

“Health is a relationship between you and your body.”

- Terri Guillemets

COVID-19 Update:

Summertime COVID-19 Safety Precautions

Summer is here! Families and individuals should be reminded of the wellness concerns that are prevalent and expected during this season. To ensure a healthy summer for you and your family it is recommended to take safety precautions.

[Safety Tips](#)

Health is Wealth Healthy Recipe

Crunchy Chicken & Mango Salad Recipe

Just in time for summer, try this delicious and nourishing salad. It's quick and easy to make and full of flavors that will keep you healthy all summer long.

[View Recipe](#)

Hepatitis Awareness

World Hepatitis Day (WHD) is recognized annually on July 28th, the birthday of Dr. Baruch Blumberg (1925–2011), to raise awareness about viral hepatitis, which impacts more than 354 million people worldwide.

[Learn More](#)

Healthy Tip:

What Is Aerobic Capacity and How Can You Improve It?

Aerobic capacity is the maximum amount of oxygen the body can utilize during intense exercise. Knowing your aerobic capacity can give you an objective idea of your current cardiorespiratory fitness level."

[How to Improve It](#)

Q3 Steps Challenge

Fall Fitness Vibes Only Steps Challenge

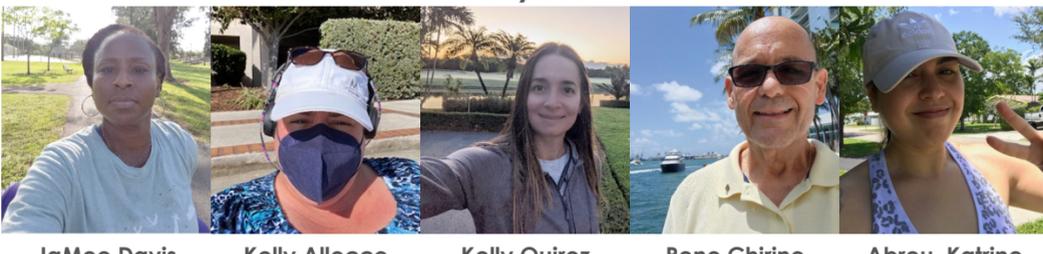
As the fall season rolls in, get in tuned with your healthiest self and circular good vibes and energy towards improving your health and fitness all season long by joining the Fall Fitness Vibes Only Steps Challenge.

THE CHALLENGE

175,000 Steps Over 4 Weeks
REGISTRATION OPENS JULY 25, 2022
CHALLENGE DATES: August 1– August 27, 2022

Register on www.Healthyroads.com.

Healthy Selfie:



JaMee Davis
of Corrections
(MDCR)

Kelly Allocco
of Cultural Affairs
Department
(CUA)

Kelly Quiroz
of the Aviation
Department
(MDAD)

Rene Chirino
of the Property
Appraiser
Department (PA)

Abreu, Katrine
of the Internal
Services
Department (ISD)

"Exercising and walking."

"Enjoying a walk."

"Getting some steps early morning with this beautiful sunrise."

"During my lunch hour as I walk all around the river and the Intercontinental Hotel."

"After coming back from maternity leave, I joined the challenge to motivate me in going outside and taking my daily steps."

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@miamidadegov.

Know Your Numbers

WellnessWorks will be hosting the following Miami Dade County Corrections Department Biometric Screening events.

Metro West Detention Center (MWDC)

13850 NW 41 Street
Doral, FL 33178

Wednesday, July 6, 2022

Biometric Screening 12-4 pm, Massage 12 pm–4:30 pm

Thursday, July 7, 2022

Biometric Screening 6–9 am, Massage 6 am–9:30 am

[For more information or to schedule an appointment, click here](#)

Get FIT MIAMI-DADE COUNTY EMPLOYEE WELLNESS CENTER

Workout of the Month

ab FINISHER

DAREBEE WORKOUT @ darebee.com



30 crunches



30 flutter kicks



30 crunches



30 flutter kicks



30 crunches



30 flutter kicks



30 crunches



30 flutter kicks

done

[Get Started Here](#)

For more information visit Wellness Resource Page: [Wellness Works Resources \(miamidadegov\)](#), or email wellnessworks@miamidadegov