



July 2019



WELLNESSWORKS
MIAMI-DADE COUNTY

Wellness Watch

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

AvMed



Learn How to Grill Safely During the Summer Time

Food poisoning is at a higher risk during the summer months with warmer temperatures allowing foodborne germs to grow. Here are some safe tips from the Centers for Disease Control and Prevention (CDC) to grill safely.

1) Separate

When shopping, pick up protein last. Separate them from other foods in your cart and grocery bags. To prevent cross-contamination, put raw meat into individual bags.

2) Chill

Keep proteins refrigerated until ready to grill. When transporting, keep below 40°F in an insulated cooler.

3) Clean

Wash your hands with soap before and after handling raw meat. Also wash surfaces, utensils, and the grill before and after cooking.

4) Check your grill and tools

Use a moist cloth/paper towel to clean the grill's surface before cooking. If you use a wire bristle brush, thoroughly inspect the grill's surface before cooking. Wire bristles from grill cleaning brushes may dislodge and stick into food on the grill.

5) Don't cross-contaminate

Throw out marinades and sauces that have touched raw meat juices. Use clean utensils and a clean plate to remove cooked meat from the grill.

6) Cook

Use a food thermometer to verify meat is cooked hot enough to kill harmful germs.

- 145°F – whole cuts of beef, pork, lamb, and veal (stand-time of 3 minutes at this temperature)



- 145°F – fish
- 160°F – hamburgers and other ground beef
- 165°F – all poultry and pre-cooked meats, like hot dogs

7) Refrigerate

Divide leftovers into small portions and place in covered containers. Put in freezer or fridge within two hours of cooking (one hour if above 90°F outside).

Source: <https://www.cdc.gov/foodsafety/pdfs/Grill-safety-infographic-508c.pdf>

4TH OF JULY RED, WHITE, & BLUE INSPIRED "SUMMER SNACK" Fresh, Nutritious, Delicious!



How to Make Fruit Pizza with Watermelon, Berries and Yogurt

Your new go-to refreshing treat, this fruit pizza recipe replaces classic carbohydrate crust with a healthier watermelon "crust." Top with yogurt sauce, berries and mint for a fresh dessert the whole family will enjoy!

- 1) Slice a large watermelon in half and slice each half into separate ½ inch pieces.
- 2) Mix ½-1 cup of plain yogurt (or spice it up with another flavored yogurt) with a table spoon of honey.
- 3) Crush up fresh mint and add to yogurt mixture.
- 4) Spread yogurt mixture evenly onto the surface of the watermelon.
- 5) Creatively dice, cut, or slice up a variety of fruit and decorate your watermelon pizza.
- 5) Cut & serve.

<http://www.eatingwell.com/video/6685/how-to-make-fruit-pizza-with-watermelon-berries-and-yogurt/>

HEALTHY SELFIE

Idania Barroso of the Miami-Dade Internal Services Department enjoyed some cardio exercise at a group fitness cycling class.

Send us a picture showing you participating in your favorite type of exercise and you will be entered in a raffle to win a prize. Email photos to: WellnessWorks@MiamiDade.gov.



JULY EVENTS

Registration: July 1-19 / Challenge: July 22-August 30

2nd Annual Biggest Winner Challenge

See flyer for more information or email wellnessworks@miamidade.gov.

Wednesday, July 17, 2019

Cool Summer Self Care Series

Government Center Lobby, 111 NW 1st Street, Miami, FL 33128

Saturday, July 20, 2019

Broward Kettle Krush 5K Run/Walk

Markham Park, 16001 W. State Rd 84, Sunrise, FL 33321

Thursday, July 25, 2019

FIU Night Kayaking 2019

Florida International University, 3000 N.E. 151 Street, Wellness and Recreation / Room: WUC 160 Miami, FL 33181

Saturday, July 27, 2019

5k-10k- Cross Country Run

Amelia Earhart Park, 401 East 65th Street, Hialeah, FL 33012

Sunday, July 21, 2019

2nd Annual Great American Ben & Jerry's Ice Cream Mile

Vista View Park, 4001 SW 142nd Ave., Davie, FL 33330

FIREWORKS SAFETY:

SUMMER IS A TIME FOR FIREWORKS AS WELL AS THE SUN, BUT IF YOU DO NOT PROTECT YOURSELF FIRST, IT WILL NOT BE FUN. FOR SAFETY TIPS, VISIT: [HTTPS://WWW.ASSH.ORG/HANDCARE/HAND-SAFETY/FIREWORKS](https://www.assh.org/handcare/hand-safety/fireworks)



Spotlight! COOL SUMMER SELF CARE SERIES

Miami-Dade County employees participated in a relaxing Hatha Yoga class during the June 19th Cool Summer Self Care Series event.

