

“Wellness encompasses a healthy body, a sound mind, and a tranquil spirit. Enjoy the journey as you strive for wellness.”

- Laurette Gagnon Beaulieu

COVID-19 Update:

COVID-19 Symptoms to Watch For:

Every person is different and so are their COVID-19 symptoms. Symptoms may vary widely over different populations and ages, and new symptoms not previously associated with positive cases continue to be reported. If you believe that you have come in contact with someone who is positive for COVID-19 or feel unwell, see information below provided by the CDC in regard to current signs and symptoms to look out for.

[Learn More](#)

Health is Wealth Healthy Recipe:

WellnessWorks Coach Nutrition Corner

Cowboy Caviar

Cowboy caviar is also known as Texas caviar. Not only is it quick and easy with a total prep time of 20 minutes, but it is also delicious. Enjoy it on its own, add it to salads, or with your favorite whole grain.

Tip: Try this dish with fresh corn cut off the cob or frozen corn and use Mrs. Dash Lemon Pepper Seasoning for a no salt alternative.

[View Recipe](#)

Exercise Recommendations for Patients with Type 2 Diabetes

According to the CDC, more than 29 million Americans have type 2 diabetes, and most are not physically active. The American College of Sports Medicine (ACSM) and American Diabetes Association (ADA) recommends at least 150 minutes of moderate-intensity aerobic activity per week, with no more than 2 consecutive days without physical activity. Additionally, the ADA Standards of Care for Diabetes recommends reducing total sedentary time by incorporating physical activity every 90 minutes.

A meta-analysis showed structured exercise for more than 150 minutes per week resulted in A1C reductions of 0.89%. This reduction is similar to that achieved by many oral antidiabetic medications. However, physical activity advice alone is not associated with A1C changes. Take charge of your health by combining regular physical activity with reduced portion sizes and limited carbohydrates.

[Read More About the Study](#)

Healthy Tip:

Reduce Intake of Harmful Fats

Fats consumed should be less than 30% of your total energy intake. This will help prevent unhealthy weight gain and noncommunicable diseases.

WHO recommends reducing saturated fats to less than 10% of total energy intake; reducing trans-fats to less than 1% of total energy intake; and replacing both saturated fats and trans-fats to unsaturated fats. Examples of preferable unsaturated fats are fish, avocado, nuts, and sunflower, soybean, canola and olive oils.

[See More Examples Here](#)

Healthy Selfie:



MDC employees showing off their new duffel bag, received as an incentive for taking time to work with a WellnessWorks AvMed Health Coach during a Personal Health Assessment (PHA) campaign worksite visit to complete their PHA on www.healthyroads.com.

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.

MDC Work site locations that have hosted a campaign visit this year included:

- OTV
- Coral Way
- Road Bridges and Canals
- Central
- NE
- Traffic Signs and Signals
- Aviation

Get FIT MIAMI-DADE COUNTY EMPLOYEE WELLNESS CENTER

Workout of the Month

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees



20 climbers



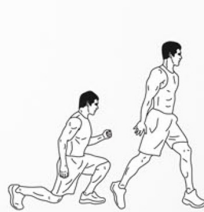
20 high knees



10 jumping lunges



20 high knees



10 jumping lunges



20 climbers

[Get Started Here](#)

Endless Summer Fitness Vibes Steps Challenge

As the fall season rolls in, get in tuned with your healthiest self and circulate good vibes and energy by improving your health and fitness all season long. Join the Endless Summer Fitness Vibes Steps Challenge.

THE CHALLENGE

175,000 Steps Over 4 Weeks
Complete 175,000 steps over 4 weeks from August 1-27.

[Click Here to Register](#)

For more information visit Wellness Resource Page: [Wellness Works Resources](#) (miamidade.gov), or email wellnessworks@miamidade.gov