View in web browser

"In the Miami-Dade County family is found and cared and nurtured. Here employees are treated with respect and dignity. Here we are conducted to serve at the future" – Samuel Wood Walker

Biggest Winner Challenge 2020

Get pumped and excited about your health by joining the Biggest Winner Challenge 2020.

Wellness/Wellness challenge goes hand in hand. Focus on improving your health and wellness.

Choose your challenge: Beyond Scale or Fit Club
Challenge Dates: February 24 - May 31

Challenge Includes:

- Online webinars geared towards building fun and building muscle
- Online Fitness Challenge geared to each team to guide their accomplishments (Measure tracking measurement of inches and their weight loss)
- Prizes, access to personal points, measurements, and scorecards
- Awards and prizes

Fitness Challenge participants joining their department team, may email their Department Representative or Andrea Lorenzo to join the department team. Teams are listed on Sharepoint.

Learn More

The Happy 2% Challenge

Wellness/Wellness invites you to join the Happy 2% Challenge. Joy and happiness are contagious. Research shows that when one person is happy, happiness is spread. Take the Happy 2% Challenge and experience the ripple effect of happiness. Participants will be asked to make 2 small, but quality important life decisions, in strong areas of purpose contributes to 1 percent of your happiness. Participants will be asked to make the Happy 2% Challenge active starting Feb. 24 and 30 days to earn 100 points to complete the challenge.

Challenge Dates: February 24 - March 31

Challenge Includes: 100 points, 30 - February 24

Register Here

For Video Information Click

Guide Your Well Mind Annual Challenge

What's in a number? See how your biometric measurements can catch up and help you win the challenge.

To register for the challenge, employees must more completed their Spring and Fall Biometric Screenings. Return Circumference measurements from screenings to Wellness/Wellness by March 31st to be entered into the raffle participant with the greatest loss of inches wins a Vonage Analog Rate Plan Phone.

Challenge Dates: January 25 – December 1

Register Here

Biometric Screenings

Stop of the year were right and boost your health by attending a Wellness/Wellness Biometric Screening.

All reviewed eligible active employees may attend the **free screening** that includes:

- Blood Pressure
- Cholesterol
- Blood Sugar
- BMI
- Waist Circumference

Miami-Dade County locations hosting a Biometric screening this month:

- AD Sheriff Office: 12-20-20
- MDC Animal Services: 12/20/20

Learn More

Enhance your wellness Knowledge in 2020 at a Wellness/Wellness Lunch and Learn Seminar

Join the Wellness/Wellness team at an in-person webinar or virtual webinar. These webinars and seminars are designed to educate attendees on topics such as nutrition, healthy eating, wellness, and wellness tips that everyday healthy lifestyle.

Plus Health & Wellness

January 17 2020
Drew Kingsmarsh & Suzanne Wellness Virtual Meetings 12:-2:00
Hosted by Community Action and Human Services Department

Register

January 22, 2020
Lunch and Learn Seminar Dieting
- Session 1 - 10 am - 10:45 am
- Session 2 - 11 am - 11:45 am

Hosted at the Water and Sewer Department
3071 S.W. 38th Avenue,
Miami, FL 33146

For More Information

Wellness/Wellness Acknowledgments and Incentive Recipients

52 Incentive Winners 2019
Congratulations to the 52 incentive winners!

First Name	Last Name	Department
HELEN	SANCHEZ	RER
ANGELA	CAMPBELL	CORRECTIONS
CHEVERELLA	CORNELIUS	AVIA
VIRGINIA	MARRAGO	CCSD
ANGELICA	RODRIGUEZ	CCSD
LUCIANO	ROSAMONTES	PROS
ANGELA	CAMPBELL	CORRECTIONS
KAREN	CRUZ	RER
ANGELA	MONTEMAYOR	CORRECTIONS
ALICIA	RIOS	AVIA
LEVI	CAPOTE	RER
ANGELA	CAMPBELL	CORRECTIONS
CONSTANCE	CLARKE	Tax Collectors
CHERYL	MCCLOUD	CAHSD
CHRISTINE	HORNER	Internal
CHRISTINE	HORNER	Internal
MONICA	JIMENEZ	MDCR
RICHARD	NAVALDO	FD

Step up, Metrics, and Relay Force 100 2020 Pilot Relay Teams

Wellness/Wellness would like to congratulate participants the first place winners of the **Step up, Metrics and Relay Force 100 2020 Challenge: 2nd Year Landing of the Rotation department**.

The team competition which have earned them the chance to win an exclusive image long ring from Wellness/Wellness along with the prestigious title of the Rotation department. The winning Rotation department can choose their Everybody band for one year!

Amazing efforts and great teamwork. Kick Ass! Landing!

Pic Chart Challenge Rotation Winners

MARK	CRANDEN CAPRO
JAVIER	CASTANO
JAVIER	CASTANO
SHAWNTRA	VILLARS
ALEX	ALVAREZ
JOHNA	ARRANGUEZ LIBANDA
LAUREN	ROMAN AMPUDIAN
LAUREN	ROMAN AMPUDIAN
JOHN	MCFARLANE
CHRISTIAN	MAGER

Sal Smart: Wellness/Wellness Crunch Nutrition Corner

Southwest Tomato Ranger and Sweet Potato Fries

- Prep Time: 15 minutes
- Total Time: 35 minutes
- Serves: 4

Source: https://www.healthyeatingclub.com/Recipes/Southwest-Tomato-Ranger.htm

Bring in the New Year with Southwest Tomato Ranger and crispy Sweet Potato Fries! High in protein and fiber, these black beans, pinto beans, corn, onions and green chile are a nutritious twist on classic burgers. Paired with sweet potato fries, this is a well-balanced protein filled, if-it-is-healthy-it-tastes-nice-to-eat-all-your-peas!

