"If we are creating ourselves all the time, then it is never too late to begin creating the bodies we want instead of the ones we mistakenly assume we

are stuck with." – **Deepak Chopra**

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



Biggest Winner Challenge 2024

WellnessWorks challenges you to focus on improving your health and fitness in 12 weeks. Choose your challenge muscle gain or fat loss.

Registration opens January 8 Challenge runs February 12 to May 17

To join your department team, email your Department Representative or Wellness Liaison to be added to your department team. The Challenge will include:

- Online Webinars geared towards burning fat and building muscle • Each team will be assigned a Wellness Coaches to guide their success
- Bodimetrix Ultrasound tracking measurements at initial and final assessments Teams based on location
- Easy access to special events, measurements and incentives Awards and Prizes

More Information



The Pursuit of Peace & Purpose Challenge

WellnessWorks invites you to join the Pursuit of Peace & Purpose Challenge. Escape the fast tempo pace of life stressors and get to know yourself by engaging in mindful activities to improve your emotional, psychological, and physical well-

When you develop meaningful goals to guide important life decisions, a strong sense of purpose contributes to a happy, healthy, and meaningful life.

Registration Opens January 8

Challenge Runs from January 22- February 17

Complete at least one Pursuit of Peace & Purpose challenge action and log them daily for at least 20 days to earn 100 points to complete the challenge!

Learn More



Warm Berry Crumble

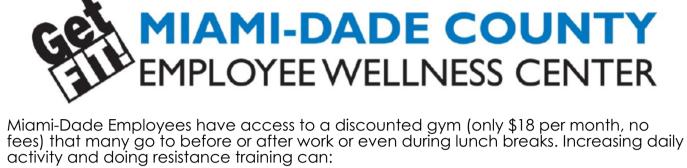
Eat Smart: WellnessWorks Coach

Nutrition Corner

This holiday season, relish a heart-healthy crumble featuring walnuts, flaxseeds, almond flour, and a variety of berries.
Packed with fiber, antioxidants, omega-3 fatty acids, and vital micronutrients, it's both nutritious and easy to make!

Warm Berry Crumble

Recipe



Improve body composition

- Improve mood Improve blood pressure
- Increase muscle mass
- Strengthen bones, ligaments, and tendons. Reduce risk of certain cancers and cardiovascular diseases
- Help manage chronic conditions Give us a call or send us an email to ask how you can get started today! 305-375-5797 employeewellnesscenter@miamidade.gov

Hours of Operation: Mon-Thur: 6:00 a.m. – 8:00 p.m. Fri: 6:00 a.m. – 5:00 p.m.

Get a head start on your 2024 Fitness Goals now!

Personal Training Do you need <u>accountability?</u> Do you have trouble staying <u>consistent?</u> Are you not sure how to <u>program</u> your workouts? Do you need help <u>assessing</u> your form? Are you struggling to build muscle, loss weight, or gain weight?

If you answered yes to any of these questions, then a personal trainer will help you reach your goals and give you KNOWLEDGE! A personal trainer gives you guidance and a boost to later be INDEPENDENT in the gym! **Keshia:** 6 a.m. – 11 a.m.

Elliza: 11 a.m. – 4 p.m. **Check out our Personal training Packages!** 30 Minutes: 1 session: \$30 5 sessions: \$130 save 13%

10 sessions: \$215 save 18% 60 Minutes: 1 session: \$55 5 sessions: \$230 save 16% 10 sessions: \$415 save 25% For more information, you may call 305-375-5797 or send an email to employeewellnesscenter@miamidade.gov

December Awareness Month:

World Aids Day This year's theme for World AIDS Day is

"World AIDS Day 35: Remember and Commit." This annual event serves as a



reminder of the global struggle to end HIV-related stigma, an opportunity to honor those we have lost, and a rallying cry to commit to working toward a day when HIV is no longer a public health threat. The first World AIDS Day took place in 1988, providing a platform to raise awareness about HIV and AIDS and honor the lives affected by the epidemic.

Over the past 35 years, there has been significant progress in addressing HIV and AIDS thanks to advancements in medical research, increased access to treatment and prevention, and a broader

This year marks the 35th commemoration

of this important day.

understanding of the virus. **HIV INFO**

Get Ready for the Miami Corporate Run!

