



"Your mind will take the shape of what you frequently hold in thought; for the human spirit is colored by such impressions." – Marcus Aurelius

8th Annual 5K Family Fun Day & Obstacle Course

Gather up the family and come out to Amelia Earhart Park, 401 E 65th, Hialeah, FL 33013, on November 9th, from 6 am to 12 pm, for the 8th Annual 5K Family Fun Day & Obstacle Course!

Run, walk, and compete in a fun and challenging obstacle course, where all skill levels are welcome. While you run or walk the 5k race or jump and dive through the obstacle course, your family can cheer you on.

There will be prizes, shopping areas with treats and fall seasonal merchandise, and valuable information to learn.

Registration opens Mid-August

[Click here for more information](#)

Q3 Steps Challenge: Stepping Out of Summer

WellnessWorks invites you to join the Q3 "Stepping Out For Summer" steps challenge! As the summer season comes to end and fall season approaches, make sure to stay on track with your goals by racking up and completing 260,000 steps over 4 weeks.

Challenge Runs: August 12 – September 7

[Sign Up Now](#)

Biggest Winner Challenge 2024

Locations Winners

Locations:	Fat Loss Location Winner	Muscle Gain Location Winner
OTV	Denise Jones (TC)	Pharo Raymond (TC)
SPCC	Peter Cam (TC)	Pierre Laguerre (MDPLS)
Water and Sewer	Mykyia Brown (WASD)	N/A
South Dade Govt Center	Alexander Lara (WASD)	N/A
MDCR HQ	Christina Borwick (WASD)	Bethrand Waly (DIPFW)
MDPD HQ	Lourdes Anaya (MDPLS)	Madison Mena (MDPD)
ITD HQ	Vencent Ledesma (WASD)	Venonico Fretes Saguin (MDPLS)
Aviation	Dorcasia Melnikis (WASD)	Edmund Parra (MDCR)
MDCR	Kesha Vance (MDCR)	N/A

County Winners

Fat Loss Winner	Muscle Gain Winner
Mykyia Brown (WASD)	Bethrand Waly (DIPFW)

Team Winners

Team Fat Loss Winner	Team Muscle Gain Winner
Walt Away (Tax Collectors)	MIA Rock Solid (Aviation)

WellnessWorks Incentive Winners for Quarter 1

MDC employees listed below have won the \$250 raffle for completing their 75 points in Q1.

- Jose Gonzalez: Water and Sewer
- Alexander Hernandez: Aviation
- Marlene Avado Gonzalez: Seaport
- Peter Velazquez: Water and Sewer
- Quameshia Dey: Corrections and Rehabilitation
- Lourdes Anaya: Libraries
- Ulla Peralta: Animal Services
- Carla Cunningham: Tax Collectors
- Marla Fernandez: Strategic Procurement
- Felix Gonzalez: Regulatory and Economic Resources
- Alexandra Warshavskiyimni: Strategic Procurement
- Michael Reis: Water and Sewer
- Ana Bella: Aviation
- Amy Rodriguez: Police
- Tracie Auguste: Strategic Procurement
- Monica Cejas: Citizens Independent Transportation Trust
- Edward Muneccas: Finance
- Jossemary Pelaez: Water and Sewer
- Levenda James: Police
- Tashkia Matos: Management and Budget

Welcome Fall Wellness Fair

Presented by Mayor Daniella Levine Cava

Celebrate the beginning of the fall season with the Welcome Fall Wellness Fair! Dress in pink as we look to bring awareness to the prevention of breast cancer and continue the support of finding a cure.

Wednesday, September 4

Stephen P. Clark Government Center
111 NW 1st Street, Miami, FL 33128

East Lobby

10 am - 2 pm

Sizzle Your Waist Challenge

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

Challenge Runs: July 24 – November 30

Register on <https://www.healthycops.com/incentive/PlanSummary>

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 with the greatest loss of inches wins a Mega Swag Bag from WellnessWorks.

[For More Information](#)

Wellness Educational Workshops & Biometric Screening

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

August 15

Guidelines for Building Muscle
Central Garage Transit, the Rosa Park Building, 3300 NW 32nd Ave, Miami, FL 33142
Presentation Time: 7 am – 2 pm

August 19

Work Life Balance & Stress Management
Miami-Dade Corrections, 9601 NW 58th Street, building 900, Doral, FL 33178
Presentation Time: 2 pm – 4 pm

August 29

Miami-Dade Police Department
975 NW 25th St, Sweetwater, Florida 33172, PMB classroom 174
Presentation Time: 2 pm – 3 pm

Coaching appointments available: 12:30 pm – 3 pm (30 minute sessions). Appointments need to be made in advance please email caroline.studypark@miamidade.gov to secure a free slot.

