

Wellness Watch

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



Healthy habits, local tips, and county resources for a strong start to the year | 

“Your body is the direct result of what you eat as well as what you don’t eat.”
– Gloria Swanson

March Spotlight

Glow to Thrive

Light up your night at Tropical Park on Friday, March 6 from 6–10 p.m. for the 5th Annual Glow to Thrive After Dark 5K & Wellness Festival, presented by Mayor Daniella Levine Cava.

Join us for an evening full of activities for County employees and their families, with support from multiple County departments, local businesses and vendor sponsors.



Glow 5K Walk/Run and festival registration: \$5

Register: [Glow to Thrive - After Dark 5K Glow Run and Wellness Festival](#)

Registration includes:

- Glow-in-the-dark T-shirt
- Glow walk/run and festival entry

When the sun sets, the glow begins with entertainment and vibrant lighting to help you shine and thrive throughout the night.

More info: https://secure.miamidade.gov/employee/news-item.page?Mduid_news=news1769796030227515

Manage Your Benefits Anywhere

With the Aetna HealthSM app and Aetna[®] member website, you can take control of your health benefits with easy, on-the-go tools. Whether you're at home or traveling, you can quickly access your plan details, find care, and manage costs—all in one place. Now it's simpler than ever to stay informed and connected.

Stay on Top of Your Plan

- Review coverage and benefits
- Track spending & view claims
- Access your digital ID card
- Get cost estimates before care*

Connect to Care

- Find in-network providers & virtual care
- Locate walk-in clinics & urgent care
- Check provider reviews

*Cost estimates vary by market and service. Terms: [Aet.na/Terms](https://www.aetna.com/terms).
Privacy: [Aetna.com/legal-notice/privacy.html](https://www.aetna.com/legal-notice/privacy.html).

Get started today

- Register at [MyAetnaWebsite.com](https://www.aetna.com)
- Download the Aetna HealthSM app
 - Text "AETNA" to 90156
 - Or scan the QR code



Explore Aetna Health Your WayTM

As part of Aetna Health Your WayTM you have access to a digital health platform that helps you achieve your best health in a whole new way. You'll get personalized resources and challenges to help you earn rewards every year. So it makes it easier to stay on track and reach your goals.

Welcome to your health & well-being resource

Two simple steps:

1. Take your health assessment and get your MyHealth100 score.
2. Choose a personalized pathway that can help you achieve your health goals.

Plus, you can:

- Read, watch and listen to health content on a wide variety of topics
- See what's trending among other users in the platform
- Search by specific topic



Ready to explore Aetna Health Your Way today?

Just sign in at [Aetna.com](https://www.aetna.com) and scroll to Well-being resources and select "Aetna Health Your Way." Or download the MyActiveHealth Wellness app from either the [App Store](#) or [Google Play](#).



Nutrition Challenge

Fuel your body and make it a habit: March 2 - March 29

The challenge: Attest to your progress for four weeks to receive your completion.



Ask yourself, do your choices contribute to your health and quality of life? Improve your health without getting overwhelmed by participating in the Nutrition Challenge.

The Balanced Plate model is a simple tool designed to help you prepare your meals. It can help you allocate your carbohydrate intake, so that you feel full and nourished until your next meal or snack. Improve your health by integrating this challenge into your daily routine.

First time Users:

Sign in at [Aetna.com](https://www.aetna.com) and scroll to Well-being resources and select "Aetna Health Your Way." Or download the MyActiveHealth Wellness app from either the App Store or Google Play.

Upcoming Wellness Events

A Few Minutes Today—A Healthier You Tomorrow!

Biometric Screenings

Start off the new year right and boost your health by attending a WellnessWorks Biometric Screening. All Aetna eligible MDC employees may attend this free screening that includes:



- Blood Pressure
- Cholesterol
- Blood Sugar
- BMI
- Massage

Wellness Educational Workshops

Prioritize your health by attending a WellnessWorks Wellness Educational Workshop at an MDC Location nearest you.

Workshops help you enhance your knowledge on healthy lifestyle subjects that include Goal setting, Heart health, Stress management, Physical activity and so much more.

