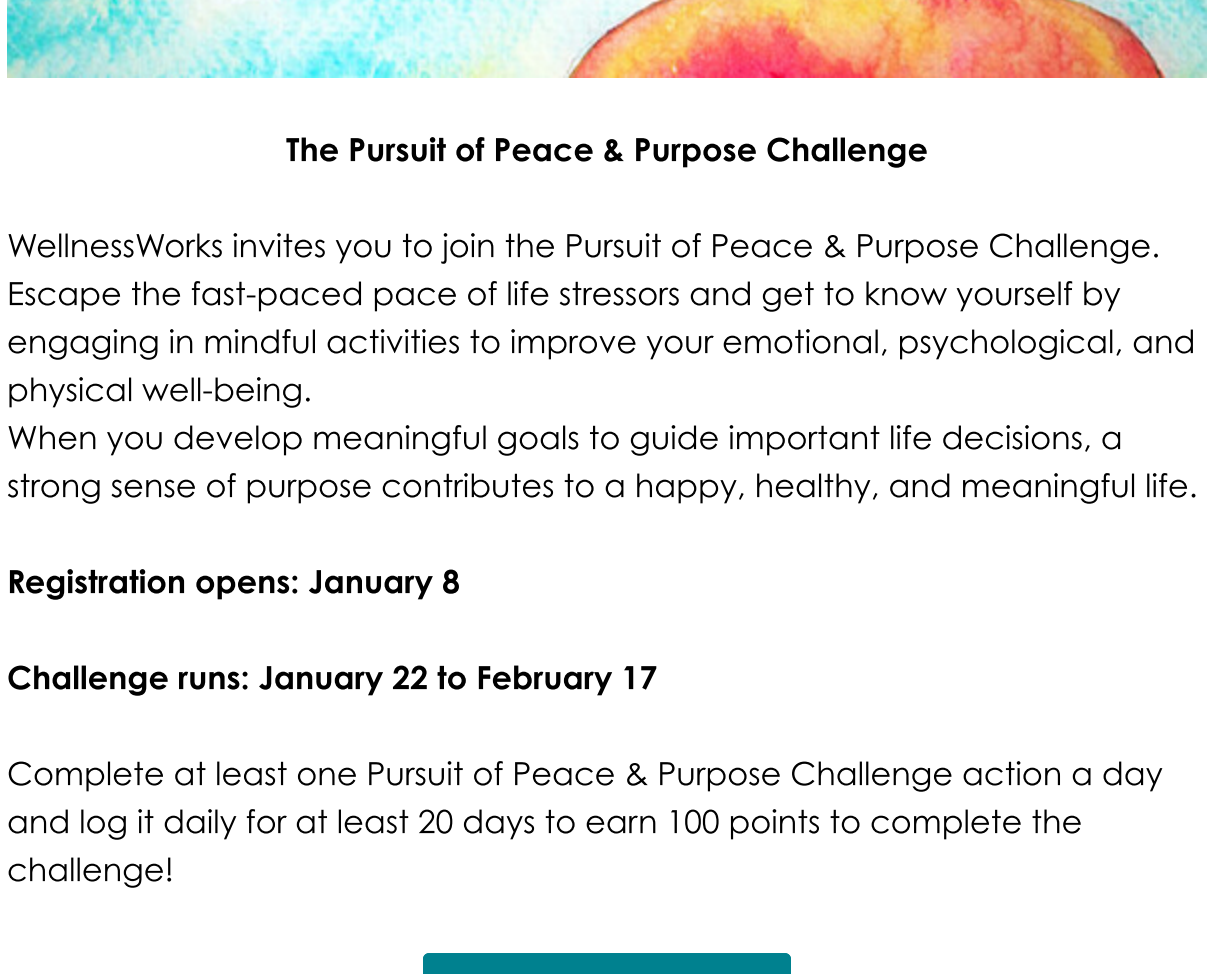
**Registration opens: January 8**  
**Challenge runs: February 12 to May 17**

To join your department team, email your department Representative or Wellness Liaison to be added to your department team.

