



"Your health account, your bank account, they're the same thing. The more you put in, the more you can take out." – Jack Lalanne

WellnessWorks invites you to join the On the Move and Stepping this Spring Steps Challenge

As the flowers bloom this spring, now is the time to get on track and achieve a healthier you, by stepping up your physical fitness and enjoying the great outdoors in the **On the Move and Stepping this Spring Steps Challenge**. Complete 235,000 steps over 4 weeks.

Challenge runs: April 29 – May 26

Registration opens April 15 on www.HealthyRoads.com

Mind and Mood: "Practice Stress Management" Wellbeing Challenge

Mind your mood and check in on yourself daily with the Wellbeing Challenge. Emotional wellness is showing yourself care and kindness, as you recognize and experience a wide range of emotional stressors in your personal and professional life. Complete one of the three stress management activities and log them for at least 20 days to earn 100 points to complete the challenge!

Challenge runs: May 6 – June 1

Registration opens April 15 on www.HealthyRoads.com

Build Emotional Wellness and Thrive

Celebrate Mental Health Awareness Month Next Month!

Please join us to recharge and destress. Take a mid-day break to relax and engage in learning more about caring for your emotional health and being present in your moment.

Tuesday, May 14, 2024, on the 18 Floor (room 18-3 and hallway) of the Stephen P. Clark Center from 10 am – 2 pm.

[For More Information](#)

Biometric Screenings

Biometric screening events this month:

- [April 2 - ISD Shop 2](#)
- [April 9 - DTPW Central Garage](#)
- [April 11 - MDCR HQ](#)
- [April 16 - Aviation Terminal](#)
- [April 17 - 311/911 Call Center](#)
- [April 24 - DTPW NE Garage](#)

Wellness Educational Workshop

Enhance your wellness knowledge and learn tips to improve your health and wellness by attending a monthly in-person educational workshop to include a presentation and onsite Health Coaching Table.

MDC workite locations hosting a workshop in April:

April 3, 2024

Diet, keto, intermittent fasting and - understanding the process of weight loss
Miami Dade Corrections Headquarters - 3505 N.W. 107th Avenue Doral, Florida 33178
11 am - 3 pm

April 11, 2024

Ways to reduce belly fat – where I explain that you can't spot reduce!
Aviation - 4200 NW 36th Street, Building 5A
11 am - 12 pm

April 16, 2024

Walking/running - the most common injuries
SPCC - 111 NW 1st Street Miami, Room 18-4
Session (1) 11 am - 11:45 am and Session (2) 12 pm - 12:45 pm

April 18, 2024

Walking/running - the most common injuries
DTPW - Central Garage, 3300 NW 32nd Avenue, Rosa Park Building
10 am - 2 pm

April 25, 2024

Walking/running - the most common injuries
M/D - Police Department Headquarters 9105 NW 25th Street, PMB Classroom - Room 1104
12 pm - 3 pm

Eat Smart: WellnessWorks Coach Nutrition Corner

Asian Chicken Rice Bowl



Enjoy the delicious blend of flavors and nutrients in this easy-to-make dish, utilizing convenient ingredients like coleslaw mix and rotisserie chicken. Perfect for families or any size, this recipe can be easily doubled or tripled.

[Get the Recipe](#)

Miami-Dade County Wellness Center Newsletter

Miami-Dade Employees have access to a discounted gym (only \$18 per month, no fees) that many go to before or after work or even during lunch breaks. Increasing daily activity and doing resistance training can:

- Improve body composition
- Improve mood
- Improve blood pressure
- Increase muscle mass
- Strengthen bones, ligaments, and tendons
- Reduce the risk of certain cancers and cardiovascular disease
- Help manage chronic conditions

Give us a call at 305-375-5797 or send us an email at EmployeeWellnessCenter@MiamiDade.gov to ask how to get started today!

Hours of Operation: Mon-Thur: 6 am to 8 pm, Fri: 6 am to 5 pm

Summer is almost here! Do you have your summer body ready?

Do you need **accountability**? Do you have trouble staying **consistent**? Are you not sure how to **program** your workouts? Do you need help **assessing** your form? Are you struggling to build muscle, lose weight, or gain weight?

If you answered yes to any of these questions, then a personal trainer could 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!

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: \$290, save 16%
- 10 sessions: \$415, save 25%

Stress Awareness Month: Tips for Managing Stress and Anxiety

April serves as Stress Awareness Month, giving us an annual reminder to find ways to avoid (or manage) stress and anxiety.