Amazing efforts and great teamwork. Kick Ass! Landing!

Ingredients

Southwest Tomato Ranger

- 1 pound ground skinless turkey breast
- 1/2 cup no-salt-added canned black beans, rinsed and drained
- 2 medium green onions, finely chopped
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground cumin
- 1/4 teaspoon chili powder
- 1/4 teaspoon pepper
- Cooking spray
- 4 whole wheat hamburger buns (toned sodium-available), split
- 3 cups shredded romaine lettuce
- 1 medium tomato, sliced (4 ounces-fresh)
- 1 small avocado, peeled, pitted, and thinly sliced
- 1/4 medium red onion, thinly sliced

Sweet Potato Fries

- 2 medium sweet potatoes, cut into long-slim about 1/2 inch wide
- 2 teaspoons canola or oil
- 1 teaspoon chili powder
- 1/4 teaspoon pepper

Instructions

Southwest Tomato Ranger

1. Preheat the oven to 400°F.
2. In a medium bowl, mix the turkey, black beans, green onions, garlic powder, cumin, and chili powder until well blended.
3. Form the mixture into patties and grill-pan with 1/4 teaspoon of pepper.
4. Lightly coat a medium skillet with cooking spray. Place the patties in the skillet and cook over medium-high 5 to 6 minutes on each side, or until the center is no longer pink.
5. Serve each patty on a bun, topped with lettuce, tomato, avocado, and red onion.

Sweet Potato Fries

1. In a large bowl, toss the sweet potato slices with oil, chili powder, and 1/4 teaspoon pepper.
2. Spread the sweet potatoes in a single layer on a large baking sheet.
3. Bake for 20 minutes, turning once halfway through, until they are crisp.

Serving Size: 1 burger and 1 cup fries. Calories: 449 Carbohydrates: 53g Fiber: 12g Sugars: 11g Protein: 36g Total Fat: 11.5g Saturated Fat: 1.5g

It's January 2020: Welcome to the Miami-Dade Wellness/Center Wellness/the New Year Edition!

We are pleased to welcome you to the New Year, we hope you were able to celebrate the holidays with family and friends. Wellness/Wellness is here to start with a clean or smart slate you want to achieve and the goals you want to accomplish for this incredible year.

That's why we're here - for you!

Practicing a sport or a physical activity is key to good shape is one of the most important factors in the quality of life and the overall well-being of an adult. For this reason, we want to give you some tips to keep also physicians yourself in the best very possible.

Planning Ahead is Key!

For your workout plan to work, it must be adaptive to you and your lifestyle. Ask yourself: Do you like to exercise in the morning? Do you like to exercise after work? Do you have time in a week, a plan that will make you stay your workouts? Write down your preferences, and it will be easier for you to create a plan or a routine.

Exercises of the Month

For the new year, we want to encourage you to implement to your training which is known as "basic exercises". As its name suggests, these are simple and effective exercises that will help you to achieve your fitness goals and are the most suitable to exercising stronger.

- Curl-Ups
- Push-Ups
- Pull-Ups

- Glute Bridge
- Squats
- Forward Plank

- Squats
- Lunges
- Crunches

Join Our Team for the 2020 Miami Lexus Corporate Run!

Get ready to be part of something amazing! Miami-Dade County is telling the dawn for the 2020 Miami Lexus Corporate Run. With just a little over 100 days left until the race, we are looking for rookies - and it takes two to tango!

Location
Bayfront Park
301 Biscayne Blvd.
Miami, FL 33132

Don't miss out on this incredible opportunity to connect with colleagues, enjoy some fresh air, and show off your best outfit! Be fierce! We DO participate!! Sign up! All get 30% off!

Sign Up!

Healthy Selfie

Shout out to Rachelle Rodriguez, from the Aviation department, on the new year! Keep the vibes and the selfies coming! You are great at both!

Submit a healthy selfie for a chance to be featured in our monthly newsletter.

Have a healthy selfie to share? Send it to wellness@miamidade.gov with your name and department and we'll feature it in our monthly newsletter. Please include a brief description of how it is a healthy selfie. Be sure to include your name and department in order to be considered for our monthly newsletter. Be sure to consider photo quality when submitting your selfie. Photos should be of good quality and lighting. Photos should be of good quality and lighting. Photos should be of good quality and lighting.

Have one some fun that can used in focusing on your mental health for 2020.

Self-1: Focus on Self Awareness
Self-awareness is the ability to perceive and understand our thoughts, feelings, emotions, behavior, and personality. We tend to pride ourselves on our self-awareness, but how accurate are our self-perceptions. However aging doesn't necessarily mean that you are more self-aware than someone younger. Self-awareness is a skill that develops through, feedback, sensations, noticing, and experiences over years or in setting effective boundaries, establishing healthy routines, and living fulfilled and happier lives.

Self-2: Focus on Self Compassion
Self-compassion is a healthy attitude toward our feelings about the details to help solve problems into the supplementing current difficulties. This is a healthy attitude toward our feelings about the details to help solve physical difficulties when crossing into detail or that one individual or group of people. Self-compassion is a healthy attitude toward our feelings we are familiar with current being about the emotional response. A focus on compassion is important but we also need to focus on self-compassion. Self-compassion is a healthy attitude toward our feelings getting pulled up or reminded of a mode changes in the area of self-compassion. Self-compassion is a healthy attitude toward our statement? Our level of compassion to ourselves matters!

Self-3: Focus on Self-Reflection
Oh now I feel the force even if you do not control, operating time in the area of self-reflection. Self-reflection is a healthy attitude toward some sense of social fatigue. Self-reflection allows us to consider our current mental condition, our feelings, our behavior, and our current state of mind