**Q4 Steps Challenge** Revive your Fitness this Winter Steps Challenge

WellnessWorks invites you to get a jumpstart on your fitness before the holidays roll in by joining the Revive your Fitness this Winter Steps Challenge. Give yourself a gift

and improve your health and condition The Challenge: 250,000 Steps Over 4 Weeks **REGISTRATION OPENS October 23** CHALLENGE DATES Oct 30 - Nov 25 To Join:

 Log in to your account Click on "Challenges"

• Select "Revive your Fitness for Winter Steps Challenge" **Click Here for More Info** 

**Self-Care Webinar Series** WellnessWorks is hosting virtual Self-Care Webinar Series each week. AvMed health

you will receive a confirmation email with details on how to join the webinar.

Gaining Back the Weight you Lost? Use

November Topics will include:

 Blood Pressure Cholesterol Blood Sugar

BMI Massage

12:00 PM

Holiday Health Hacks on Nov 7, 2023,

Register these Tips to Maintain your Results on Nov 14, 2023, 12:00 PM Decoding Carbohydrates: Friend or Register Foe? on Nov 16, 2023, 12:00 PM

coaches and special guests will be presenting a short 15-to-20 minute webinar on various self-care topics a noon. You will even have a chance to ask questions during the Q&A.

Register for the webinars you are interested in and take care of yourself. After registering,

Register

How to Maintain Healthy Habits Register throughout the Holidays on Nov 21, 2023, 12:00 PM Navigating Food Labels During the

Register Holidays on Nov 28, 2023, 12:00 PM

**November Biometric Screenings** Get a grip on your health numbers by attending a WellnessWorks Biometric Screening.

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

Miami Dade County locations hosting a Biometric screening this month: MDC - 3A Garbage OPS 11/7/2023

> **MDC** - Metro West Detention **Center MWDC** 11/8/2023

> **MDC - Metro West Detention**

**MDC - TGK Center** 11/15/2023

Center MWDC 11/9/2023 **MDC NE Garage Bus Transit** 11/14/2023

**MDC - TGK Center** 11/16/2023 MDC - Pre-Trail Detention Center 11/21/2023

> MDC - Pre-Trail Detention Center 11/22/2023

> > **MDC Library System** 11/28/2023

MDC 3A Garbage OPS 11/30/2023

\*Earn \$20 and 25 wellness points by participating. Bring your AvMed Insurance card.

Schedule an Appointment Wellness Educational Workshops Expand your health and wellness knowledge by attending a monthly in-person educational workshop to include a presentation and an onsite health coaching table. Join us for an informative and engaging workshop discussion on American Diabetes Month, Nov. 7, noon - 1 p.m. Stephen P. Clark Center

111 NW 1st Street, Miami, FL 33132,18-4

Nov. 9, 11 a.m. - noon Aviation - Miami International Airport 4200 NW 36th Street, Miami, FL 33166 - Building 5A

Nov. 14, 6 a.m. - 8:30 a.m. Solid Waste Management, 3 B Garbage & Trash Ops 8000 SW 107th Avenue, Kendall, FL 33167

> Nov. 16, noon - 3 p.m. **Medical Examiners** 1851 NW 10 Ave, Miami, FL 33136

Nov. 21, 11 a.m. - noon Overtown Transit Village 701 NW 1st Court, Miami, FL 33136 - First Floor Conference Room

Nov. 26, 10 a.m. - 3 p.m. Transportation and Public Works - Central Rosa Park Building, 3300 NW 32nd Ave, Miami, FL 33142 Nov. 30, 11 a.m. - noon

> Miami-Dade Police Department 9105 NW 25th Street, Miami, FL 33172 - PMB Classroom, Room 1104

> > More Info

Step Up, Revive, and Thrive Face-Off Challenge 2024 Registration Closes soon!

Hurry before it's too late to enroll in the annual department's team challenge, Step Up,

WellnessWorks is looking for 32 teams of 25 participants to join our annual steps challenge tournament for 2024! Department teams will take on other Department Teams to compete for greatest endurance and stride efforts to determine the Step Up, Revive, and Thrive Face

To Register: Designated Team Captains will collect all participants' complete information on

## Get active to make your steps count and compete for the greatest endurance and stride efforts to determine the Step Up, Revive, and Thrive Face Off Challenge 2024 Champions

Revive, and Thrive Face-Off Challenge 2024.