Upcoming Biometric Screening Events

August 14

Department of Transportation and Public Works
Coral Way Garage, 2775 S.W. 74th Ave, Miami, FL 33155
10 am - 2 pm
[Register](#)

August 21

Water and Sewer Department- 3071 SW 38th Avenue Miami, FL Training Room 156A
Time: 7 am – 2pm
[Register](#)

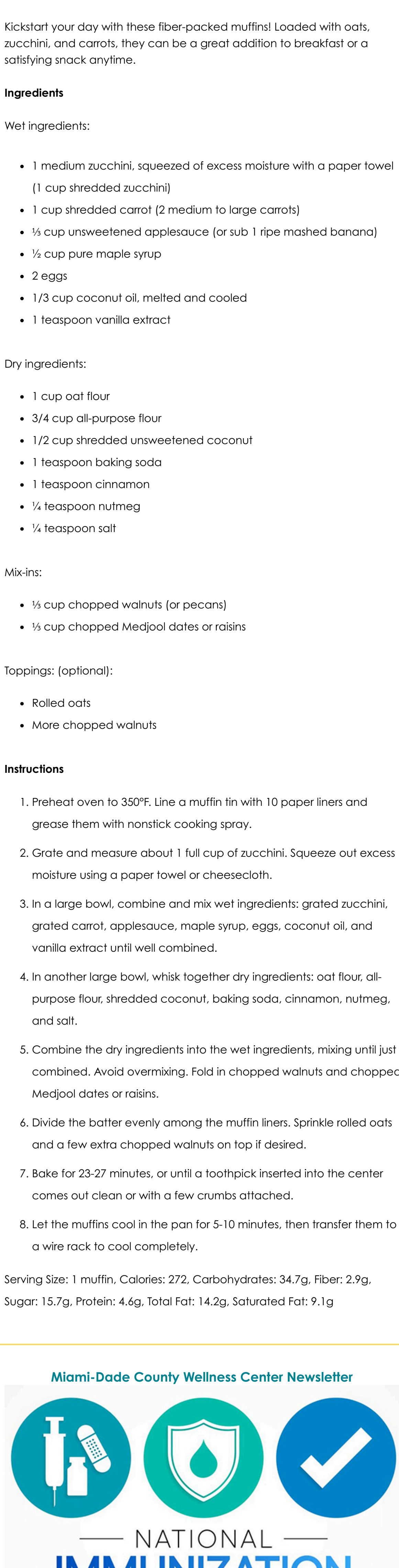
August 21

Internal Services Department Print Shop
2225 NW 72 Avenue Miami, FL 33122 33155
11 am- 2 pm
[Register](#)

Eat Smart: WellnessWorks Coach Nutrition Corner

Zucchini Carrot Muffins

Prep Time: 20 minutes
Cook Time: 25 minutes
Total Time: 45 minutes
Serves 10



Source: <https://www.ambitiouskitchen.com/zucchini-carrot-muffins>

Kickstart your day with these fiber-packed muffins! Loaded with oats, zucchini, and carrots, they can be a great addition to breakfast or a satisfying snack anytime.

Ingredients

Wet ingredients:

- 1 medium zucchini, squeezed of excess moisture with a paper towel (1 cup shredded zucchini)
- 1 cup shredded carrot (2 medium to large carrots)
- 1 cup unsweetened applesauce (or sub 1 ripe mashed banana)
- 1/2 cup pure maple syrup
- 2 eggs
- 1/3 cup coconut oil, melted and cooled
- 1 teaspoon vanilla extract

Dry ingredients:

- 1 cup oat flour
- 3/4 cup all-purpose flour
- 1/2 cup shredded unsweetened coconut
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/4 teaspoon salt

Mix-ins:

- 1/2 cup chopped walnuts (or pecans)
- 1/2 cup chopped Medjool dates or raisins

Toppings: (optional):

