View in web browser

"True enjoyment comes from activity of the mind and exercise of the body; the two are ever united." - Wilhelm Von Humboldt

### **Cool Summer Series**

cool off and stay healthy. Join the WellnessWorks team and explore how to combine physical fitness and other exercises to keep fit, cool and hydrated this summer. Bring your County identification card and meet the WellnessWorks team to

learn more.

#### **Miami-Dade Aviation Department** July 9, 2024

10:00 am - 2:00 pm Miami-Dade Aviation Department, 4200 NW 36th Street, Miami FL 33122 Building 5A, Second Floor Room: Conference Room

## Seaport

July 10, 2024 11:00 am – 2:00 p.m. 1015 N. America Way, Miami, FL 33132

#### July 11, 2024 10:00 am – 2:00 pm

Parking: Administrative Parking Lot Stephen P. Clark Center

Room: 2nd floor Conference Room

Department of Regulatory and Economic Resources

### Room: Room I & J For More Information

or email WellnessWorks@MiamiDade.gov

H2O is the Way to Go Hydration Challenge 2024

Summer is the perfect time to check in on your hydration status. With the summer heat comes the risk of dehydration and other heat-related illnesses. Water is essential for good health. Are you getting enough? The Challenge During the month of July, log on to HealthyRoads.com DAILY (Monday– Friday) and attest that you are completing the challenge plan for at least 20 days! Challenge Runs: July 1 - July 27 Registration is Open!

For More Information

Don't get scorched by the sun. Melt waistline inches instead. Join the Sizzling Your Waist Challenge and get lean and trim this summer.

### **Registration Opens: July 8** Register at <a href="https://www.healthyroads.com/Incentive/PlanSummary">https://www.healthyroads.com/Incentive/PlanSummary</a>

Mega Swag Bag from WellnessWorks.

Q3 Steps Challenge: Happy Healthy Summer's End

#### WellnessWorks invites you to join the Happy Healthy Summer's End steps challenge for Q3 2024. Just because summer is ending doesn't mean you can't stay on track with your goals.

**Registration Opens: July 29 Register Here!** 

Challenge Dates: August 12 - September 7

**Wellness Educational Workshops** 

#### Design Your Exercises to Fit Your Busy Lifestyle: 10:00 am - 10:45 am Mental Health: 11:00 am - 11:45 am Promoting Wellness in the Workplace 12 pm -12:45 pm