Savor the essence of autumn with Roasted Butternut Squash Tacos! These tacos are not only bursting with seasonal flavor but also offer a healthful dose of vitamins, fiber, and antioxidants, making them a

**Get the Recipe** 

nourishing choice for your meal!

Challenge Dates: January 22, 2024- November 8, 2024

the registration form found in this link and submit the completed form

off Challenge 2024 Champions.

Each Department may enroll up to two Department teams to compete in the tournament. **Register Here** Eat Smart: WellnessWorks Coach Nutrition Corner Roasted Butternut Squash Tacos

to WellnessWorks@miamidade.gov from October 2, 2023 to November 17, 2023.



'Tis the season for family, festivity, and food—lots of food. Temptations are everywhere, and

1. Holiday-Proof Your Plan. You may not be able to control what food you're served, and you're going to see other people eating tempting treats. Meet the challenges armed

• Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when

If you have a sweet treat, cut back on other carbs (like potatoes and bread) during

Don't skip meals to save up for a feast. It will be harder to manage your blood sugar,

• Have pumpkin pie instead of pecan pie. Even with a dollop of whipped cream, you'll

Break physical activity up into smaller chunks so it's easier to schedule, like walking 10

How do you stick to your diabetes meal plan when everyone around you seems to be

parties and travel disrupt daily routines. What's more, it all goes on for weeks.

Invited to a party? Offer to bring a healthy dish along.

and you'll be really hungry and more likely to overeat.

cut calories and sugar by at least a third.

minutes several times a day.

**Skin Care Awareness** 

Skin care: 5 tips for healthy skin

1. Protect yourself from the sun

strongest.

2. Don't Smoke

to skin health.

can contribute to wrinkles.

you stop smoking

4. Eat a healthy diet

5. Manage stress

dramatic than you expect.

block ultraviolet rays.

you're swimming or perspiring.

skin healthy and glowing.

November is National Healthy Skin Month, so it's the perfect time to talk about

it. Below are some tips to help you care for your skin properly this fall/winter:

skincare. Considering the skin is the body's largest organ, it's essential to take care of

Good skin care — including sun protection and gentle cleansing — can keep your

Don't have time for intensive skin care? You can still pamper yourself by acing the

prevent various skin problems. Get started with these five no-nonsense tips.

well as increase the risk of skin cancer. For the most complete sun protection:

basics. Good skin care and healthy lifestyle choices can help delay natural aging and

One of the most important ways to take care of your skin is to protect it from the sun. A lifetime of sun exposure can cause wrinkles, age spots and other skin problems — as

**Use sunscreen.** Use a broad-spectrum sunscreen with an SPF of at least 15. Apply sunscreen generously, and reapply every two hours — or more often if

Seek shade. Avoid the sun between 10 a.m. and 4 p.m., when the sun's rays are

Wear protective clothing. Cover your skin with tightly woven long-sleeved shirts, long pants and wide-brimmed hats. Also consider laundry additives, which give clothing an additional layer of ultraviolet protection for a certain number of washings, or special sun-protective clothing — which is specifically designed to

Smoking makes your skin look older and contributes to wrinkles. Smoking narrows the tiny blood vessels in the outermost layers of skin, which decreases blood flow and makes skin paler. This also depletes the skin of oxygen and nutrients that are important

Smoking also damages collagen and elastin — the fibers that give your skin strength and elasticity. In addition, the repetitive facial expressions you make when smoking such as pursing your lips when inhaling and squinting your eyes to keep out smoke —

In addition, smoking increases your risk of squamous cell skin cancer. If you smoke, the best way to protect your skin is to quit. Ask your doctor for tips or treatments to help

or gel before shaving. For the closest shave, use a clean, sharp razor. Shave in

Pat dry. After washing or bathing, gently pat or blot your skin dry with a towel so

Moisturize dry skin. If your skin is dry, use a moisturizer that fits your skin type. For

A healthy diet can help you look and feel your best. Eat plenty of fruits, vegetables, whole grains and lean proteins. The association between diet and acne isn't clear but some research suggests that a diet rich in fish oil or fish oil supplements and low in

unhealthy fats and processed or refined carbohydrates might promote younger

to-do list and make time to do the things you enjoy. The results might be more

Uncontrolled stress can make your skin more sensitive and trigger acne breakouts and other skin problems. To encourage healthy skin — and a healthy state of mind — take steps to manage your stress. Get enough sleep, set reasonable limits, scale back your

**Read More** 

Workout of the Month

After enjoying a great meal with the family do this work out the following day to help burn some calories.

