

**"To ensure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life."**

- William Londen

## COVID-19 Updates



- COVID-19 vaccine FDA Approved**  
 The U.S. Food and Drug Administration approved the first COVID-19 vaccine. The vaccine has been known as the Pfizer-BioNTech COVID-19 Vaccine.

[Read More](#)

- Delta Variant: What We Know About the Science**  
 The CDC has updated their guidelines in an effort to push out the importance of the need for more individuals to get vaccinated.

[For More Information](#)

- Vaccination-Protect Your Health**

[Find a Location](#)

Get vaccinated and earn 50 wellness points on [HealthyRoads](#) when you complete the online attestation form.

## Eat Smart: WellnessWorks Coach Nutrition Corner



### BEST Stuffed Bell Peppers with Ground Beef

Use red, orange and yellow bell peppers to cover all the colors of the rainbow, and stuff them with lean ground beef, mushrooms and top with a little cheese for a good healthy dose of Vitamin C, protein and carbs at the same time.

[View Recipe](#)



### Effects of Exercise on Osteoporosis

A nutritious diet including calcium-rich foods and regular exercise throughout a person's life will reduce the risk of osteoporosis in later years

[Read More for Exercise Tips](#)

[Click Here](#)

[Click Here](#)



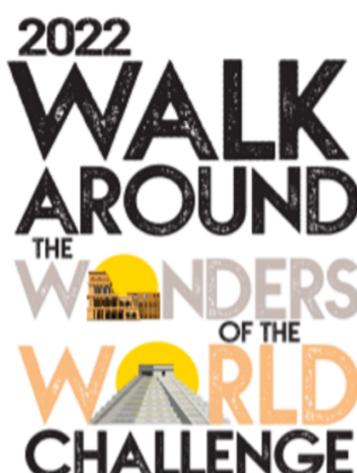
### Easy Desk Stretches

Stretches to do at your desk to improve your posture and get rid of any aches or pains. You can do these at your computer office desk every day.

[Click Here for Desk Stretches](#)

[Stretch 1](#)

[Stretch 2](#)



### 2022 Walk around the Wonders of the World Challenge

Are you looking to get a jumpstart on your fitness all while exploring ten Wonders of the World in One Trip? WellnessWorks has the challenge for you in 2022.

We are calling for 40 department teams of 20 employees to participate in the 2022 Walk Around the Wonders of the World Challenge, starting January 1, 2022. The first team to complete the journey to the around the world wins.

Registration opens September 25 - November 14

For more information visit <https://secure.miamidade.gov/employee/coronavirus/wellness-works-resources.page> or email [WellnessWorks@miamidade.gov](mailto:WellnessWorks@miamidade.gov).



### Miami-Dade County "iThrive 5K" Family Fun Day Registration Deadline has been extended until \*September 17th

Enjoy a day of fitness and fun on October 16, 2021 at Zoo Miami  
12400 SW 152 Street, Miami, FL 33177, from 7:00 a.m. – 12 noon.

Register at <http://www.miamidade.gov/iThrive5k>

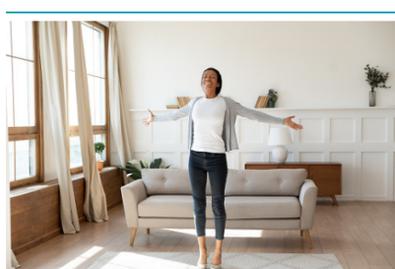
\*To be guaranteed a shirt size, you must register by Saturday September 4. We cannot guarantee a specific shirt size if you register after September 4 - so be sure to register early!



### September is National Recovery Month

National Recovery Month is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

[Learn More](#)



### Emotional Wellness Tip

**Build Perseverance:** Emotionally resilient people are action oriented. Whether they're working towards an outward goal or building inner coping strategies, they trust in the process and don't give up. Remember that we all face challenges within our daily lives. Instead of focusing on feeling helpless or hopeless, resilient people look at these challenges as opportunities for growth. With every difficult time or emotion we face, there is an opportunity to learn something that that experience. Resilient people understand that difficult emotions or situations are often temporary. So, the next time you face a challenge try to focus on the overall goal instead of the challenge itself, this can help to reframe the difficulty into a temporary setback rather than paralyzing progress.

### Healthy Selfie:

MDC employees Latonya Lane and JaMee Davis, both from the Corrections Department, joined vendor partner Claudia Correa of Your Wellness Cloud at the Beat the Heat Summer campaign.



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).