The Challenge will include:

- Online webinars geared towards burning fat and building muscle
- Each team will be assigned a Wellness Coach to guide their success
- Bodimeter Ultrasound tracking measurements of initial and final assessments
- Teams based on location
- Easy access to special events, measurements, and incentives
- Awards and prizes

[More Information](#)



## The Pursuit of Peace & Purpose Challenge

WellnessWorks invites you to join the Pursuit of Peace & Purpose Challenge. Escape the fast-paced pace of life stressors and get to know yourself by engaging in mindful activities to improve your emotional, psychological, and physical well-being.

When you develop meaningful goals to guide important life decisions, a strong sense of purpose contributes to a happy, healthy, and meaningful life.

**Registration opens: January 8**  
**Challenge runs: January 22 to February 17**

Complete at least one Pursuit of Peace & Purpose Challenge action a day and tag it daily for at least 20 days to earn 100 points to complete the challenge!

[More Information](#)

## Biometric Screenings

Start off the new year right and boost 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 SPCC: 1/25/2024  
MDC Tax Collector: 1/26/2024  
MDC Permits & Inspections: 1/30/2024  
MDC Police HQ: 1/31/2024

[More Information](#)

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

### Wellness Educational Workshop

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 everyday hectic lifestyles.

Learn strategies and tips to help you lead a healthier lifestyle at the following locations:

01/18/24: Wellness Educational Workshop Cooking Demo, 6:30 am  
DSWM 58th Street, Trash Division, 8831 NW 58th Street, Large Conference Room

01/31/24: God Setting, Virtual 12:00 pm

ISD Dept. Virtual, link below to register: [Recallstar](#)

1/30/24: Boost Your Health Immunity, 11:00 am

CCED 311 Call Center, 11500 NW 25 Street, Doral, FL 33178, Lightspeed Building

[More Information](#)

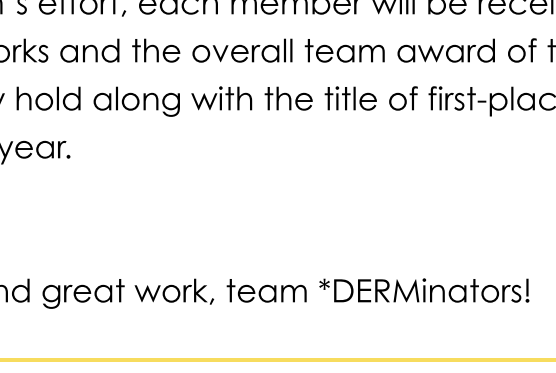
## WellnessWorks Acknowledgments

### Q3 Incentive Winners 2023

Congratulations to the Q3 incentive winners!

First Name	Last Name	Department
Frank	Montesino	Water and Sewer
Mayra	Quintana	Fire Rescue
Jessica	Frailo	Parks, Recreation, and Open Spaces
Aria	Calzada	Communications and Customer Experience
Veronica	Gickon	Corrections and Rehabilitation
Darlene	Roke	Water and Sewer
Elena	Napoliez	Juvenile Services
Barbara	Mera	Water and Sewer
Celsina	Jordan	Transportation and Public Works
Marie	Hallaboi	Regulatory and Economic Resources
Jamiesha	Johnson	Board of County Commissioners
Judy	Joseph	Transportation and Public Works
Shawn	Mahoney	Aviation
Carlos	Moreno	Board of County Commissioners
Vivian	Vilaomil	Transportation Planning Organization
Celia	Cabrera	Fire Rescue
Richard	Mazgin	Information Technology
Louades	Suarez	Corrections and Rehabilitation
Daniel	Molina	Parks, Recreation, and Open Spaces
Daksha	Parikh	Solid Waste Management