While stress and anxiety affect a majority of adults in the United States, there are many things we can do to help relieve this tension. None of these recommendations on their own will eliminate stress, of course, but using several of these methods in tandem can lead to a better overall feeling and improved general health.

1. Improve your diet
2. Exercise regularly
3. Reduce screen time
4. Eliminate alcohol and tobacco
5. Reduce caffeine
6. Reduce stress triggers
7. Make a list
8. Avoid procrastination
9. Spend time with loved ones
10. Listen to soothing music and practice deep breathing
11. Spend time with a pet or volunteer with animals

Mental health is important, especially during these difficult times. Make sure you develop the right routine for your lifestyle.

[Learn More](#)

Get Ready for the Miami Corporate Run!



Come join team Miami-Dade County at the Miami Corporate Run on Thursday, April 25, 2024, at 6:45 pm.

There are only 21 days left to register!

[Register Today!](#)

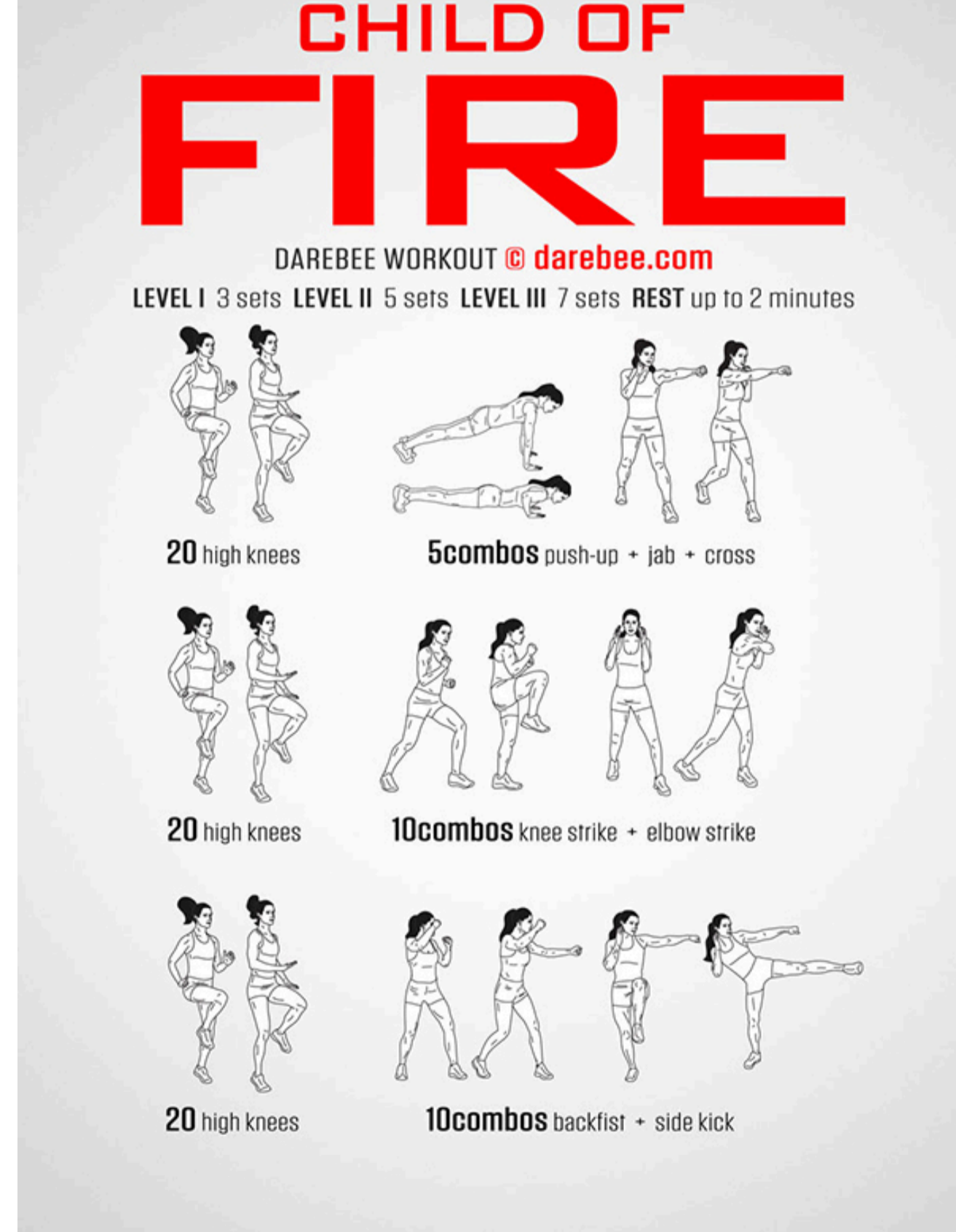
THE FIRST 250 PEOPLE THAT SIGN UP WILL GET A 50% DISCOUNT ON REGISTRATION FEES! (\$55 TO \$27.50)

