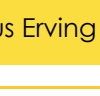


Wellness Watch

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



October 2023

"If you don't do what's best for your body, you're the one who comes up on the short end."

– Julius Erving

5K FAMILY FUN DAY AND PICNIC

7TH ANNUAL

PRESENTED BY MAYOR DANIELLA LEVINE CAVA

**SATURDAY
NOVEMBER 4, 2023**
at **ZOO MIAMI**

Hurry, you don't want to miss the 7th Annual 5K and Family Fun Day and Picnic.

Registration closes real soon, **Oct 14**. Enjoy a day of fitness and fun activities, including a departmental relay race, giveaways, contests and more. All participants must register online for this event.

To sign up yourself or your team to be a part of the 400-meter departmental relay race, email wellnessworks@miamidadade.gov or your [Department Personnel Representative](#)

[Register](#)

[Learn more About the Event](#)

October Biometric Screenings

Get a grip on your health numbers by attending a WellnessWorks Biometric Screening. All AvMed eligible MDC employees may attend this **free screening** that includes:

- Blood Pressure
- Cholesterol
- Blood Sugar
- BMI
- Massage

Miami Dade County locations hosting a Biometric screening this month:

Oct. 17 - Internal Services Department Fleet Management Shop 2

Oct. 18 - Animal Services Department

Oct. 19 - Police 311 Call Center

Oct. 19 - Department of Solid Waste Management 58th St. Operations

Oct. 24 - Water and Sewer Department (WASD)

Oct. 25 - Internal Services Department Joseph Caleb Center

Oct. 26 - Information Technology Department

Oct. 31 - Miami Dade Police Department Training

*Earn \$20 and 25 wellness points by participating. Bring your AvMed Insurance card.

[Schedule Appointment](#)

Wellness Educational Workshops

Expand your health and wellness knowledge by attending a monthly in-person educational workshop to include a presentation and an onsite health coaching table. Join us for an informative and engaging workshop discussion on **Breast Cancer Awareness**.

Oct. 16, 12 p.m. – 3 p.m.

Medical Examiners
1851 NW 10 Ave, Miami, FL 33136

Oct. 17, 11 a.m. – 12 p.m.

Overtown Transit Village
701 NW 1st Court, Miami, FL 33136
First Floor Conference Room

Oct. 19, 11 a.m. – 3 p.m.

Transportation and Public Works- Northeast
360 N.E. 185th Street, Miami, FL 33179

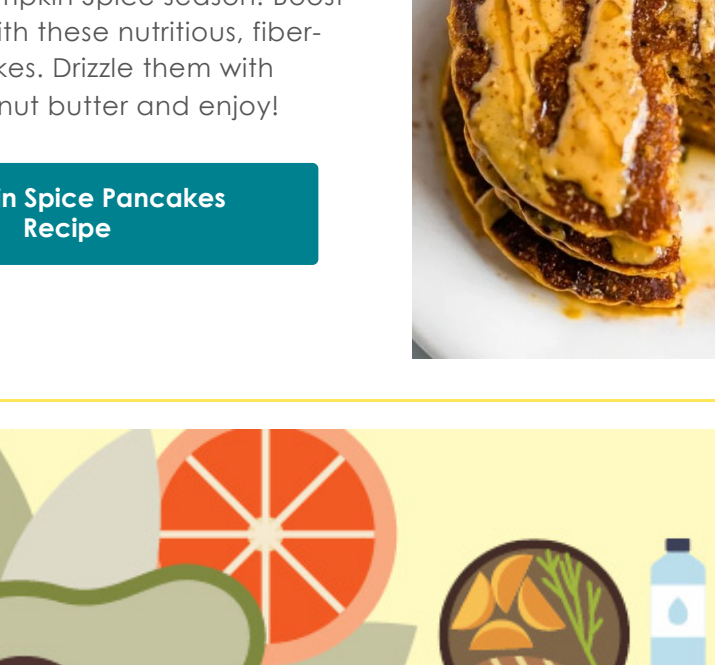
Oct. 26, 11 a.m. – 12 p.m.

Miami-Dade Police Department
9105 NW 25th Street, Miami, FL 33172
PMB Classroom, Room 1104
Topic: Boost Your Immunity Health

Oct. 31, 11 a.m. – 3 p.m.

CCED, Call Center

Step Up, Revive, and Thrive Face-Off Challenge 2024



WellnessWorks is looking for 32 teams of 25 participants to join our annual steps challenge tournament for 2024! Department teams will take on other Department Teams to compete for greatest endurance and stride efforts to determine the Step Up, Revive, and Thrive Face Off Challenge 2024 Champions.