## Step Up and Thrive Face-Off 2023 First Place Team

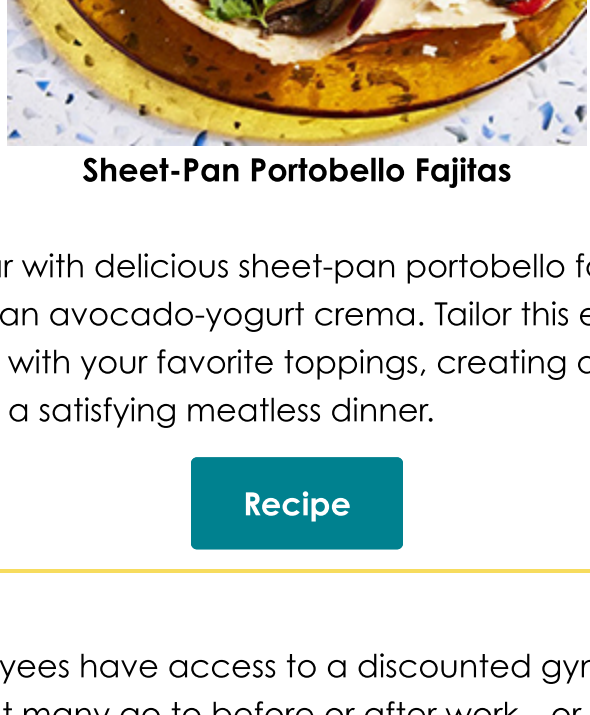


WellnessWorks would like to congratulate and recognize the first-place team of the **Step Up and Thrive Face-Off 2023 Challenge: DERMinators** of the RER department.

Because of this team's effort, each member will be receiving a mega swag bag from WellnessWorks and the overall team owner of the Championship belt, which they may hold along with the title of first-place team, in their department for one year.

ASTOUNDING efforts and great work, team "DERMinators!"

## Eat Smart: WellnessWorks Coach Nutrition Corner



Sheet Pan Tortabella Fajitas

Ring in the new year with delicious sheet-pan tortabella fajitas, complemented by an avocado-yogurt crema. Taster this easy yet flavorful recipe to your liking with your favorite toppings, creating an ideal and effortless choice for a satisfying meatless dinner.

[Recipe](#)

Miami-Dade employees have access to a discounted gym (only \$18 per month, no fees) that many go to before or after work—even 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 risk of certain cancers and cardiovascular diseases
- Help manage chronic conditions

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

305-375-5797 [employeeswellnesscenter@miamidade.gov](mailto:employeeswellnesscenter@miamidade.gov)

Hours of operation: Mon-Thur: 6:00 am-8:00 pm; Fri: 6:00 am-5:00 pm

## Get Started on Your 2024 Fitness Goals Now!

### Personal Training

Do you need accountability? Do you have trouble staying consistent? Are you not sure how to program your workout? 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, then a personal trainer will help you reach your goals and give you KNOWLEDGE! A personal trainer gives you guidance and a boost to later be INDEPENDENT in the gym!

Kettle: 6:00-11:00 am, Ellas: 11:00 am-3:00 pm

Check out our personal training packages!

30 Minutes:

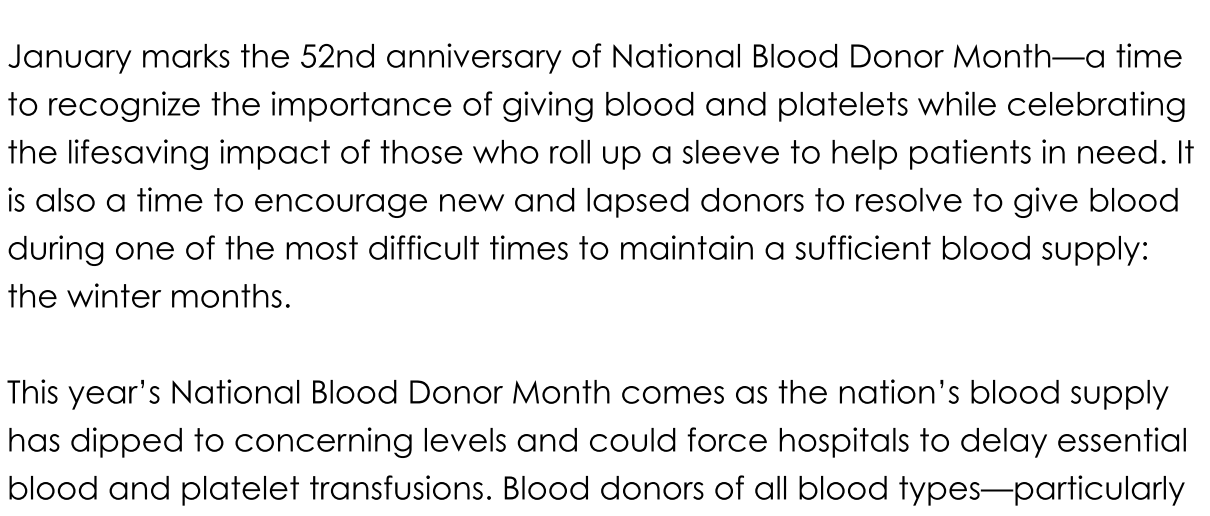
- 1 session: \$30
- 5 sessions: \$130, save 13%
- 10 sessions: \$215, save 18%