March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
		●	● ●	●		
8	9	10	11	12	13	14
		●	● ●	● ●		
15	16	17	18	19	20	21
		●	●	● ●		
22	23	24	25	26	27	28
		●	●	● ●		
29	30	31				

Calendar Key

- On-site Biometric Screenings
- Wellness Educational Workshops (on-site)
- Wellness Educational Workshops (virtual)
- Monthly Liaison Workshop

For more information, visit: <https://secure.miamidade.gov/employee/wellness-works/wellness-works-resources.page> or email WellnessWorks@miamidade.gov

Upcoming Wellness Events:

- Mar 3: Onsite Biometric Screening
Location: DSWM 3B Operations
6:30-10:30 am
- Mar 4: Onsite Biometric Screening
Location: WASD - Douglas Headquarters
10:00-2:00 pm
- Mar 4: Eat Well, Feel Amazing! (National Nutrition Month)
Corrections Headquarters- 3505 N.W. 107th Avenue Doral, Florida 33178
11:00-3:00 pm

For more information, visit: <https://secure.miamidade.gov/employee/wellness-works/wellness-works-resources.page> or email WellnessWorks@miamidade.gov

A Few Minutes Today—A Healthier You Tomorrow!

- Mar 5: Eat Well, Feel Amazing! (National Nutrition Month)
SPCC, 111 N.W. 1st St Miami, FL 33128, 18th Floor, room 18-4,
Noon- 1 p.m.
- Mar 10: Onsite Biometric Screening
Location: COC Coral Gables
10:30-3:00 pm
- Mar 11: Onsite Biometric Screening
Location: WASD LeJeune
10:00-2:00 pm
- Mar 11: Nutrition for the Busy Professional
MDFR- Virtual (<https://events.teams.microsoft.com/event/e33249de-d9fa-4194-b4a6-5e1be5cfe4dd@fab61b8-3afe-4e75-b934-a47f782b8cd7>)
10:00-11:00 am
- Mar 12: Eat Well, Feel Amazing! (National Nutrition Month)
WASD HQ- Douglas Building: 3071 SW 38 Avenue, Miami, FL 33133 - Training Room 156A
10:00-2:00 pm
- Mar 17: Quick and healthy meal prep
DTPW- Central, The Rosa Park Building, 3300 NW 32nd Ave, Miami, FL 33142
10 a.m. -2 p.m.
- Mar 17: The Science of Being Happy
MDPLS- Virtual <https://mdpls.zoom.us/j/81954526251?pwd=QPuijTFo5j4aghNkAsH3J7WEPaQYmw.1>
2:00-3:00 pm
- Mar 18: Onsite Biometric Screening
Location: Fleet Management Shop 3 Main
11:30-2:00 pm
- Mar 19: Onsite Biometric Screening
Location: Office of the Supervisor of Elections – HQ
10:00-2:00 pm
- Mar 19: Eat Well, Feel Amazing! (National Nutrition Month)
Aviation- Virtual (<https://url.usb.m.mimecastprotect.com/s/pKkfCypWOxhLjy4QQjyIMh4SxdhQF?domain=events.teams.microsoft.com>)
11:00am - noon
- Mar 24: Onsite Biometric Screening
Location: CITD
10:00-2:00 pm
- Mar 25: Onsite Biometric Screening
Location: DTPW (Traffic Signals and Signs)
11:00-3:00 pm
- Mar 26: Onsite Biometric Screening
Location: Office of the Supervisor of Elections - TSC
10:00-2:00 pm
- Mar 26: Eat Well, Feel Amazing! (National Nutrition Month)
OTV- 701 First Floor Conference Room - Front RM.130
11 am - noon

March Health Observance

National Nutrition Month

March is National Nutrition Month®, an annual campaign that encourages everyone to learn about making informed food choices and developing healthful eating and physical activity habits.

Learn more about the campaign and themed tips each year: Academy of Nutrition and Dietetics – National Nutrition Month®: <https://www.eatright.org/national-nutrition-month>

For additional federal resources to celebrate and educate around National Nutrition Month®, explore: USDA – Resources to Help Celebrate National Nutrition Month: <https://www.usda.gov/about-usda/news/blog/resources-help-celebrate-national-nutrition-month>

Spring Into Healthy Habits!