Tips for Adding Vegetables to Your Day

July 16, 2024

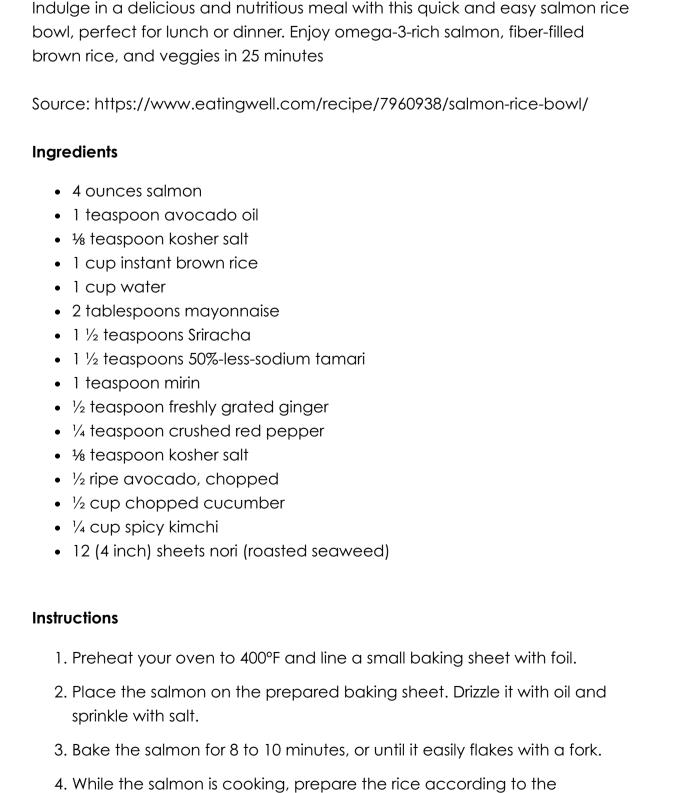
July 25, 2024

Stress & Weight Management Presentation

11:00am - 3:00 pm July 30, 2024 What Do You Want to Know about Men's Health Training Room, Miami, FL 33136 Medical Examiner's Office | 1851 NW 10th 12:00 pm - 3:00 pm

Eat Smart: WellnessWorks Coach Nutrition Corner

Aviation | 4200 NW 36th Street, Bldg. 5A-Training Room, Miami, FL 33166



7. Divide the cooked rice between two bowls. 8. Top each bowl with salmon, avocado, cucumber, and kimchi. 9. Drizzle the tamari mixture and the mayonnaise mixture over each bowl. 10. If desired, mix everything together in the bowls.

Serving size: 1 bowl, Calories: 481, Carbohydrates: 47g, Fiber: 6g, Sugar: 3g,

5. In a small bowl, mix together mayonnaise and Sriracha, and set aside.

6. In another small bowl, whisk together tamari, mirin, ginger, crushed red

package instructions in a saucepan.

pepper, and salt, and set aside.

11. Serve with nori sheets on the side.

Protein: 18g, Total Fat: 25g, Saturated Fat: 4g

Help manage chronic conditions

### Increase muscle mass • Strengthen bones, ligaments, and tendons

Reduce the risk of certain cancers and cardiovascular disease

Give us a call at 305-375-5797 or send us an email at <u>EmployeeWellnessCenter@MiamiDade.gov</u> to ask how to get started today!

> Hours of Operation: Mon-Thur: 6:00 am to 8:00 pm Fri: 6:00 am to 5 pm

Summer Is Here! Do You Have Your Summer Body Ready?

Do you need <u>accountability</u>? Do you have trouble staying <u>consistent</u>? Are you not sure how to <u>program</u> your workouts? Do you need help <u>assessing</u> 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 can

help you reach your goals and give you knowledge! A personal trainer provides guidance and a boost to be independent in the gym later on!

Check out our personal training packages! 30 minutes: • 1 session: \$30

**Hot Tips for Summertime Exercise** 

For more information, contact 305-375-5797 or EmployeeWellnessCenter@MiamiDade.gov

### 5 minutes: Warm-up with light cardio (jogging, jumping jacks, or brisk walking) 10 minutes: Circuit training Alternate between bodyweight exercises such as squats, lunges, pushups, and planks • Complete 1 minute for each, resting 30 seconds in between 2 rounds 10 minutes: Cardio blast • Run in place, high knees, or burpees • Complete 1 minute for each, resting 1 minute in between 3 rounds **5 minutes:** Cool down with stretching and deep breathing exercises Remember to listen to your body and modify exercises as needed. Consistency is key!

or sweating), so remember to take the bottle of sunscreen with you to wherever you go. Other tips Seek shade during peak sun hours (10:00 am - 4 pm). Wear protective clothing, including a wide-brimmed hat and sunglasses

Avoid tanning beds and sunlamps, as they emit harmful UV radiation.

