



Wellness Watch

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



JUNE 2022

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

- William Londen

COVID-19 Update:

Families and COVID-19 Transitions

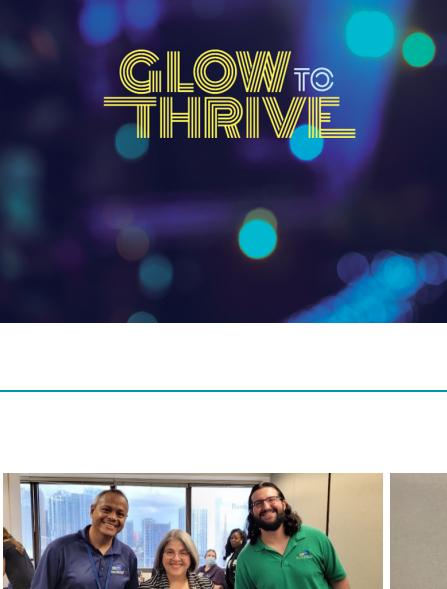


Many people have resumed to their new normal and are engaging in activities, such as attending sporting events, concerts, or returning to theme parks for family vacations.

As more people are getting vaccinated and resuming activities they did before the pandemic, parents and caregivers are making hard decisions on how to protect their families. Not everyone is able to get vaccinated, so you may be confused about how to keep your family safe, especially if your family has vaccinated and unvaccinated members.

[Read More](#)

Health is Wealth Healthy Recipe



White Bean Hummus Wraps with Avocado & Bell Pepper

Enjoy this healthy wrap on the go or at home. Transporting this for a work lunch? Place the wrap in foil for each transporting and make sure to drizzle a little lemon juice over the avocado slices to prevent browning.

Remember: When choosing lettuce, the darker the color of the greens, the more nutrients and vitamins packed into it.

[View Recipe](#)

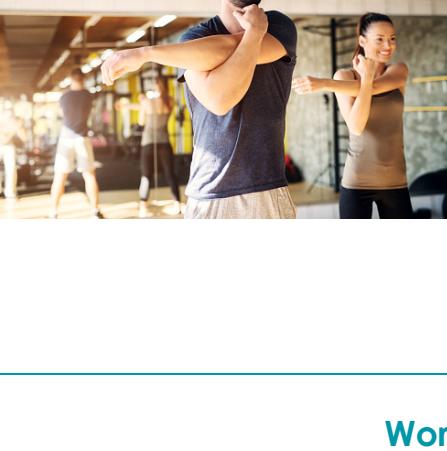
Men's Health Month



June is Men's Health Month, a national observance used to raise awareness about health care for men and focus on encouraging boys, men, and their families to practice and implement healthy living decisions.

Prostate cancer is the most common cancer in American men, behind skin cancer, according to the American Cancer Society. In fact, one in eight men will be diagnosed with prostate cancer in his lifetime. It's also the second-leading cause of cancer death in American men.

When detected early, prostate cancer has the best chance for successful treatment.

[Learn More](#)

Mayor Daniella Levine Cava Presents: Glow to Thrive After Dark Wellness Fest

Miami Dade County employees and their families are invited to a night of glow fun and fitness at Tropical Park, on June 10, 2022, from 5 pm to 9 pm.

Come experience the illuminating glow effects and an array of activities for the entire family, including a DJ, kids' zone, bounce house, food trucks, and more.

[Click Here to Register](#)

Healthy Selfie:



The Employee Support Services section of the Human Resources Department's Benefits Division hosted the Build Emotional Wellness and Thrive event at the Stephen P. Clark Center last month, in observance of May's Mental Health Awareness Month. Many employees, including Mayor Daniella Levine Cava, were in attendance and were provided the opportunity to recharge and de-stress, as well as gather useful tips and learn more about the support available at the County.

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.

Get FIT MIAMI-DADE COUNTY EMPLOYEE WELLNESS CENTER

MDC Wellness Center Presents:

Health Tip of the Month:



A warm-up primes and prepares the muscles and cardiovascular system for activity. Blood flow and core temperature increase, which allows for stronger, faster, and better coordinated muscular contraction. This improves strength, power, reaction time, and reduces injury risk. The increased circulation of blood allows for better oxygen delivery throughout the body, improving performance and recovery between bouts of work. These physical adjustments also lend themselves to improving mental awareness and emotional self-control – to where the brain is more responsive and alert, improving performance and reducing injury risk.

[Click Here to Enhance Your Performance](#)

Workout of the Month

12 goblet squats
5 sets in total
30 sec rest in between

12 single leg deadlifts
5 sets in total
30 sec rest in between

12 calf raises
5 sets in total
30 sec rest in between

12 lunges
5 sets in total
30 sec rest in between

12 side lunges
5 sets in total
30 sec rest in between

For more information visit Wellness Resource Page: [Wellness Works Resources](#) (miamidade.gov) or email wellnessworks@miamidade.gov

Stephen P. Clark Center, 111 NW First Street, Miami, FL 33128 | [Contact](#) | [Privacy Policy](#)