March is the perfect time to refresh your routines, boost your energy, and build momentum with healthy habits as we head into spring. It's also National Nutrition Month®, so we're highlighting food, movement, and heart-health habits all month long.

Healthy Recipe of the Month: Spring Vegetable Quinoa Bowl

Why it's good for you:

- Quinoa provides complete plant protein and fiber.
- Spring veggies deliver antioxidants and micronutrients.

How to build it: Mix cooked quinoa with steamed asparagus, peas, baby spinach, cherry tomatoes, lemon juice, olive oil, salt, and pepper.

For more guidance on healthy eating and building balanced meals, visit: CDC – Healthy Eating Tips: <https://www.cdc.gov/nutrition/features/healthy-eating-tips.html>

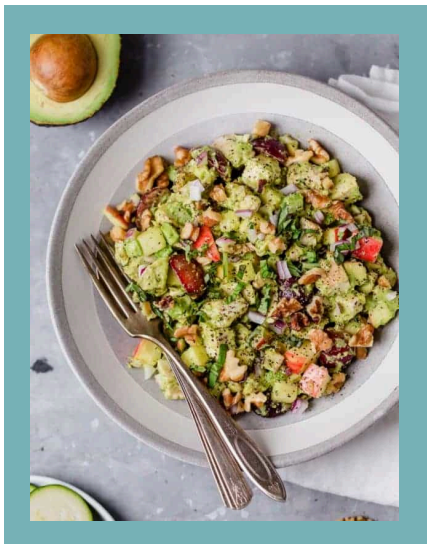
Wellness Tips for March

- Spring-clean your snacks – swap chips and sweets for nuts, fruit, yogurt, or cut veggies.
- Go colorful at lunch – aim for at least 2 colors (like spinach and bell peppers, or carrots and tomatoes).
- Move more, sit less – break up long sitting time with 5-minute movement snacks, such as walks, stairs, or stretching. Activity guidelines for adults: <https://www.cdc.gov/physical-activity-basics/guidelines/adults.html>
- Print and post nutrition reminders – hang simple reminders in your kitchen or break room. Find printable nutrition handouts here: <https://www.nutrition.gov/topics/basic-nutrition/printable-materials-and-handouts>

Recipe of the Month

Eat Smart: WellnessWorks Health Coach Nutritionist Corner

Avocado Chicken Waldorf Salad



Ingredients:

- 1 ripe avocado
- 1–2 Tbsp lemon juice
- 1 Tbsp olive oil
- 3 Tbsp fresh basil (or 2 tsp dried)
- ¼ tsp salt, ¼ tsp pepper
- 1¾ cups cooked chicken, cubed
- ⅓ cup celery, diced
- ¼ cup red onion, diced
- ½ cup grapes, halved (or ¼ cup dried cranberries/cherries)
- ½ apple, diced
- ¼ cup walnuts, chopped

Preparation:

1. Blend avocado, lemon juice, olive oil, basil, salt, and pepper until smooth.
2. In a bowl, combine chicken, celery, onion, grapes, apple, and walnuts.
3. Stir in avocado dressing and adjust seasoning to taste.
4. Serve over greens, in lettuce wraps, or with cucumber slices

<https://therealfooddietitians.com/avocado-chicken-waldorf-salad/>

Health Tips for March

Know Your Blood Pressure

- High blood pressure (hypertension) often has no symptoms but raises your risk for heart disease and stroke. This month, if you haven't done it recently, get your blood pressure checked, write your numbers down, and combine movement, less sodium, more fruits/veggies, and stress management to help keep numbers in a healthy range.
- Learn more: CDC – High Blood Pressure: <https://www.cdc.gov/high-blood-pressure/index.html>
 - Your Fitness Center Wellness Team