By taking simple precautions, you can reduce your risk of sunburn, premature

**AAD UV Safety Articles** 

**Healthy Selfie** 

aging, and skin cancer. Stay safe and enjoy the summer sun responsibly! Check out the link below from the American Academy of Dermatology to

You should reapply sunscreen every two hours (more frequently if swimming

**July is Social Wellness Month** Social Wellness Month is celebrated each July around the world. Connecting with other people can be an interesting, exciting, and healthy part of our lives. Moreover, social support is often integral to a person's physical health and mental well-being. According to the <u>U.S. Surgeon General's 2023 advisory report</u>, loneliness is a pervasive condition that affects one in two adults in the U.S., which is a broader swath of the population than the number of people with diabetes. Other findings include: disease by 29% and the risk of stroke by 32%, according to the American Heart Association. The U.S. Surgeon General's report goes on to say that "building social connections in our life has to be a vital priority." Research suggests that social support can have positive effects such as: • Improved self-esteem: Surrounding yourself with people who respect and care about you can lead you to think more highly of yourself. • Better coping skills: Having social and emotional support can improve your sense of autonomy, potentially making it easier to cope with

stressful situations, even on your own.

Experts say recognition and awareness are important first steps to escaping loneliness. On an individual level, there are things that people can practice

Taking 15 minutes a day to reach out to someone you care about

Making the time count by giving other people your full attention and

If you or someone you know is struggling this summer, know you are not alone and there is help and hope. Please reach out to our team at the Miami-Dade

Employee Assistance Program (EAP). The EAP provides onsite and virtual assessments for all employees and family members that are in need of

to prevent them from feeling lonely, for example:

Looking for ways to serve others

putting devices away

assistance. To set up an assessment with an EAP counselor at no cost, please call 305-375-3293 or email <u>Jessica.Hughes-Fillette@MiamiDade.gov</u>. **Learn More** 

AvMed complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, sex, sexual orientation, gender, gender identity, disability, or age, in its programs and activities, including in admission or access to, or treatment or employment in, its programs and activities. The following person has been designated to handle inquiries regarding AvMed's  $non discrimination\ policies:\ AvMed's\ Regulatory\ Correspondence\ Coordinator,\ P.O.\ Box\ 569008,\ Miami,\ FL\ 33256,\ by\ phone\ 1-800-882-8633$ 

 $(\mathbf{f})(\mathsf{in})(\mathbf{D})$ 

The Cool Summer Series focuses on heat illness prevention and ways you can

111 NW 1st street Miami, FL 33128 Room: 18-3 July 25, 2024 10:00 am - 1:00 pm 11805 SW 26 Street Miami, Fl. 33175

Sizzle Your Waist Summer Challenge

### Register for a Chance to Win • To register for this challenge employees must have completed their spring and fall biometric screenings. Waist circumference measurements from your screenings will be utilized to determine the Challenge winner. The participant who loses the most inches from their waistline wins a

# Challenge Dates: July 24 - November 30 **For More Information**

- The Challenge Rack up 260,000 steps over 4 weeks
- RER Dept. | 11805 SW 24th Street, Room I & J, Miami, FL 33175 Room, Miami, FL 33166 10:00am - 1:00 pm July 18, 2024 What Do You Want to Know About Men's Health Northeast Bus Operations | 360 NE 128th Street, Miami, FL 33179 Session #1: 11:00 am - 11:45 am Session #2: 12:00 pm - 12:45 pm July 23, 2024

701 NW 1st Court, OTV Bldg. - First Floor Training Room, Miami, FL 33136

Salmon Rice Bowl Cook Time: 15 Minutes Total Time: 25 Minutes Serves 2

- Miami-Dade County Wellness Center Newsletter For only \$18 per month (no fees), Miami-Dade employees have access to a discounted gym they can go to before or after work, or even during lunch breaks. Increasing daily activity and doing resistance training can Improve body composition Improve mood • Improve blood pressure
- 5 sessions: \$130, save 13% 10 sessions: \$215, save 18%

60 minutes:

