

# Wellness Watch

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



## JULY IS NATIONAL PARK & RECREATION MONTH

Miami Dade County Parks and waterways are opening up. Enjoy some fun in the sun this month and improve your physical and mental health by adding more outdoor activities to keep you healthy. For more information on park events and offerings visit <https://www.miamidade.gov/global/recreation/home.page>.



## Roasted Salmon with Avocado and Grapefruit Salsa



Grapefruit combined with silky avocado, red onion, and fresh cilantro makes a lively topping for wild Alaskan king salmon, a sustainable seafood choice. Serve with rice pilaf and coleslaw or sautéed cabbage.

### Ingredients:

- 3/4 lb. (375 g.) wild salmon fillet, 1 1/2" (4 cm.) thick
- Olive oil
- Coarse kosher salt and freshly ground pepper
- Ancho chile powder
- 1 large grapefruit
- 1 small, firm but ripe avocado, pitted, peeled, and cubed
- 1/2 large jalapeno chile, seeded and minced
- 3 Tbs. minced red onion
- 2 Tbs. minced fresh cilantro
- 1 Tbs. fresh lime juice

### Preparation:

Preheat the oven to 375 degrees F (190 degrees C). In a small baking pan, place the fish. Brush olive oil on both sides. Sprinkle with salt, pepper, and ancho chile powder. Place in the oven and roast until almost opaque in the center, about 18 minutes.

Meanwhile, using a sharp knife, cut off the peel and all the white pith from all around the grapefruit. Working over a small bowl, use the knife to cut between the membranes to release the grapefruit segments into the bowl. Squeeze the juice from the membranes into the bowl. Remove the grapefruit segments from the bowl and cut crosswise into 1/2-inch (12-mm.) pieces; return to the bowl. Gently mix in the avocado, jalapeno, onion, cilantro, and lime juice. Season the salsa to taste with salt and pepper.

Cut the fish in half and divide between 2 warmed plates. Spoon the salsa over the top and serve right away. Serves 2.

<https://blog.williams-sonoma.com/roasted-salmon-with-avocado-and-grapefruit-salsa/>

**"YOUR LIFE HAS NO REMOTE. GET UP AND CHANGE IT YOURSELF."**

## Healthy Selfie:

### 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](mailto:WellnessWorks@MiamiDade.gov).

## Emotional Wellness Tip: Practice Positive Self-Talk

Start by following one simple rule: Don't say anything to yourself that you wouldn't say to anyone else. Be gentle and encouraging with yourself. If a negative thought enters your mind, evaluate it rationally and respond with affirmations of what is good about you. Think about things you're thankful for in your life.

*Check out Emotional Wellness channel for Meditation and Emotional Wellness Tips for Miami Dade County Employees:*

<https://web.microsoftstream.com/channel/28dc7326-8d6f-4855-b3a2-70d7f6e8ca01>

**BE WELL. STAY WELL. EARN \$20 DOLLARS FOR COMPLETING YOUR PHA ONLINE AT [WWW.HEALTHYROADS.COM](http://WWW.HEALTHYROADS.COM)**

## A Guide to 7 Different Types of Meditation

Meditation is the practice of thinking deeply or focusing one's mind for a period. This can be done in silence or with the help of chanting, and is done for several reasons, ranging from religious or spiritual purposes to a method for evoking relaxation.

In our modern, hectic world, meditation has gained traction in recent years as a way to manage stress. Scientific evidence has also emerged that shows meditation can be a helpful tool in fighting chronic illnesses, including depression, heart disease, and chronic pain.

There are many different forms of this ancient practice. If you are interested in trying meditation, but do not know where to start click link for a list of seven types of meditation practices:

<https://www.everydayhealth.com/meditation/types/>

<https://www.headspace.com/science/meditation-benefits>



## July launches our new Nutrition Challenge, "A Fruit A Day Will Keep the Doctor Away!"

**The Challenge:** Eat A Serving\* of Fruit Each Day for At Least 20 Days in July

**Challenge Dates:** July 1 – July 28

**Earn Points:** Upon completion of the challenge, you will receive 25 points toward your 75 point goal for the quarter. For each quarter in which you earn 75 points, you will be entered to win one of the many \$250 wellness rewards (subject to payroll taxes).

**Enroll:** AvMed members visit [www.healthyroads.com](http://www.healthyroads.com) to enroll

Select **Challenges**

Click **"Keep the Doctor Away"**

\*Serving = ½ cup or a handful

# "Let Wellness Come to You"



**WELLNESSWORKS**  
MIAMI-DADE COUNTY

## Wellness on Demand Channel

WellnessWorks & Employee Assistance Program (EAP) virtual health and wellness resource channel, available on the Microsoft Live Stream platform.

The channel includes: Videos on Exercise, Stretching, Meditation and Wellness Tips:

<https://web.microsoftstream.com/channel/f33616db-93f4-4e50-bdd4-074900b58773>

**Take 10 for Your Health Virtual Break:** This virtual break includes: stretching, low- Impact aerobics, nutrition tips, and a joke to make you smile.

Monday and Friday 10:30 AM to 10:45 AM

- Join Zoom Meeting <https://miamidade.zoom.us/j/788078494>

Wednesday 10:30 AM to 10:45 AM

- Join Zoom Meeting <https://miamidade.zoom.us/j/661798965>



## Take 10 for Your Health Virtual Break: WellTalks with EAP

This is a place to come together as a Miami-Dade County team and support each other. We are a community that is going through a shared experience. This forum is a place to get away from the noise for a few minutes and just take some time to talk.

Tuesday and Thursday 10:30 AM to 10:45 AM

Thursday, July 2: Family Mental Health

Tuesday, July 7: Managing Emotions

Thursday, July 16: Stress & The Body

Tuesday, July 21: Power of Positivity

Thursday, July 30: Stress & the Mind

- WebEx Meeting number: 476 785 244  
Password: BUjs3ArmM38  
<https://miamidade.webex.com/miamidade/j.php?MTID=m2c5e360c57301f643d3e12e374b02eb7>
- Join by phone +1-415-655-0001 US TOLL  
Access code: 476 785 244

## Self-Care Webinar Series

WellnessWorks is hosting a Self-Care Webinar Series. Every Monday through Friday at noon, AvMed health coaches will be presenting a short 20 minute webinar on self-care topics. You will even have a chance to ask questions during the Q&A.

Earn 25 points by participating in each webinar as you engage with the WellnessWorks program. When you have earned 75 points, you will be entered into a quarterly drawing to win a \$250 prize.

Click on the topics below to register for the webinars you are interested in and take care of yourself during these challenging times. After registering, you will receive a confirmation email with details on how to join the webinar.

Wednesday, July 1 - [Exercises You Can Do While Sitting in Your Car or at Your Desk](#)

Thursday, July 2 – [Fitness & Aging](#)

Monday, July 6 – [Social Determinants of Health](#)

Tuesday, July 7 – [Diabetes Awareness- Stop Diabetes in its Tracks!](#)

Wednesday, July 8 - [Plant Based Dinner Ideas](#)

Thursday, July 9 – [Anti-Aging Tips & Tricks](#)

Monday, July 10 – [Pandemic Panel: Are you OK? A conversation about your mental, emotional and physical health during the pandemic](#)

## Next Step Challenge: STEP OUTSIDE CHALLENGE

Registration Opens- July 20

Challenge Runs- August 2 – August 29

To register or for more information visit  
[www.HealthyRoads.com](http://www.HealthyRoads.com)