The Wellness Tic-Tac-Toe raffle winner of a 2020 WW Football Jersey is Jennifer Gonzalez, from Miami-Dade Clerk of Courts.



**Did you know
July is National Park
& Recreation Month?**

**Visit <http://www.miamidade.gov/parks/july-parks-month.asp>
for more information.**



THE *2nd Annual* **BIGGEST WINNER** *Challenge*



GRAND PRIZE
\$500*

**We Will All Be
Winners!
You Can Do It!**

The WellnessWorks Program invites you to participate in our **Ultimate Weight Loss Challenge**

Important Dates

Monday, July 22nd – Challenge begins

Make a personal commitment to yourself to reach your weight loss goal and/or support your team.

July 22nd – August 30th Challenge will run for 6 weeks

Monday, July 1st – Registration begins

To enroll, email your name, employee ID and department to wellnessworks@miamidade.gov

Join the challenge to compete and motivate your co-workers towards reaching their goals

- Participate in group nutrition and exercise sessions to stay on track.
- Meet with our Wellness Coaches to develop a plan that is right for you.
- Initial, midpoint and final weigh-ins will help track your progress.
- The employee with the highest percentage of weight loss for each team based on location/department will win a \$250 prize.*
- Join your location/department team to **claim the Miami-Dade County Biggest Winner Trophy**. This prize will go to the team with the highest average percentage of weight loss.
- All participants will earn 25 WellnessWorks points.
- All winners will be announced at the **5K “Super” Family Fun Day in October**.

* Biggest Winner overall wins \$500 and the remaining winners in each department win \$250.

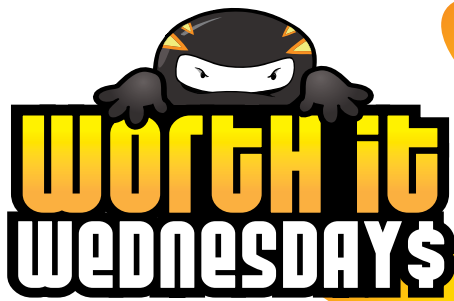
Must be primary policy holder to participate. Dependents are not eligible for WellnessWorks incentives. Retirees are exempt.

Presented by the Benefits and Employee Support Services Division of the Human Resources Department.



For more information visit
www.miamidade.gov/wellnessworks





presents

Cool Summer

Self Care Series

JULY 17

Government Center Lobby

9:30 a.m. to 1:30 p.m.

from  **WELLNESSWORKS**
MIAMI-DADE COUNTY

Activities Include...

- Compete in the WellnessWorks Trike Hunt. Ride the adult trike to and through a series of WellnessWorks stops for a chance to win prizes and a bike. Everyone who completes the quest earns 25 WellnessWorks points.
- You can enter the Healthy Smoothie Championship (6 spots available) and sample healthy smoothies prepared by Unique Wellness Solutions.
- Learn how to make your sandwiches healthier with Chef Alex from Temple Street Eatery, sponsored by the Dade County Federal Credit Union, at 10:30 a.m. and 12:30 p.m.
- Try Vinyasa Yoga which links movement and breath to attain balance in the mind and body. Sign-up at WellnessWorks@miamidade.gov. Classes at 9:30 and 11:30 a.m.
- First 100 employees who sign-up for a free one-on-one WellnessWorks Coaching Session will receive a branded metallic water bottle.
- Loosen up with a relaxing chair massage.
- Learn how having a pet can improve longevity and reduce stress. You can also bring one home from the Animal Service Department.
- Visit the Technobus outdoors and experience virtual relaxation.
- **Demonstrations, samples, giveaways, contests and more** surprises from our sponsors and participating merchants.

Stop By And Meet...

4Elementum
Animal Services Department
AT&T
BJs Wholesale Warehouse
BodyTek Fitness
Brightline
Care Resources

CFN Mortgage Capital
Dade County Federal
Credit Union
Downtown Miami Charter School
Drive Safe Palmetto Express
FIU Online
Hamper App

Healthy Xpress
Miami Dade County Auditorium
Miami Dade Public Library
with Technobus outdoors
Nationwide Retirement Solutions
PRMG, Inc.
Rapids Water Park

Redlands Community
Farm & Market
RER – Air Quality and Your Health
Sprint Works
Stretch Zone
Toyota of North Miami
Tropical Financial Credit Union



*Presented by the Employee Discount Program, Benefits and Employee Support Services Division of the Human Resources Department.
Questions: Discountinja@miamidade.gov*