Challenge Dates: January 22, 2024- November 8, 2024

To Register: Designated Team Captains will collect all participants' complete information on the registration form found in [this link](#) and submit the completed form to WellnessWorks@miamidadade.gov from **October 2, 2023 to November 17, 2023**.

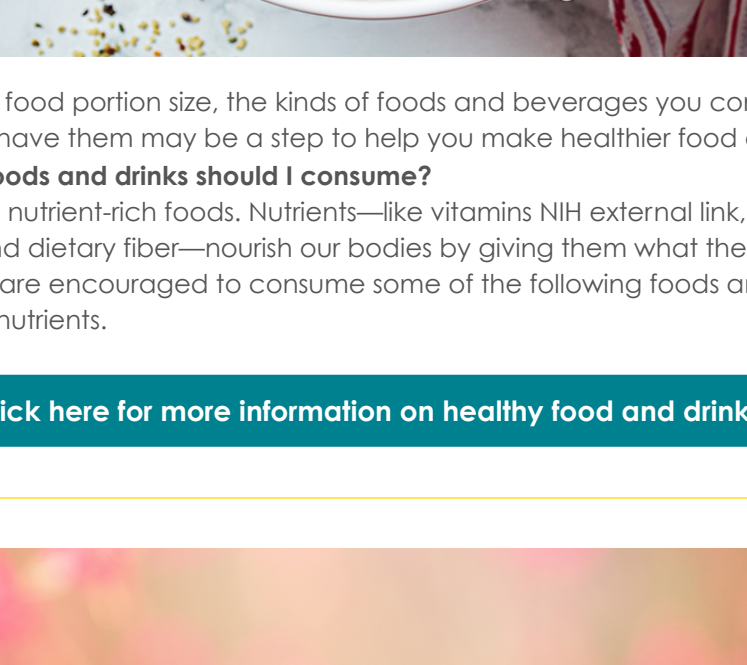
Each Department may enroll up to two Department teams to compete in the tournament.

Eat Smart: WellnessWorks Coach Nutrition Corner

Pumpkin Spice Pancakes

Welcome to Pumpkin Spice season! Boost your morning with these nutritious, fiber-packed pancakes. Drizzle them with maple syrup or nut butter and enjoy!

[Pumpkin Spice Pancakes Recipe](#)



Fall Nutrition Challenge fuel your body and make it a habit

Eat a balanced plate, by incorporating small changes over time, by joining the Fall Nutrition Challenge fuel your body and make it a habit. Participants must follow the 4 week challenge plan and log on to www.HealthyRoads.com DAILY (Monday-Friday) from Oct. 2 thru Oct. 28, to attest to your progress and earn 5 points for each action for the 20 days. Upon accumulating at least 100 points participants successfully complete the challenge.

Join [Healthyroads](#).

[Click here for more info](#)

Get Fit MIAMI-DADE COUNTY EMPLOYEE WELLNESS CENTER

Healthy Tip:

Consuming Healthy Food and Beverages



Being aware of food portion size, the kinds of foods and beverages you consume, and how often you have them may be a step to help you make healthier food choices.

What kinds of foods and drinks should I consume?

Consume more nutrient-rich foods. Nutrients—like vitamins NIH external link, minerals NIH external link, and dietary fiber—nourish our bodies by giving them what they need to be healthy. Adults are encouraged to consume some of the following foods and beverages that are rich in nutrients.

[Click here for more information on healthy food and drinks](#)

Breast Cancer Awareness Month

No matter who you are or where you live, breast cancer may touch your life. It's necessary to understand the warning signs of breast cancer, your risk of breast cancer and what's normal for you so you can take action if there are any changes in your breasts or underarm areas.