2023 World AIDS Day

Resources



Have you never done a 5k? Below are some tips to help get you started:

• Find a pair of shoes that fit you best. At certain running stores (like Footworks), you can get a gait (walk) analysis to see what kind of shoe fits you best and will give you enough cushion and support. • Start off slow, even if your starting pace is walking. It is about not how fast you can

- finish the miles, but rather your pace and endurance. You can later work up to jogging and running mall distances. Consider any past injuries. Will I need to go at a slower pace because of a past sprain or surgery?
- Encourage a friend or family member to train with you! This can make the process more enjoyable and you can keep yourself accountable. • Make sure to create a schedule where you are incorporating rest days as well. This will allow your muscles and tendons to rest. This will bring a new challenge to your life that can be met with discipline and

consistency. It will also bring a bunch of other health benefits such as increased activity, a potential new hobby, increased aerobic capacity, heart and lung health, and increased caloric expenditure. The Department of Health and Human Services also

recommends getting 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity. Being active 30 minutes a day on most days of the week can help you meet the guidelines. Register today! 5K Tips **5K Training** Schedule

Workout of the Month:

This workout can be done with dumbbells, resistance bands, or a barbell.

It targets all muscle groups needed for daily living. Focus on form but also add more weight to challenge yourself when you are ready. **Functional**

Full-Body Strength Training 5 x 5



Dumbbell Squat Clean

and Press

2 sets · 12 reps · 30 sec rest

Dumbbell Squats 5 sets · 5 reps · 2 min rest



Dumbbell Flat Bench

Press

5 sets · 5 reps · 2 min rest

Standing Two-Armed Bent Over Dumbbell 5 sets · 5 reps **Workout of the Month**

MDC Employee's and family enjoyed themselves at the 7th Annual 5K Family Fun Day and Picnic at Zoo Miami. JSD, MDCR, and WASD, departments participated in the Side Dish Cook- off Challenge

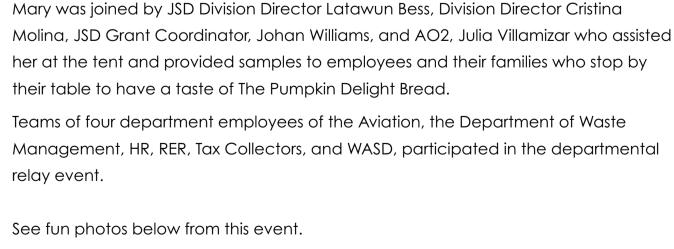
Bridgett Johnson, of Miami Dade Corrections and Rehabilitation Department, enrolled her Homemade Sour cream Pound cake in the Departmental Side dish Cook- off Challenge.

Healthy Selfie



Miami-Dade Corrections and Rehabilitation

> Mary Caraballo, JSD Records Supervisor (and County Wellness liaison), baked a Pumpkin Delight Bread for the Departmental side Dish Cook-off 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 Wellness Works

Holiday Emotional Wellness Reminder

Now that the holiday season is upon us—we will experience a whirlwind of gift-giving holidays, marketing blitzes, and activities galore. While this season is meant to bring feelings of love and cheer, it's also represents holiday stress for many. In fact, according to a poll conducted by American Psychological Association found that more than 80%

Here's an emotional wellness reminder for this holiday season: Acknowledge your feelings. If someone close to you has recently passed or you can't be with loved ones for reasons, realize that it's normal to feel sadness and grief. It's OK to

take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season but you can give yourself the space and permission to

of us find the holiday season to be 'somewhat' or 'very' stressful.

feel those emotions and reach out for help and support. There are a myriad of emotions that we may experience within the holiday season, make sure you are practicing selfcare techniques such as mindfulness practice or exercise to boost your mood and your resilience. If you feel lonely or isolated, seek out support.

Give yourself the gift of compassion if you are struggling with feelings or emotions that interfere with your/their ability to engage in daily life, reach out to our team at Miami-<u>Dade Employee Assistance Program</u> (EAP).

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.

Monday-Friday from 8:00 am to 5:00 pm.

The EAP is providing virtual and on-site assessments

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

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