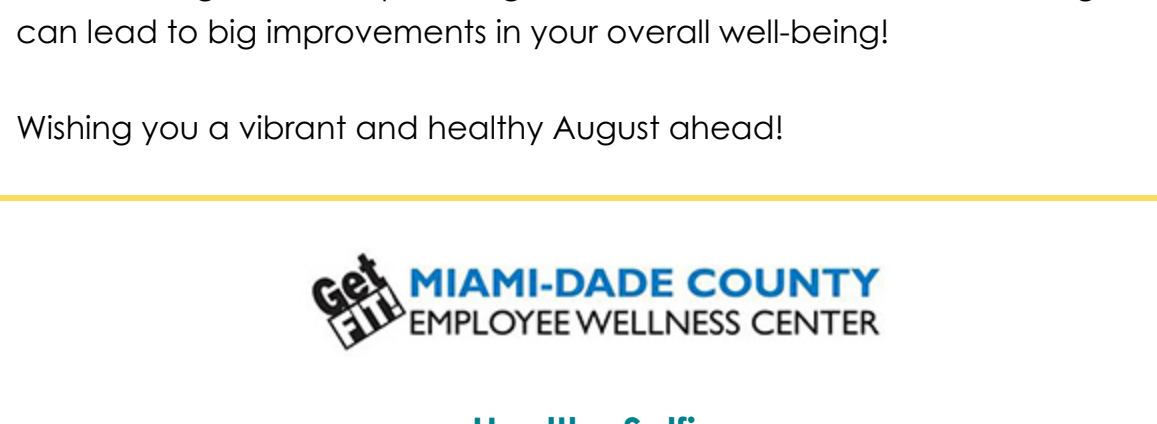
- Rollled oats
- More chopped walnuts

Instructions

- Preheat oven to 350°F. Line a muffin tin with 10 paper liners and grease them with nonstick cooking spray.
- Grate and measure about 1 full cup of zucchini. Squeeze out excess moisture using a paper towel or cheesecloth.
- In a large bowl, combine and mix wet ingredients: grated zucchini, grated carrot, applesauce, maple syrup, eggs, coconut oil, and vanilla extract until well combined.
- In another large bowl, whisk together dry ingredients: oat flour, all-purpose flour, shredded coconut, baking soda, cinnamon, nutmeg, and salt.
- Combine the dry ingredients into the wet ingredients, mixing until just combined. Avoid overmixing. Fold in chopped walnuts and chopped Medjool dates or raisins.
- Divide the batter evenly among the muffin liners. Sprinkle rolled oats and a few extra chopped walnuts on top if desired.
- Bake for 23-27 minutes, or until a toothpick inserted into the center comes out clean or with a few crumbs attached.
- Let the muffins cool in the pan for 5-10 minutes, then transfer them to a wire rack to cool completely.

Serving Size: 1 muffin. Calories: 272. Carbohydrates: 34.7g. Fiber: 2.9g. Sugar: 15.7g. Protein: 4.6g. Total Fat: 14.2g. Saturated Fat: 9.1g

Miami-Dade County Wellness Center Newsletter



August is National Immunization Awareness Month (NIAM) and is dedicated to raising awareness about the importance of vaccination for people of all ages. Vaccines protect against serious diseases and play a crucial role in maintaining public health. Make sure you and your loved ones are up-to-date with recommended vaccines.

Vaccines are among the most successful and cost-effective public health tools available for preventing disease and death. In the United States, vaccines have greatly reduced infectious diseases that once routinely caused severe illness and death. According to the CDC and prior to the COVID-19 pandemic, approximately 50,000 adults died every year from vaccine-preventable illnesses. During NIAM, we encourage you to talk to your doctor, nurse, or healthcare professional to ensure that you and your family are protected against serious diseases by getting caught up on routine vaccinations. Although no vaccine is 100% effective, it is the first step in protecting yourself, your family, and others from serious illness.