60 Minutes:

- 1 session: \$55
- 5 sessions: \$230, save 14%
- 10 sessions: \$415, save 25%

## National Blood Donor Month

Help save lives this Blood Donor Month.



January marks the 52nd anniversary of National Blood Donor Month—a time to recognize the importance of giving blood and platelets while celebrating the lifesaving impact of those who roll up a sleeve to help patients in need. It is also a time to encourage new and lapsed donors to resolve to give blood during one of the most difficult times to maintain a sufficient blood supply: the winter months.

This year's National Blood Donor Month comes as the nation's blood supply has dipped to concerning levels and could force hospitals to delay essential blood and platelet transfusions. Blood donors of all blood types—particularly type O blood, the blood group hospitals need most—are needed now to give blood or platelets to help meet daily hospital demands.

### Why your donation matters:

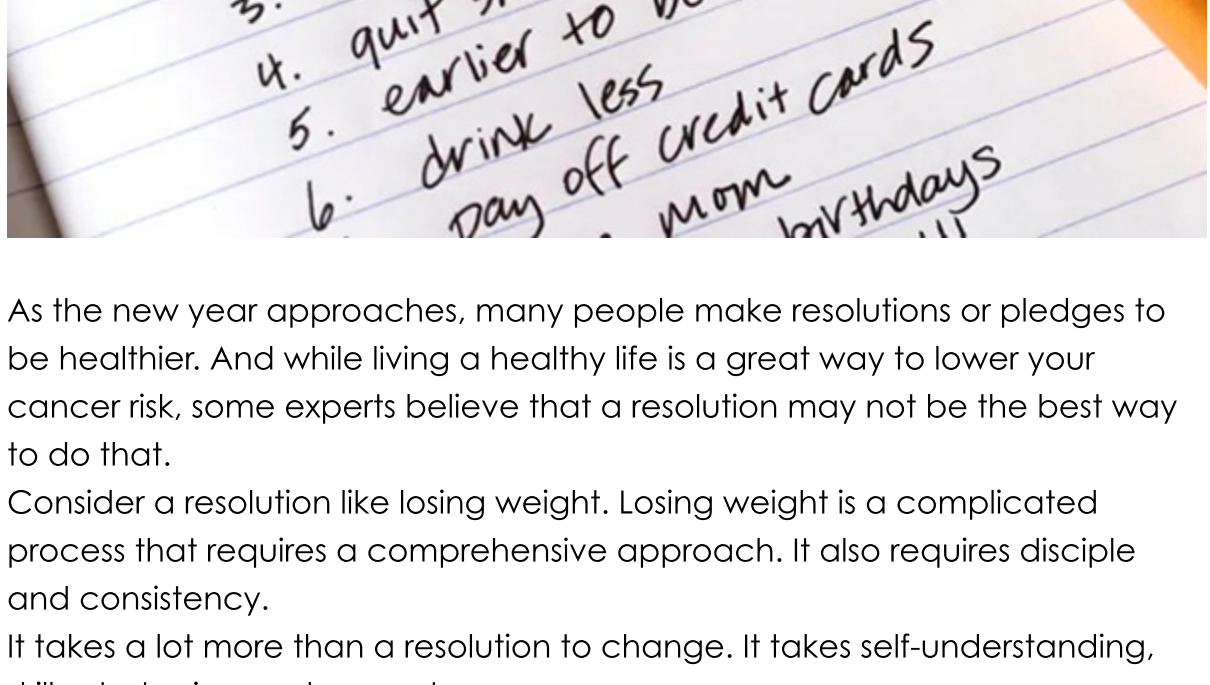
Source from <https://www.cedars-sinai.org/donors/patients/blood-donor-services/about-donation.html>

