



April 2018



WELLNESSWORKS  
MIAMI-DADE COUNTY

# Wellness Watch

Providing Miami-Dade County Employees with the Latest Wellness News, Programs and Events



## SPRING INTO WELLNESS FAIR



Returning **May 11th** at the Stephen P. Clark Center, the **Spring Into Wellness Fair** brings back a variety of merchants showcasing their products and services. You can enjoy the local farmers market, food trucks, entertainment, biometric screenings from AvMed, and fun for the entire family. Earn Wellness Works points and prizes by participating in fun competitions. Be sure to stop by at 12 pm for the announcement of the 2018 Biggest Winner! Come join us for this day of fun from 10 am-3 pm.

## BIKE 305 RIDE YOUR BIKE TO WORK DAY

Miami-Dade County employees and the community joined together on March 2nd for the annual **Bike 305 Bike to Work Day**. This 7.5 mile bike ride from the University Metrorail Station to downtown Miami, promoted health through movement and the environmental benefits of biking.



## Spring into Action - Steps Challenge

Get out there and get moving! Join the "Spring Into Action" steps challenge, with Wellness Works, to earn 25 wellness points toward your 75 point goal for the quarterly wellness rewards drawing.

From May 6th through June 3rd, your goal is to reach 125,000 steps. To track your progress, simply use one of the devices compatible with MDC's Wellness Works Connected program. If you're an employee and DID NOT receive a Fitbit activity tracker during the Step Into 2018 Steps Challenge, you can contact your Wellness Liaison to find out how to receive a FREE Fitbit Flex 2™ activity tracker. Registration begins on April 23rd. To enroll in the steps challenge, visit [healthyroads.com](http://healthyroads.com). For more details contact, [WWOnsiteCoaching@AvMed.org](mailto:WWOnsiteCoaching@AvMed.org).

## HEALTHY SELFIE



Yelena Dash, ITD  
Transit Services,  
dances to stay healthy.

Have you made  
fitness part of your  
lifestyle? Send us a  
picture showing you  
participating in your  
favorite type of exercise  
and you will be entered  
in a raffle to win a  
prize. Email photos  
to: [WellnessWorks@  
MiamiDade.gov](mailto:WellnessWorks@MiamiDade.gov).

## April Events

| Date                     | Event   |
|--------------------------|---|
| Saturday, April 7, 2018  | Tough Mudder Miami 2018   |
| Sunday, April 8, 2018    | The 4th Annual Krista-Marie Touch of Love Charity 5K                                  |
| Saturday, April 14, 2018 | 18th Annual Riverwalk Run!  |
| Sunday, April 15, 2018   | 2nd Annual Paws For A Cause 5K and 1 Mile Walk for The Dogs                           |
| Saturday, April 21, 2018 | Legacy 5K Walk & Run 2018   |
| Thursday, April 26, 2018 | Mercedes-Benz Corporate Run – Miami<br>Race date: Thursday, April 26, 2018 at 6:45 pm |

## National Infant Immunization Week (NIIW)

National Infant Immunization Week (NIIW) is an annual observance to promote the benefits of immunizations and to improve the health of children two years old or younger. Since 1994, local and state health departments, national immunization partners, healthcare professionals, community leaders from across the United States and the Centers for Disease Control and Prevention (CDC) have worked together through NIIW to highlight the positive impact of vaccination on the lives of infants and children, and to call attention to immunization achievements.

### 2018 NIIW

NIIW, set for April 21-28, 2018, will be celebrated as part of World Immunization Week (WIW), an initiative of the World Health Organization (WHO). During WIW, all six WHO regions, including more than 180 Member States, territories and areas will simultaneously promote immunization, advance equity in the use of vaccines and universal access to vaccination services and enable cooperation on cross-border immunization activities.

Source: <https://www.cdc.gov/vaccines/events/niiw/overview.html>

## Red Snapper with Arugula Salad



### Ingredients

- 4 tablespoons extra-virgin olive oil, divided
- 1 teaspoon grated lemon rind
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon minced garlic
- 3/4 teaspoon kosher salt, divided
- 6 (6-ounce) red snapper fillets
- 1/4 teaspoon freshly ground black pepper
- 5 ounces fresh baby arugula
- 1/4 cup thinly sliced red onion
- 2 ounces pecorino Romano cheese, shaved
- 6 lemon wedges

### Instructions

1. Combine 3 tablespoons oil, rind, juice, and garlic in a large bowl, stirring well with a whisk. Stir in 1/4 teaspoon salt.
2. Sprinkle fish with remaining 1/2 teaspoon salt and pepper. Heat a large nonstick skillet over medium-high heat. Add 1 1/2 teaspoons oil to pan; swirl to coat. Add 3 fillets, skin side down; reduce heat to medium, and cook 5 minutes or until skin is golden and crisp. Turn fillets; cook 3 minutes or until done. Remove fish from pan; keep warm. Wipe pan clean; repeat procedure with remaining oil and remaining 3 fillets.
3. Add arugula to dressing; toss. Top with onion and cheese. Serve salad with fillets and lemon wedges.

Chef's Notes: Press down lightly on the fillets for the first minute while they cook skin side down. For thicker filets, add about two minutes to your cooking time.

Source: [http://www.myrecipes.com/  
recipe/red-snapper-arugula-salad](http://www.myrecipes.com/recipe/red-snapper-arugula-salad)