30-Minute Workout: Spring Renewal Cardio & Strength

- Warm-Up (5 minutes): March in place, arm circles, hip openers, and gentle lunges.
- Circuit (Repeat 2x – ~20 minutes): Work 40 seconds, rest 20 seconds, then move to the next exercise: - Bodyweight squats - Alternating reverse lunges - Incline push-ups (hands on bench or wall) - Bent-over backpack or dumbbell rows - Fast feet / quick marches in place
- Cool-Down (5 minutes): Hamstring stretch, quad stretch, chest opener, and deep breathing.
- For official guidance on how much activity adults need each week, see: CDC – Adult Activity: An Overview: <https://www.cdc.gov/physical-activity-basics/guidelines/adults.html>

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For more tips: <https://www.massgeneralbrigham.org/en/about/newsroom/articles/healthy-new-year-goals> and <https://www.cdc.gov/diabetes/prevention-type-2/new-healthy-habits.html>



March Healthy Selfies



MDCR Employees blend Wellness into the workplace with a smoothie break.

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 new skills, etc.

To be featured in the Healthy Selfie article in an upcoming newsletter, please submit high quality images to wellnessworks@miamidade.gov.

Wellness Benefits Spotlight

Employee Assistance Program

24/7 confidential support for stress, grief, family or financial concerns.



Emotional Wellness Spot

Emotional Wellness Reminder: Brain Injury and Health Awareness Month

As we observe Brain Injury/Health Awareness Month this year, I wanted to take a moment to remind everyone about the importance of emotional wellness and the profound impact brain health has on our daily lives. Brain injuries— whether traumatic or from other causes—can lead to significant changes in a person’s emotional, mental, and physical well-being. Understanding the connection between brain health and emotional wellness is vital, and taking care of our brains is essential to maintaining overall health.

A brain injury, even if it’s not immediately visible, can cause a range of emotional and cognitive changes. People who experience brain injuries may face challenges with memory, mood, decision-making, and even their sense of identity. Additionally, mental health conditions like anxiety or depression may be linked to these changes. It's essential to recognize these struggles, not as weaknesses, but as real challenges requiring support and care.

This month, let’s remember that the journey to recovery or maintaining brain health involves a balance of physical care, emotional support, and mental well-being. Whether you or someone you know has experienced a brain injury, or if you’re simply looking to improve your cognitive and emotional health, here are a few tips to support wellness:

- **Prioritize Rest and Recovery:** Whether recovering from an injury or simply working to improve your brain health, proper sleep and relaxation are essential. Give your brain the time it needs to recharge.
- **Engage in Cognitive Exercises:** Just like physical exercise helps the body, mental exercises can help improve brain function. Activities like reading, puzzles, or memory games are not only fun but can help boost cognitive abilities.
- **Stay Connected:** Brain health can affect emotional well-being, so maintaining social connections is important. Even if you’re going through recovery or adjustment, reaching out to friends, family, or support groups can provide comfort and a sense of community.
- **Practice Self-Compassion:** If you're struggling with the impact of a brain injury, be kind to yourself. It's important to acknowledge your challenges, but also recognize your strengths. Patience and self-compassion are key to healing and growth.
- **Proper Nutrition:** A healthy brain diet includes fruits, vegetables, plant-based proteins, whole grains, nuts, poultry, omega-3s from fatty fish, and healthy fats from olive oil and avocados.
- **Seek Support:** If you're feeling overwhelmed, don't hesitate to reach out to a professional who can help guide you through emotional or mental health challenges. There’s no need to navigate brain health or emotional wellness alone.

To all of those who are managing the effects of brain injuries, whether personally or through caring for loved ones, we see your strength and resilience. Your journey matters, and your well-being is a priority. Let’s continue to support each other in recognizing the importance of brain health and emotional wellness, both for ourselves and those around us.

If you or a loved one are struggling, you are not alone and we are here to support. Miami-Dade’s Employee Assistance Program (EAP) is a confidential service which focuses on assisting those who are struggling with thoughts or feelings that may be affecting their ability to function at home, work or in the community. Our licensed clinical team is providing on-site and virtual assessments and support sessions for all employees that are in need of assistance. To set up services with an EAP counselor at no cost please call 305-375-3293 or email Jessica.Hughes-Fillette@miamidade.gov. To learn more about our EAP program please click here: www.miamidade.gov/employee-support. The hours of operation are Monday-Friday from 8:00 am to 5:00 pm.