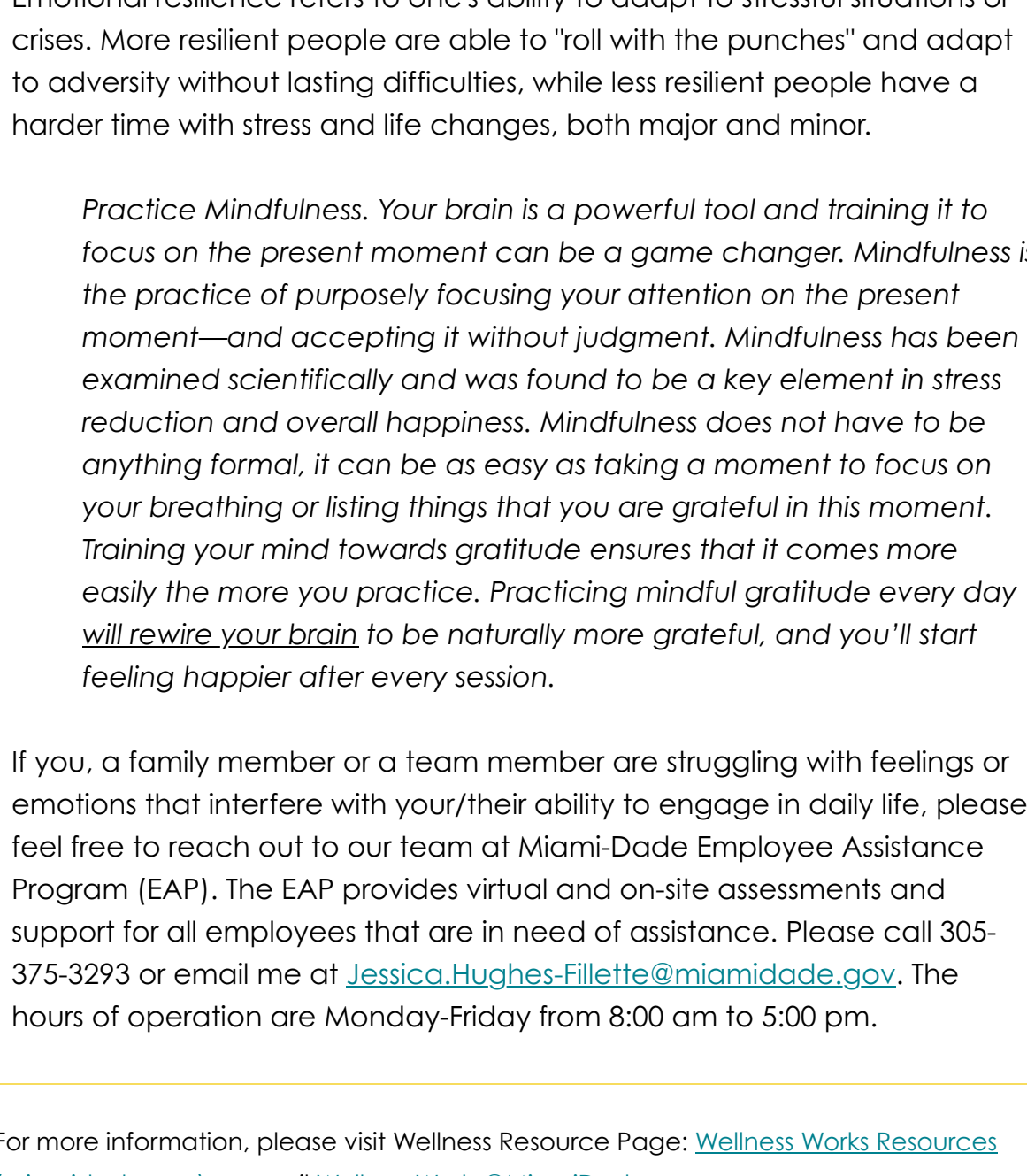
Source: <https://www.cdc.gov/vaccines/events/niam/index.html>

Fitness Tips: Incorporating Stretching into Your Routine

Stretching is crucial for maintaining flexibility and preventing injuries. Incorporate these stretches into your daily routine:

- Hamstring Stretch:** Sit on the floor with one leg extended and the other bent. Reach towards your toes, keeping your back straight.
- Shoulder Stretch:** Extend one arm across your chest and gently pull towards your body with the opposite arm.
- Quad Stretch:** Stand on one leg, grab your ankle with the opposite hand, and pull your heel towards your buttocks.

Regular stretching can improve circulation, reduce muscle tension, and enhance your overall flexibility. Make it a habit before and after workouts for optimal results!



Source: <https://darebee.com/workouts.html>

We hope you find these resources helpful in maintaining a healthy and balanced lifestyle this August. Stay tuned for more tips, recipes, and wellness insights in our upcoming newsletters. Remember, small changes can lead to big improvements in your overall well-being!

Wishing you a vibrant and healthy August ahead!

MIAMI-DADE COUNTY EMPLOYEE WELLNESS CENTER

Healthy Selfie

MDC WellnessWorks Program Health Coach, Jeremie Etienne, shared valuable tips and information with the men of Miami-Dade Corrections & Rehabilitation Department at the previous month's Wellness Educational Workshop hosted at their Headquarters in Doral, Florida. Check out a couple of images captured at the event below.

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.

Emotional Wellness Reminder

This month, we're focusing 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, while 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 for 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 provides 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-Filette@miamidade.gov. The hours of operation are Monday-Friday from 8:00 am to 5:00 pm.

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

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