

"Wellness is a connection of paths: knowledge and action."

– Joshua Holtz



Q3 Steps Challenge!

Hustle Up and Thrive this Fall Steps Challenge

Hustle up and get fit and challenge yourself to move more by joining the Hustle Up and Thrive this Fall Steps Challenge.

THE CHALLENGE 200,000 Steps Over 4 Weeks

REGISTRATION OPENS JULY 24 on

www.healthyroads.com

CHALLENGE DATES Aug. 7 - Sept. 1

Eat Smart: WellnessWorks Coach Nutrition Corner



Summer Salad

Bursting with vibrant flavors and hearty goodness, this delicious salad is perfect for your next cookout or 4th of July party!

[Click here to create this summer salad](#)

Biggest Winner 2023 Challenge

Assessment Location

OTV
SPCC
Water and Sewer
South Dade Gov't Center
MLK
MDPD HQ
Aviation
MDFR

Fat Loss Location Winner

Gerardo Gomez
Kenia Hernandez-Gomez
Audrey Davis
Dawn Soper
Queimiesha Dey
Jessica Schenone
Jacqueline Powell
Faith Pearson-Mckenzie

Department

Tax Collectors
Property Appraisers
Water and Sewer Department
ITD
MDCR
Miami Dade Police Department
Aviation
Elections

Assessment Location

OTV
SPCC
Water and Sewer
MLK
Aviation
MDFR

Muscle Gain Location Winner

Karen Clarke
Luis Carrazana
Frank Montestino
Lookha Albert
Michael Simm
Andres Salazar

Department

Tax Collectors
Board of County Commissioners
WASD
Finance
Aviation
Library

1st Place

2nd Place

Fat Loss County Winner

Faith Pearson-Mckenzie (Election)
Martha Coleman (HR)

Muscle Gain County Winner

Michael Simm (Aviation)

1st Place

2nd Place

Team Fat Loss Winner

MIA Meltaways (Aviation)
TC Unstoppable (Tax Collector)

Team Muscle Gain Winner

Mia Rock Solid (Aviation)
Hustle and Muscle (Tax Collectors)

July Summer Safety and Hydration!

Summer is here, which means increasingly high temperatures and humidity. While the heat may allow for more time outdoors, including outside exercise, travel, and other summer activities, it can also increase your risk for dehydration and related illnesses. Learn more about how to stay hydrated as heat and humidity increase this summer.

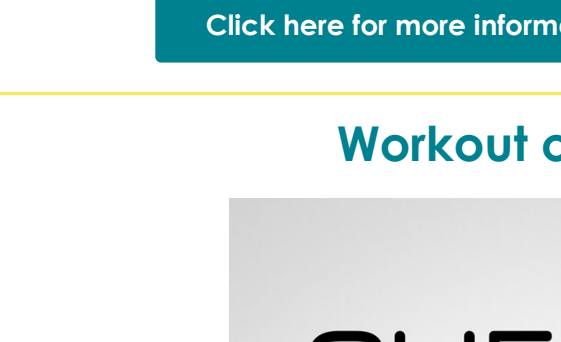
[Learn More](#)



MIAMI-DADE COUNTY EMPLOYEE WELLNESS CENTER

Healthy Tip:

How can I follow a healthy eating plan?

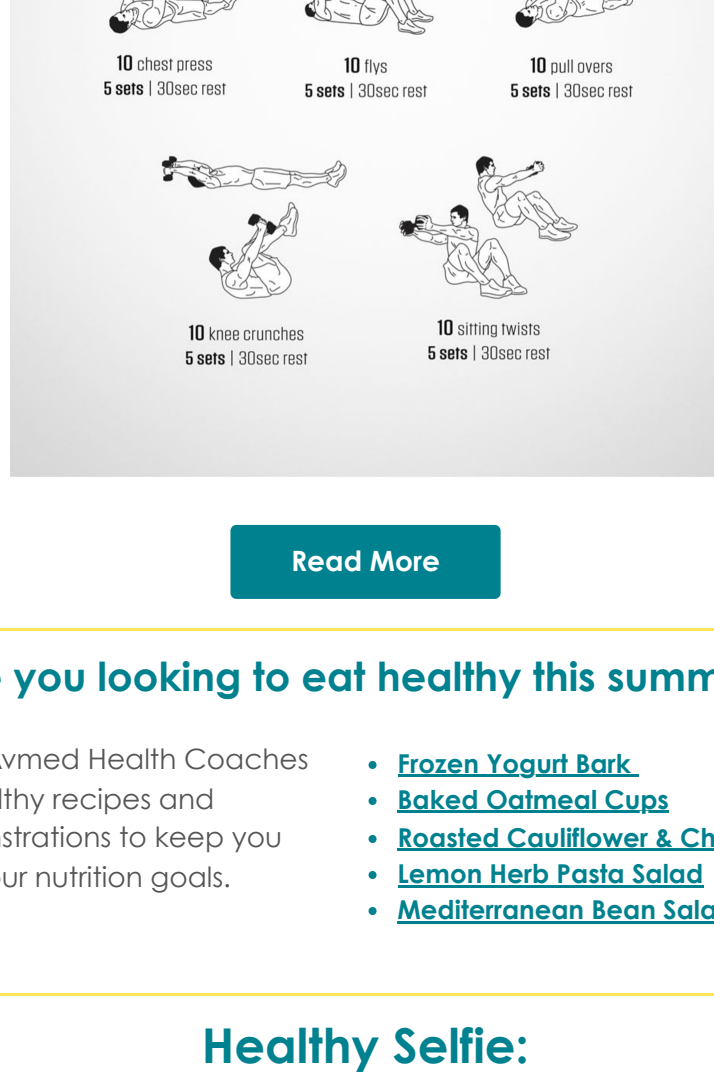


How much physical activity do I need?