• 1 session: \$55

• 5 sessions: \$230, save 16% • 10 sessions: \$415, save 25%

Get an early ... or late ... start Hitting the trails for a mind-clearing jog or bike ride? Try to avoid outdoor workouts at the hottest time of the day, which is usually between the hours of 10 a.m. and 3 p.m. Beat the heat and dangerous UV rays by doing your more strenuous outdoor exercising early in the morning or later in the evening. Wake up and hydrate Drink a full glass of water as soon as you wake up if you're going to be

exercising outside for a prolonged period of time. Staying hydrated is crucial, especially during the hot summer months. Remember to drink plenty of water throughout the day, even if you're not feeling thirsty. You'll want to replenish your electrolytes, too. Dehydration can lead to decreased performance during workouts and overall fatigue. Keep a reusable water bottle with you

Stay cool with activities like water aerobics, swimming in the community pool, or strolling along the beach with your feet in the water. If it gets too hot out,

Reduce your risk of overheating by choosing light-colored, loose-fitting, and moisture-wicking clothing. Invest in pieces with natural fibers like cotton that can help you stay cool and comfortable. Consider clothes with built-in sun protection during the day to protect yourself against UV rays. And if you'll be

exercising outside before sunrise or after sunset, wear reflective gear so

Rather than reaching for sugary snacks after your workout, reach for a piece

**Additional Tips** 

Stay Active This July: 30-Minute Workout

No time for a lengthy gym session? No problem! Try this quick and effective 30-minute workout to get your heart pumping and your muscles working.

In this edition, we're focusing on fitness tips to keep you healthy and

motivated as we dive into the heart of summer.

at all times to stay on top of your hydration game.

take the fun indoors to an air-conditioned facility.

others, especially drivers, can see you.

Choose your exercises wisely

**Dress accordingly** 

Snack smart

of fruit instead.

July is UV Safety Month, a time to raise awareness about the importance of protecting ourselves from the harmful effects of ultraviolet (UV) radiation.

Choose a broad-spectrum sunscreen with a minimum SPF 30 or higher that

protects your skin from **UVA and UVB** rays. The higher the SPF, the more

If you plan to get wet or you sweat a lot, use sunscreen that is labeled as

Make sure you protect all parts of your body not covered by clothing. When

it comes to how much, remember the "teaspoon rule":

• 1 teaspoon of sunscreen to the face and neck

2 teaspoons to the chest and abdomen

Here are some tips to stay safe in the sun.

Select a high-protective sunscreen

Apply sunscreen properly & often

• 2 teaspoons for the back 1 teaspoon to each arm 2 teaspoons to each leg

with UV protection.

find out more about UV safety.

protection you get.

water-resistant.

MIAMI-DADE COUNTY
EMPLOYEE WELLNESS CENTER Congratulations to Renita Revere, Department of Transportation and Public Works employee, for completing her personal health assessment on www.healthyroads.com and being awarded the raffle prize at the Aviation employee appreciation event.

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

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 selfcare and social activities that are good for your mental wellbeing such as meditation, reading, quality time with friends and family, downtime relaxing,

To be featured in the Healthy Selfie article in an upcoming newsletter, please

submit high-quality images to WellnessWorks@MiamiDade.gov.

newsletter.

learning a new skill, etc.

 Approximately half of U.S. adults report experiencing loneliness, with some of the highest rates among young adults. • Lacking social connection can increase the risk for premature death as much as smoking up to 15 cigarettes a day. Loneliness and social isolation can increase a person's risk of heart

• Stress management: Having social support can make an individual more resilient to stress. • Mental and emotional well-being: Positive social communication within one's social network can help to reduce depression, manage anxiety symptoms, and improve emotional stability.

For more information, please visit: <a href="https://secure.miamidade.gov/employee/wellness-">https://secure.miamidade.gov/employee/wellness-</a> works/wellness-works-resources.page or email WellnessWorks@MiamiDade.gov.

(TTY 711), or by email Regulatory.Correspondence@AvMed.org. AvMed Embrace better health." Contact | Privacy Policy | Unsubscribe | Languages AvMed, 3470 NW 82nd Avenue, Suite 1100, Doral, FL 33122 © 2024 AvMed Inc.

24-17909