One donation can save multiple lives. Here are the facts:

- Just **1 donation** can save up to **3 lives**.
- The average red blood cell transfusion is **3 pints** (or a whole blood donation).
- More than **1 million** people every year are diagnosed with cancer for the first time. Many of them will need blood—sometimes, daily—during chemotherapy.
- More than **30,000 blood donations** are needed every day.
- **Type O-negative** whole blood can be transfused to people with any blood type, but this type of blood is rare, and supplies of it are low.
- **Type AB plasma** can be transfused to patients with all other blood types, but it's also in **short supply**.
- While **38%** of the American population is eligible to give blood, only **2%** actually donates.

[Click here for more blood donation facts!](#)

## Should You Ditch New Year's Resolutions? This Is How You Should Think About It Instead!



As the new year approaches, many people make resolutions or pledges to be healthier. And while living a healthy life is a great way to lower your cancer risk, some experts believe that a resolution may not be the best way to do so that.

Consider a resolution like losing weight. Losing weight is a complicated process that requires a comprehensive approach. It also requires discipline and consistency.

It takes a lot more than a resolution to change. It takes self-understanding, skills, strategies, and support.

### Tips for making a successful change

#### 1. Prepare a script.

You've got to know exactly what to do when you get fired in the mid-afternoon and your brain tells you that you need an ice cream cone. What do you say to your brain? Or what do you say to your friends when they invite you to happy hour during your exercise time? Or to your co-workers when they call a birthday cake for your boss? It takes skill to navigate those situations.

#### 2. Create a strategy.

Strategy means making a plan. Try bringing an apple to work each day for a snack to you go for that instead of those cookies in the break room. Or make a pot of healthy vegetable soup to bring for lunch instead of getting takeout.

#### 3. Build social support.

Social support means talking to your friends and family and asking them for help.

Remember, it's important to take New Year's resolutions slowly. Start with self-understanding, develop some skills, plot some strategies, and recruit some social support.

Whether your goal is weight loss, weight gain, gaining muscle mass, getting more flexible, doing a 5k, practicing yoga consistently, or being more present and kinder to yourself and others, you should implement SMART goals.

SMART goals are a way to create goals that are actually realistic and give you a better focus in a better timeframe.

Measurable  
Achievable  
Specific  
Realistic  
Time-bound

To give your goal a solid foundation, it's important to be as specific as possible. Take some time to research your goal and reflect on why you want to achieve it. Then, consider how you will measure your progress. You can use objective measurements such as circumference of limbs, body weight, or weights used in the gym over time. Additionally, you can also measure your progress subjectively by comparing how you feel physically and mentally over time to how you felt before setting the goal. Remember to set an achievable and realistic goal, as smaller goals are easier to achieve than larger ones. Lastly, adding a time frame will give you structure and help you stay focused on your goal, ensuring that it is achievable within that time frame.

Source: <https://www.mindanderson.org/publications/focused-on-health-or-new-year-resolutions-both-13321592624.html>

## Get Ready for the Miami Corporate Run!



Come join team Miami-Dade County at the Miami Corporate Run on Thursday, April 25, 2024 at 6:45 pm. There are 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 off slowly, even if your starting pace is walking. It's not about how fast you can finish the miles, but rather your pace and endurance. You can later work up to jogging and running small 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.

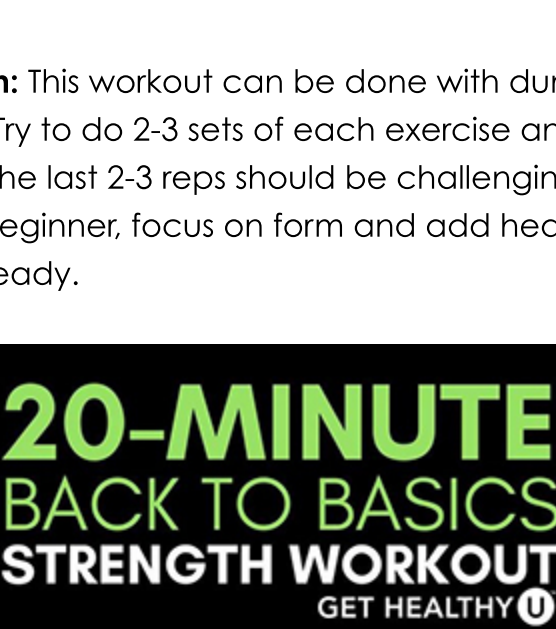
This will bring a new challenge to your life that can be met with discipline and consistency. It will also bring many other health benefits such as increased activity, a potential new hobby, increased aerobic capacity, heart and lung health, and increased caloric expenditure. The Department of Health and Human Services also recommends getting 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity. Being active 30 minutes a day on most days of the week can help you meet the guidelines.