Experts recommend at least 150 minutes a week (a total of 2 ½ hours) of moderate-intensity aerobic activity. You can spread your activity throughout the week—whatever works best for you. Studies show that if you spread activity across at least 3 days a week, you can improve your health, reduce your risk of injury, and keep yourself from becoming too tired.

[Click here for more information on how to stay active:](#)

Workout of the Month



[Read More](#)

Are you looking to eat healthy this summer?

WellnessWorks Avmed Health Coaches are sharing healthy recipes and cooking demonstrations to keep you on track with your nutrition goals.

- [Frozen Yogurt Bark](#)
- [Baked Oatmeal Cups](#)
- [Roasted Cauliflower & Chickpeas with Tahini](#)
- [Lemon Herb Pasta Salad](#)
- [Mediterranean Bean Salad](#)

Healthy Selfie:



While awaiting the results of the 2023 Biggest Winner Challenge, Aviation team captain and members of the Step up and Thrive Face off 2023 Challenge, posing for a photo with HR team member and Support Specialist at the WellnessWorks Mini Fitness Competition Station hosted at Hustle and Thrive this Summer with WellnessWorks event in June.



Biggest Winner Challenge team winners and HR Employee Support Services Manager at the Hustle and Thrive this summer with WellnessWorks event, June 20 at the Stephen P. Clark Center.

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.

Wellness Educational Workshops and Beat the Heat Summer Campaign

Join the Wellness team at a monthly in-person workshop. Stay up to date with relevant health and wellness topics to help you achieve a healthy lifestyle.

Miami Dade Corrections

7/5/2023 11 am - 12 pm
3505 N.W. 107th Avenue Doral, Florida 33178

Dept. Solid Waste Management

7/11/2023 6 am - 8:30 am
58th Street- 8831 NW 58th Street Doral, FL 33178,
Location: Large conference room

Human Resources

7/18/2023 11 am – 12 pm
OTV 701 First Floor Conference Room - Front RM. 130

Dept. Transportation and Public Works

7/20/2023 Northeast Bus Operations, 10 am - 12 pm
360 N.E. 185th Street Miami, FL 33179

Miami Dade Fire Rescue

7/25/2023 11 am - 12 pm
MDFR HQ 9300 NW 41 Street, Doral, FL 33178,
Conference Room 135

Miami-Dade Police Department

7/27/2023 11 am - 12 pm
Special Victims Bureau- 1701 NW 87 Avenue Suite 120 Miami, FL

Aviation

7/28/2023 11 am - 12 pm
Building 5A 4200 NW 36th Street, Miami, FL.

Beat the Heat this summer and join the wellness team at an MDC Cool Summer Series event.

Enjoy different Hydration Options and explore how to cool off and stay healthy this summer.

Miami-Dade Fire Rescue

7/13/2023 10 am - 2 pm
Miami-Dade Fire Rescue HQ 9300 NW 41st Street Doral, FL 33178, conference room 135

Elections

7/19/2023 10 am - 2 pm
2700 NW 87th Avenue, Doral, Florida 33172

Miami-Dade Corrections

7/25/2023 10 am - 2 pm
3505 N. W. 107th Avenue, Miami, FL 33178, Employee Lounge

Dept. Transportation and Public Works

07/26/2023 10 am - 2 pm
6601 NW 72nd Avenue, Miami, FL 33066, Breezeway

Emotional Wellness Reminder:

This month we focus on emotional resilience and how we can increase our ability to adapt to changes positively. Emotional resilience refers to one's ability to adapt to stressful situations or crises. More resilient people are able to "roll with the punches" and adapt to adversity without lasting difficulties; less resilient people have a harder time with stress and life changes, both major and minor.

Practice Mindfulness. Your brain is a powerful tool and training it to focus on the present moment can be a game changer. Mindfulness is the practice of purposely focusing your attention on the present moment—and accepting it without judgment. Mindfulness has been examined scientifically and was found to be a key element in stress reduction and overall happiness. Mindfulness does not have to be anything formal, it can be as easy as taking a moment to focus on your breathing or listing things that you are grateful in this moment. Training your mind towards gratitude ensures that it comes more easily the more you practice. Practicing mindful gratitude every day will rewire your brain to be naturally more grateful, and you'll start feeling happier after every session.

If you, a family member or a team member are struggling with feelings or emotions that interfere with your/their ability to engage in daily life, please feel free to reach out to our team at Miami-Dade Employee Assistance Program (EAP). The EAP is providing virtual and on-site assessments and support for all employees that are in need of assistance. Please call **305-375-3293** or email me at Jessica.Hughes-Fillette@miamidade.gov. The hours of operation are Monday-Friday from 8:00 am to 5:00 pm.

For more information visit
[Wellness Works Resources \(miamidade.gov\)](http://WellnessWorksResources(miamidade.gov))
or email wellnessworks@miamidade.gov