WELLNESSWORKS
MIAMI-DADE COUNTY

Wellness Watch

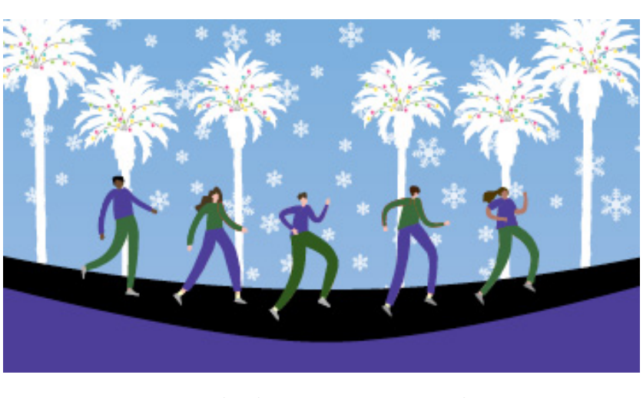
Providing Miami-Dade County Employees with the Latest Wellness News, Programs and Events | AvMed

November 2023

> **"If you have a strong purpose in life, you don't have to be pushed. Your passion will drive you there."**
> – Roy T. Bennett

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 a gift and improve your health and condition
The Challenge: 250,000 Steps Over 4 Weeks
REGISTRATION OPENS October 23
CHALLENGE DATES Oct 30 – Nov 25
To Join:

- Log in to your account
- Click on "Challenges"
- Select "Revive your Fitness for Winter Steps Challenge"

Click Here for More Info

Self-Care Webinar Series

WellnessWorks is hosting virtual Self-Care Webinar Series each week. AvMed health coaches and special guests will be presenting a short 15-to-20 minute webinar on various self-care topics a noon. You will even have a chance to ask questions during the Q&A.

Register for the webinars you are interested in and take care of yourself. After registering, you will receive a confirmation email with details on how to join the webinar.

November Topics will include:

Holiday Health Hacks on Nov 7, 2023, 12:00 PM

Register

Gaining Back the Weight you Lost? Use these Tips to Maintain your Results on Nov 14, 2023, 12:00 PM

Register

Decoding Carbohydrates: Friend or Foe? on Nov 16, 2023, 12:00 PM

Register

How to Maintain Healthy Habits throughout the Holidays on Nov 21, 2023, 12:00 PM

Register

Navigating Food Labels During the Holidays on Nov 28, 2023, 12:00 PM

Register

November 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:

MDC - 3A Garbage OPS
11/7/2023

MDC - Metro West Detention Center MWDC
11/8/2023

MDC - Metro West Detention Center MWDC
11/9/2023

MDC NE Garage Bus Transit
11/14/2023

MDC - TGK Center
11/15/2023

MDC - TGK Center
11/16/2023

MDC – Pre-Trail Detention Center
11/21/2023

MDC – Pre-Trail Detention Center
11/22/2023

MDC Library System
11/28/2023

MDC 3A Garbage OPS
11/30/2023

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

Schedule an 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 American Diabetes Month,

Nov. 7, noon - 1 p.m.
Stephen P. Clark Center
111 NW 1st Street, Miami, FL 33132,18-4

Nov. 9, 11 a.m. - noon
Aviation - Miami International Airport
4200 NW 36th Street, Miami, FL 33166 - Building 5A

Nov. 14, 6 a.m. - 8:30 a.m.
Solid Waste Management, 3 B Garbage & Trash Ops
8000 SW 107th Avenue, Kendall, FL 33167

Nov. 16, noon - 3 p.m.
Medical Examiners
1851 NW 10 Ave, Miami, FL 33136

Nov. 21, 11 a.m. - noon
Overtown Transit Village
701 NW 1st Court, Miami, FL 33136 - First Floor Conference Room

Nov. 26, 10 a.m. - 3 p.m.
Transportation and Public Works - Central
Rosa Park Building, 3300 NW 32nd Ave, Miami, FL 33142

Nov. 30, 11 a.m. - noon
Miami-Dade Police Department
9105 NW 25th Street, Miami, FL 33172 - PMB Classroom, Room 1104

More Info

Step Up, Revive, and Thrive Face-Off Challenge 2024 Registration Closes soon!