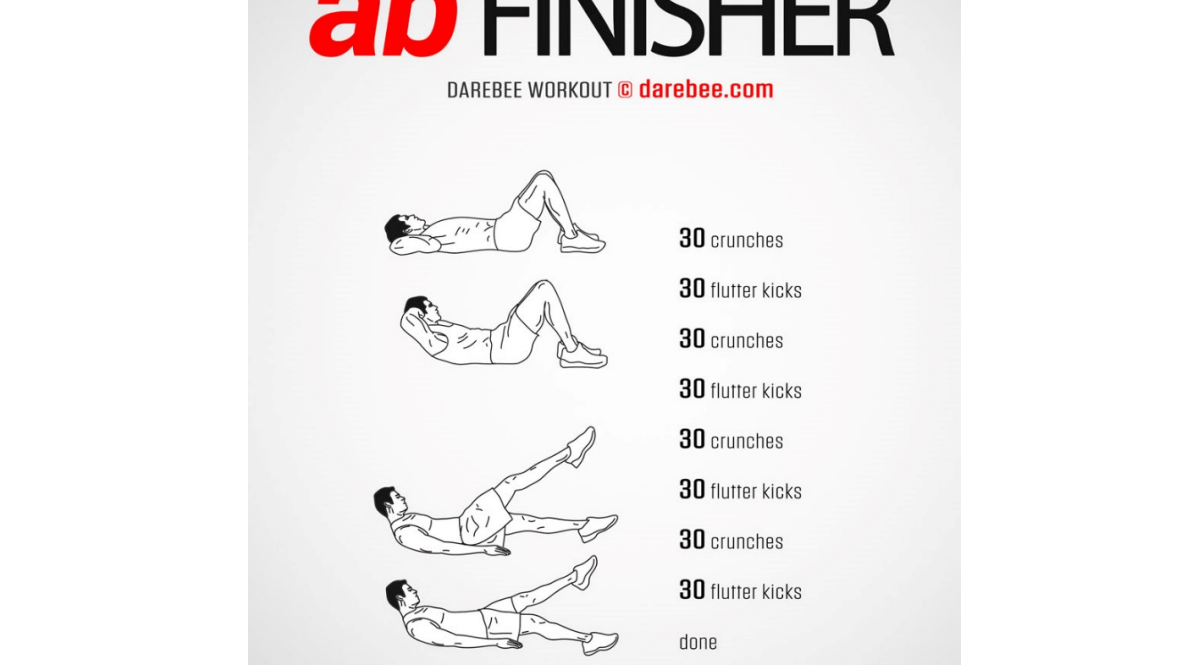
Since 1989, Susan G. Komen has helped drive down mortality rates from breast cancer thanks to our focus on early detection and improvements in treatment. However, that progress may be in jeopardy. During the COVID-19 pandemic, many people delayed their regular breast cancer screening. The pandemic disrupted treatment and research progress.

And more progress is still needed. Through research, growing knowledge about breast cancer has led to new therapies and targeted treatments that improved outcomes for many people. It is research that brings hope to people facing this disease, especially those living with MBC. We need to ensure more treatment options are available for all people facing breast cancer, especially when treatments stop working.

The COVID-19 pandemic also highlighted the inequities in breast cancer treatments for under-resourced communities across the country, as well as the inequity in treatment between Black and white women. Black women in the U.S. are about 40% more likely to die from breast cancer than white women.

[Learn More](#)

Q4 Steps Challenge: Revive your Fitness this Winter Steps Challenge



WellnessWorks invites you to get a jumpstart on your fitness before the holidays roll in by joining the Revive your Fitness this Winter Steps Challenge. Give yourself the gift of improving your health and fitness as the holiday's approach.

250,000 Steps Over 4 Weeks

REGISTRATION OPENS October 23

CHALLENGE DATES Oct 30 – Nov 25

[See More Information](#)

Workout of the Month

ab FINISHER

DAREBEE WORKOUT @ darebee.com



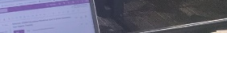
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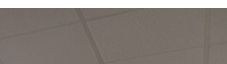
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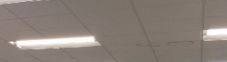
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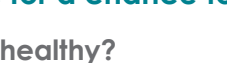
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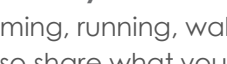
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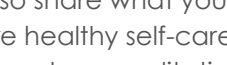
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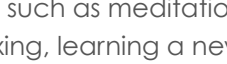
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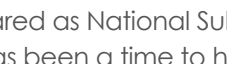
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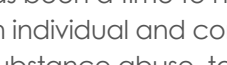
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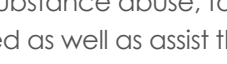
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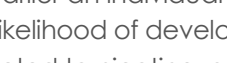
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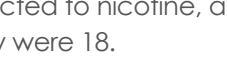
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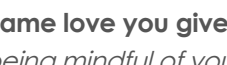
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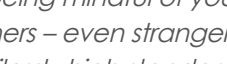
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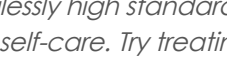
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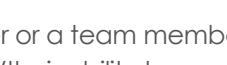
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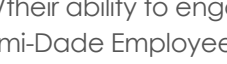
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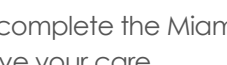
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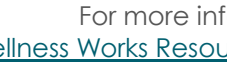
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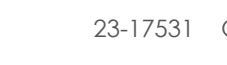
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