You've never done a 5K? Below are some tips to help get you started:

- Find a pair of shoes that fit you best.
- Start off slow, even if your starting pace is walking.
- Consider any past injuries when setting your pace.
- Encourage a friend or family member to train with you.
- Make sure to create a schedule where you are incorporating rest days as well.

[5K Run Training Schedule](#)

Workout of the Month



Q4 and Annual Incentive Winners:

Quarter 4 Winners			Annual Winners		
First Name	Last Name	Department	First Name	Last Name	Department
MARIA	MENDEZ	MDPD	MIRELYS	AGUIRERA	HR
KAREN	SOLMS	PROS	EMAD	REZAKHANAH	DTPW
DAVID	DELTERZO	Excelsior	CHRISTINE	NETTOKENEDY	WASD
BARBARA	RODRIGUEZ	COC	JESUS	VARGAS	DSWM
BRYANT	CAPLEY	Librarians	SYLVIA	HANKS	MDCR
FATIMA	RAMIREZ	CAO	JAMEE	DAVIS	MDCR
PATRICE	JOHNSON	WASD	LIANA	PUPOCUARTAS	Librarians
MILENA	GONZALEZ	Librarians	ALTHEA	WEDDERBURN	DTPW
PORCHIA	LAZIER	Aviation	LOURDES	VELAR	CAO
SANDRA	CAIL	MDCR	KERI	BAGALA	CAO
SERGIO	VARELA	COC	SUZETTE	OTTEY	CAO
LEONARDO	MANE	ISD	JENNIFER	GONYEA	ME
BRAD	HADLEY	PROS	LISSET	GUASCH	RER
HILCIA	MACIAS	RER	GEMA	BRITO	MDCR
PABLO	GUILLEN	DTPW	KIM	GORDONPEREZ	MDCR
SHERWAL	CARROLL	MDCR	DARLENE	ROLLE	WASD
JOSEPH	DIAZ	PA	VISHAL	KATOCH	RER
ROSETTA	HERNANDEZ	TC	MONICA	SANCHEZ	MDFR
STACI	ROLLINS	MDFR	ESTHER	FROMETA	DTPW
TATYANA	YANOVSKY	WASD	MAURICE	ADAMS	MDCR

Healthy Selfie

Teams from the Step up, Revive and Thrive Face Off Challenge 2024, DERMinators (RER), enjoyed a fun outing and kick-off event with the WellnessWorks Team of Doves and Busters in February.

The DERMinators (RER), The 2024 World Steppers (Tax Collectors), and Dynamic Dream Team (WASD), team members photographed, along with a host of other teams were in attendance.



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 (EAP)

Did you know more than 140,000 deaths occur every year in the United States due to excessive alcohol use? April is Alcohol and Substance Abuse Awareness Month, a time to raise awareness and understanding of alcohol abuse. Over time, excessive alcohol consumption can lead to the development of chronic diseases and other serious issues that affect your quality of life, physical and mental health.

If you or someone you know is struggling with alcohol misuse or abuse, there are ways to help. Here are some steps you can take to ensure that alcohol doesn't become a problem for you or your loved ones:

- Show compassion
- Understand alcoholism
- Limit alcohol consumption or try sobriety all together
- Stay occupied in a productive way
- Minimize temptation
- Seek additional support

The National Institute on Alcohol Abuse and Alcoholism's Rethinking Drinking page has interactive resources to help you examine your drinking patterns.

If you or someone you know is struggling with alcohol misuse or abuse, know you are not alone and there is help and hope. Please reach out to our team at Miami-Dade Employee Assistance Program (EAP). The EAP provides on-site and virtual assessments for all employees and family members that are in need of assistance. To set up an assessment with an EAP counselor at no cost, **please call 305-375-3293** or email Jessica.Hughes.Fillette@MiamiDade.gov.

[Learn More About Services & WellPanels](#)

For more information, please visit: <https://secure.miamidade.gov/employee/wellness-walks/wellnessworks/pages/p096>.

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