Get active to make your steps count and compete for the greatest endurance and stride efforts to determine the Step Up, Revive, and Thrive Face Off Challenge 2024 Champions
STEP UP REVIVE
AND THRIVE
FACE-OFF CHALLENGE 2024

Hurry before it's too late to enroll in the annual department's team challenge, 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@miamidade.gov from **October 2, 2023 to November 17, 2023.**

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

Register Here

Eat Smart: WellnessWorks Coach Nutrition Corner

Roasted Butternut Squash Tacos
Savor the essence of autumn with Roasted Butternut Squash Tacos! These tacos are not only bursting with seasonal flavor but also offer a healthful dose of vitamins, fiber, and antioxidants, making them a nourishing choice for your meal!

Get the Recipe

Get Fit! MIAMI-DADE COUNTY EMPLOYEE WELLNESS CENTER

Healthy Tip:

5 Healthy Eating Tips for the Holidays

'Tis the season for family, festivity, and food—lots of food. Temptations are everywhere, and parties and travel disrupt daily routines. What's more, it all goes on for weeks.
How do you stick to your diabetes meal plan when everyone around you seems to be splurging? Here are 5 tips that can help:

1. **Holiday-Proof Your Plan.** You may not be able to control what food you're served, and you're going to see other people eating tempting treats. Meet the challenges armed with a plan:

- Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.
- Invited to a party? Offer to bring a healthy dish along.
- If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.
- Don't skip meals to save up for a feast. It will be harder to manage your blood sugar, and you'll be really hungry and more likely to overeat.
- If you slip up, get right back to healthy eating with your next meal.

Holiday Hacks

- Have pumpkin pie instead of pecan pie. Even with a dollop of whipped cream, you'll cut calories and sugar by at least a third.
- Break physical activity up into smaller chunks so it's easier to schedule, like walking 10 minutes several times a day.
- Schedule some "me" time every day—a nap, dog walk, or hot bath to get your energy back for the next celebration.

2. Outsmart the Buffet. When you face a spread of delicious holiday food, make healthy choices easier:

- Have a small plate of the foods you like best and then move away from the buffet table.
- Start with vegetables to take the edge off your appetite.
- Eat slowly. It takes at least 20 minutes for your brain to realize you're full.
- Avoid or limit alcohol. If you do have an alcoholic drink, have it with food. Alcohol can lower blood sugar and interact with diabetes medicines.

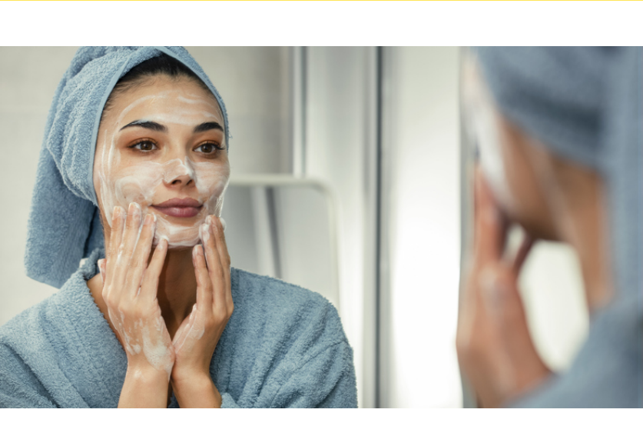
Also plan to stay on top of your blood sugar. Check it more often during the holidays, and if you take medicine, ask your doctor if the amount needs to be adjusted.

3. Fit in Favorites. No food is on the naughty list. Choose the dishes you really love and can't get any other time of year, like Aunt Edna's pumpkin pie. Slow down and savor a small serving, and make sure to count it in your meal plan.
If you plan for it, no food needs to be on the naughty list.

4. Keep Moving. You've got a lot on your plate this time of year, and physical activity can get crowded out. But being active is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during this most stressful time of year. Get moving with friends and family, such as taking a walk after a holiday meal.