MADE by DAREBEE © darebee.com

download in other languages darebee.com/hw

10 step jacks

Rest up to 2 minutes in between

10 chest expansions

Repeat 5 times in total

10 hip rotations

looking skin. Drinking plenty of water helps keep your skin hydrated.

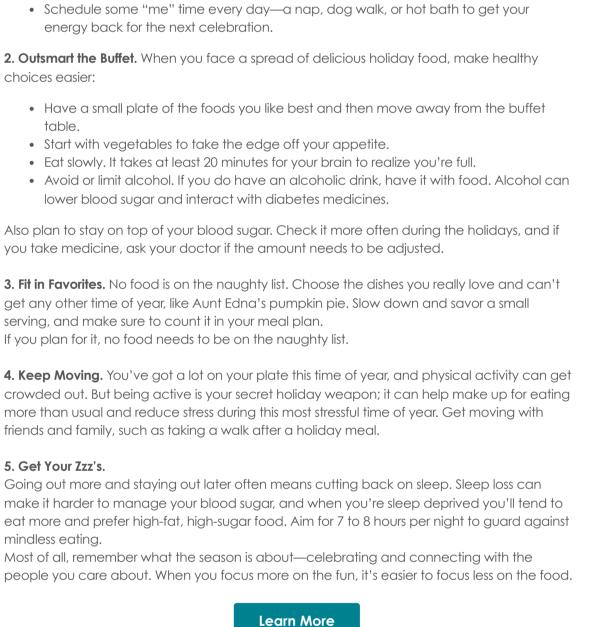
If you slip up, get right back to healthy eating with your next meal.

splurging? Here are 5 tips that can help:

with a plan:

dinner is served.

Holiday Hacks



## 3. Treat your skin gently Daily cleansing and shaving can take a toll on your skin. To keep it gentle: Limit bath time. Hot water and long showers or baths remove oils from your skin. Limit your bath or shower time, and use warm — rather than hot — water. **Avoid strong soaps.** Strong soaps and detergents can strip oil from your skin. Instead, choose mild cleansers. **Shave carefully.** To protect and lubricate your skin, apply shaving cream, lotion

the direction the hair grows, not against it.

that some moisture remains on your skin.

daily use, consider a moisturizer that contains SPF.

10 calf raises 10 march steps

**Read More** 

**Healthy Selfie:** 

Tax collectors and Clerk of Courts employee's Adela Gonzalez and Irene Handsford, keeping on top of their fitness, by paying a visit to the WellnessWorks program area to receive tracking devices to participate in the WellnessWorks Quarterly and Annual Departmental Team Steps Challenge.

- 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.

What makes a selfie healthy?

Wellness Tip for the month:

Learn to say no.

Submit a Healthy Selfie for a chance to be featured in our monthly newsletter.

Activities such as swimming, running, walking, biking, hiking, and yoga may be

- **Emotional Wellness** As we are beginning the holiday season—we will experience a whirlwind of giftgiving holidays, marketing blitzes, and holiday activities galore. While this season is meant to bring feelings of love and cheer, it's also represents holiday stress for many. The holidays are often a time when we focus on others, by sending cards, buying gifts, and cooking food, but during high stress times it is more important than ever to find time for you. If you know that the holidays are going to be stressful, plan accordingly by making sure you are carving out time to practice self-care each day so you are able to navigate some challenges as they arise.
- Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to pick up an extra shift for them or work overtime, try to remove something from your agenda to ensure you are getting the time you need to be present for the ones you love and make up for the lost time. Remember you cannot pour from an empty cup. Make sure you are refilling your cup with time for self-care this season. 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). ( www.miamidade.gov/support-services) The EAP is providing virtual and on-site assessments for all employees that are in need of assistance. To set up an assessment with an EAP counselor, please call 305-375-3293 or email me at <u>Jessica.Hughes-Fillette@miamidade.gov</u>. The hours of operation are Monday-Friday For more information visit

Wellness Works Resources (miamidade.gov) or email wellnessworks@miamidade.gov WELLNESSWORKS MIAMI-DADE COUNTY

Stephen P. Clark Center, 111 NW First Street, Miami, FL 33128 | Contact | Privacy Policy 23-17587 November 2023