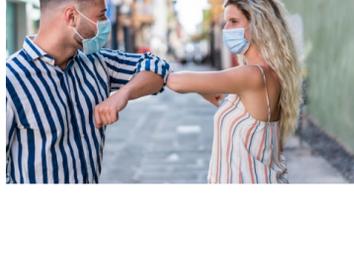


**“A healthy attitude is contagious but don't wait to catch it from others. Be a carrier.”**

- Tom Stoppard



### Boost Your Health and Wellness this Season by Getting Your Flu Shot

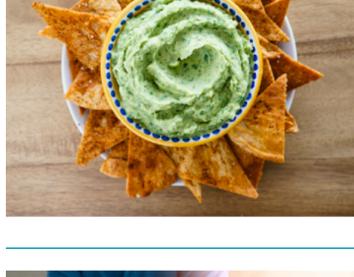
It's recommended by the CDC

The Centers for Disease Control and Prevention (CDC) recommends getting your flu shot this fall to help reduce your risk from serious illnesses from the flu, including hospitalization.

Stay a step ahead of viruses because influenza viruses are ever changing, the flu vaccine is reviewed annually and updated as needed.

[Read More](#)

### Health is Wealth Healthy Recipe: WellnessWorks Coach Nutrition Corner



#### Avocado Hummus with Whole Grain Pita Chips

Enjoy this twist on hummus! Avocados are a good source of healthy fats and make a great addition to hummus.

[View Recipe](#)

### PROSTATE CANCER AWARENESS MONTH

September is Prostate Cancer Awareness month. Prostate cancer is the most common non-skin cancer diagnosed in men, and the second leading cause of cancer deaths in men, after lung cancer.

#### Making Treatment Decisions

It's important to discuss all your treatment options, including goals and possible side effects, with your doctors to help make the decision that best fits your needs. Click the button below to learn more.

[Learn More Here](#)

[And Here](#)

[Things to Consider](#)

### Cooking Oil Health Tips



#### 1. Avoid Coconut and Palm Oil.

Most nutrition experts agree: It's best to avoid oils with high amounts of saturated fat, like palm oil and coconut oil. Studies have linked saturated fats with high cholesterol and heart disease.

#### 2. Choose Plant-Based Oils Rich in Unsaturated Fat.

Oils extracted from plants that are rich in polyunsaturated or monounsaturated fat are the best choice, according to the Centers for Disease Control and Prevention and the American Heart Association.

#### 3. Get an Antioxidant Boost By Choosing Unrefined, Virgin Or Cold-Pressed Oils.

Most supermarket oils in the United States are extracted from their source by using high heat or chemicals. That process, called refining, removes residue and results in a clearer, more stable oil with a more consistent color and odor. However, the refining process also removes beneficial nutrients.

[Healthy Cooking Oils](#)

### Step Up and Thrive Face-Off 2023

We are looking for 32 teams of 25 participants to join the ultimate department annual steps challenge showdown for 2023! Department teams will take on other Department teams to compete for greatest endurance and stride efforts to determine the Step Up and Thrive Face Off 2023 Challenge Champions.

**Challenge Dates-** January 23, 2023- November 11, 2023

#### To Register:

Designated Team Captains will collect all participants' complete information on the registration form found [here](#) and submit the completed form to [WellnessWorks@miamidade.gov](mailto:WellnessWorks@miamidade.gov) from October 1, 2022 to November 18, 2022.

Each Department may enroll up to two Department teams to compete in the tournament.



### 6th Annual 5K Family Fun Day – Hawaii I-Thrive-0

Last Chance to join your Miami Dade County at the **6th Annual 5K Family Fun Day – Hawaii I-Thrive-0** on September 24, 2022, from 7:00 am - 12:00 pm at Haulover Park 10800 Collins Ave., Miami, FL 33154.

\$5 registration extended to September 2, 2022

Prices go up to \$10 on September 3, 2022.

Last day to purchase tickets is September 9, 2022.

No tickets will be available on event day.

All participants **must register online** for this event [here](#).

[For more information](#)

## Get FIT MIAMI-DADE COUNTY EMPLOYEE WELLNESS CENTER

### Workout of the Month

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

# FULL BODY BUILT

**12 reverse lunges x 5 sets** in total  
60 seconds rest between sets

**12 squat into shoulder press x 5 sets** in total  
60 seconds rest between sets

**12 bicep curls x 5 sets** in total  
60 seconds rest between sets

**12 upright rows x 5 sets** in total  
60 seconds rest between sets

### Mind and Mood

#### “Practice Stress Management Well Being Challenge”



#### Enhance your Emotional Health

September is Recovery Month. Join us in our new challenge to the Mind and Mood –“Practice Stress Management Well Being Challenge”. Register on [www.healthyroads.com](https://www.healthyroads.com). Complete one of the three stress management activities and log them for at least 20 days to earn 100 points to complete the challenge!

Complete the Challenge by September 24, 2022 to earn 25 points towards the 75-point goal for the quarter. Earn 75 points a quarter for a chance to win one of many \$250 wellness rewards. These prizes are subject to payroll taxes.

### Healthy Selfie:



MDC employee, Rebecka Richardson of the CareerSource department, stopped by the WellnessWorks Biggest Winner Assessment event at MDPD HQ last month, to claim her incentive for taking steps to maintain her health and wellness by completing her flu shot and attestation in Healthyroads.

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).

### September is Suicide Prevention Awareness Month

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. September is Suicide Prevention Awareness Month — a time to raise awareness of this stigmatized, and often a taboo, topic. We use this month to shift public perception, spread hope and share vital information to people affected by suicide. Our goal is to ensure individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help.

[Suicide Prevention](#)

### September is Recovery Month

National Recovery Month (Recovery Month), which started in 1989, is a national observance held every September. Recovery Month celebrates the gains made by those in recovery, just as we celebrate health improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease.

[Learn More](#)

For more information visit:

<https://secure.miamidade.gov/employee/coronavirus/wellness-works-resources.page>.

For more information visit Wellness Resource Page: [Wellness Works Resources \(miamidade.gov\)](https://www.miamidade.gov/wellness-works-resources), or email [wellnessworks@miamidade.gov](mailto:wellnessworks@miamidade.gov)