5. Get Your Zzz's.
Going out more and staying out later often means cutting back on sleep. Sleep loss can make it harder to manage your blood sugar, and when you're sleep deprived you'll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating.
Most of all, remember what the season is about—celebrating and connecting with the people you care about. When you focus more on the fun, it's easier to focus less on the food.

Learn More



Skin Care Awareness

November is National Healthy Skin Month, so it's the perfect time to talk about skincare. Considering the skin is the body's largest organ, it's essential to take care of it. Below are some tips to help you care for your skin properly this fall/winter:

Skin care: 5 tips for healthy skin

Good skin care — including sun protection and gentle cleansing — can keep your skin healthy and glowing.
Don't have time for intensive skin care? You can still pamper yourself by acing the basics. Good skin care and healthy lifestyle choices can help delay natural aging and prevent various skin problems. Get started with these five no-nonsense tips.

1. Protect yourself from the sun
One of the most important ways to take care of your skin is to protect it from the sun. A lifetime of sun exposure can cause wrinkles, age spots and other skin problems — as well as increase the risk of skin cancer. For the most complete sun protection:

- **Use sunscreen.** Use a broad-spectrum sunscreen with an SPF of at least 15. Apply sunscreen generously, and reapply every two hours — or more often if you're swimming or perspiring.
- **Seek shade.** Avoid the sun between 10 a.m. and 4 p.m., when the sun's rays are strongest.
- **Wear protective clothing.** Cover your skin with tightly woven long-sleeved shirts, long pants and wide-brimmed hats. Also consider laundry additives, which give clothing an additional layer of ultraviolet protection for a certain number of washings, or special sun-protective clothing — which is specifically designed to block ultraviolet rays.

2. Don't Smoke
Smoking makes your skin look older and contributes to wrinkles. Smoking narrows the tiny blood vessels in the outermost layers of skin, which decreases blood flow and makes skin paler. This also depletes the skin of oxygen and nutrients that are important to skin health.
Smoking also damages collagen and elastin — the fibers that give your skin strength and elasticity. In addition, the repetitive facial expressions you make when smoking — such as pursing your lips when inhaling and squinting your eyes to keep out smoke — can contribute to wrinkles.
In addition, smoking increases your risk of squamous cell skin cancer. If you smoke, the best way to protect your skin is to quit. Ask your doctor for tips or treatments to help you stop smoking
3. Treat your skin gently
Daily cleansing and shaving can take a toll on your skin. To keep it gentle:

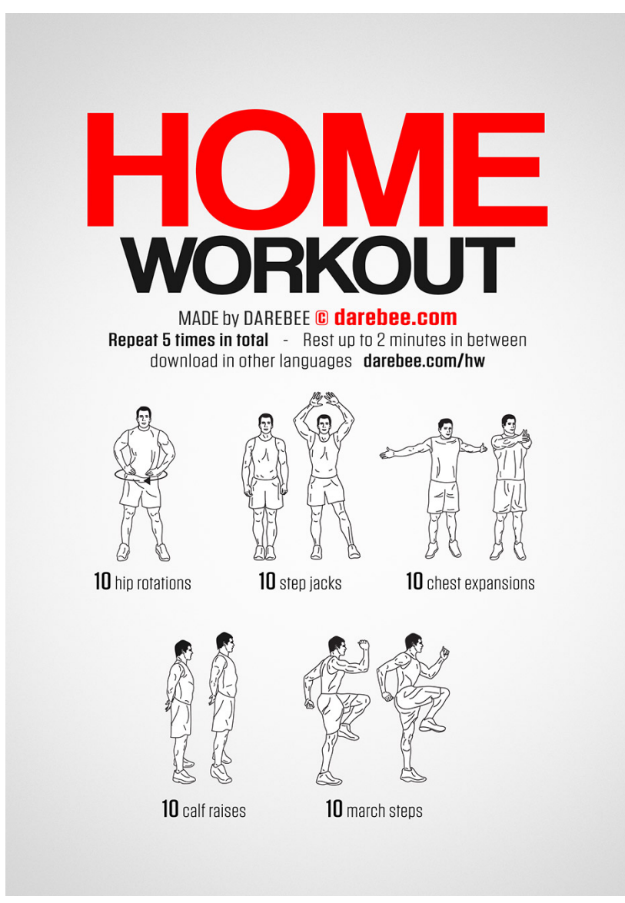
- **Limit bath time.** Hot water and long showers or baths remove oils from your skin. Limit your bath or shower time, and use warm — rather than hot — water.
- **Avoid strong soaps.** Strong soaps and detergents can strip oil from your skin. Instead, choose mild cleansers.
- **Shave carefully**. To protect and lubricate your skin, apply shaving cream, lotion or gel before shaving. For the closest shave, use a clean, sharp razor. Shave in the direction the hair grows, not against it.
- **Pat dry.** After washing or bathing, gently pat or blot your skin dry with a towel so that some moisture remains on your skin.
- **Moisturize dry skin.** If your skin is dry, use a moisturizer that fits your skin type. For daily use, consider a moisturizer that contains SPF.