Source and 5K Training Schedule:

[Schedule PDF](#)

[Schedule Page](#)

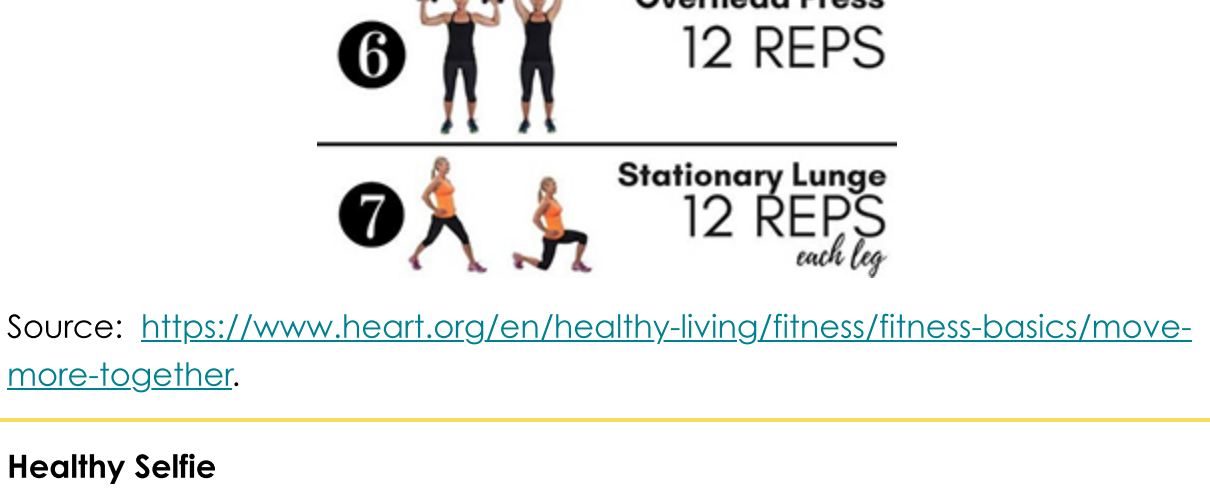
**Workout of the month:** This workout can be done with dumbbells, resistance bands, or a barbell. Try to do 2-3 sets of each exercise and rest 1-2 mins in between each set. The last 2-3 reps should be challenging and close to failure. If you are a beginner, focus on form and add heavier weights over time when you are ready.



Source: <https://www.heart.org/en/healthy-living/fitness/fitness-basics/move-more-together>

### Healthy Selfie

Employees of the tax collection 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](mailto:wellnessworks@miamidade.gov).

[More Information](#)

New Year's resolutions tend to focus on physical health—exercising more, eating better, or losing weight. While there's nothing wrong with this type of resolution, sticking to focus on emotional and mental health could be a more beneficial approach, especially after a stressful year. Mental health encompasses many facets of health, including emotional, psychological, and social wellness. Go for a different take on the idea of "new year, new you," and focus on a mental reset and your emotional well-being this year. Here are some thoughts and tips on how to integrate emotional wellness, resilience, and stress management into your goals for the new year.

Start the new year off right! If you or a loved one have been struggling, seek professional help and support from your doctor or therapist. There is hope and healing, and the EAP is here to support. You can reach the EAP at 305-375-3293 to speak with one of our licensed clinicians and learn more about our services ([www.miamidade.gov/support-services](http://www.miamidade.gov/support-services)).

[More Information](#)

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