4. Eat a healthy diet
A healthy diet can help you look and feel your best. Eat plenty of fruits, vegetables, whole grains and lean proteins. The association between diet and acne isn't clear — but some research suggests that a diet rich in fish oil or fish oil supplements and low in unhealthy fats and processed or refined carbohydrates might promote younger looking skin. Drinking plenty of water helps keep your skin hydrated.
5. Manage stress
Uncontrolled stress can make your skin more sensitive and trigger acne breakouts and other skin problems. To encourage healthy skin — and a healthy state of mind — take steps to manage your stress. Get enough sleep, set reasonable limits, scale back your to-do list and make time to do the things you enjoy. The results might be more dramatic than you expect.

Read More

Workout of the Month

After enjoying a great meal with the family do this work out the following day to help burn some calories.


HOME
WORKOUT
MADE by DAREBEE © darebee.com
Repeat 5 times in total - Rest up to 2 minutes in between
download in other languages darebee.com/hw
10 hip rotations
10 step jacks
10 chest expansions
10 calf raises
10 march steps

Read More

Healthy Selfie:

Tax collectors and Clerk of Courts employee's Adela Gonzalez and Irene Handsford, keeping on top of their fitness, by paying a visit to the WellnessWorks program area to receive tracking devices to participate in the WellnessWorks Quarterly and Annual Departmental Team Steps Challenge.

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.

Emotional Wellness

As we are beginning the holiday season—we will experience a whirlwind of gift-giving holidays, marketing blitzes, and holiday activities galore. While this season is meant to bring feelings of love and cheer, it's also represents holiday stress for many. The holidays are often a time when we focus on others, by sending cards, buying gifts, and cooking food, but during high stress times it is more important than ever to find time for you. If you know that the holidays are going to be stressful, plan accordingly by making sure you are carving out time to practice self-care each day so you are able to navigate some challenges as they arise.

Wellness Tip for the month:

Learn to say no.
Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to pick up an extra shift for them or work overtime, try to remove something from your agenda to ensure you are getting the time you need to be present for the ones you love and make up for the lost time. Remember you cannot pour from an empty cup. Make sure you are refilling your cup with time for self-care this season.

If you, a family member or a team member are struggling with feelings or emotions that interfere with your/their ability to engage in daily life, please feel free to reach out to our team at Miami-Dade Employee Assistance Program (EAP). (www.miamidade.gov/support-services) The EAP is providing virtual and on-site assessments for all employees that are in need of assistance. To set up an assessment with an EAP counselor, please call 305-375-3293 or email me at Jessica.Hughes-Fillette@miamidade.gov. The hours of operation are Monday-Friday from 8:00 am to 5:00 pm.

For more information visit
Wellness Works Resources (miamidade.gov)
or email wellnessworks@miamidade.gov

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Stephen P. Clark Center, 111 NW First Street, Miami, FL 33128 | Contact | Privacy Policy

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