



"Time and health are two precious assets that we don't recognize and appreciate until they have been depleted." – Denis Wallley

Stay Cool & Thrive Summer Gladiator Race & Family Fun Day



Gather up the family and come out to Amelia Earhart Park, 401 E 65 Street, Hialeah, FL, 33013, on Saturday, July 13 from 6:00 am – 12:00 pm for the first-ever Stay Cool & Thrive Summer Gladiator Race & Family Fun Day.

Register at [Gladiator Run & Family Fun Day](#)

[For More Information](#)

or email WellnessWorks@MiamiDade.gov

H2O is the Way to Go Hydration Challenge 2024

Summer is the perfect time to check in on your hydration status. With the summer heat comes the risk of dehydration and other heat-related illnesses. Water is essential for good health. Are you getting enough?

Registration opens: June 17

Challenge runs: July 1 - July 27

The Challenge

During the month of July, log on to HealthyRoads.com DAILY (Monday–Friday) and attest that you are completing the challenge plan for at least 20 days!

[For More Information](#)

Cool Summer Series: Beat the Heat

Please join us as we showcase the importance of beating the heat this summer by learning about skin protection safety techniques and tips to have a cool, healthy summer.

[For More Information](#)

WellnessWorks In-person Health and Wellness Events

Biometric Screening Events this Month:

June 4, 2024
PROS Zoo Miami
12400 SW 152 Street - Florida Room A, B & C
Miami, FL 33177

Wellness Educational Presentation and Workshops:

Enhance your wellness knowledge and learn tips to improve your health and wellness by attending a monthly in-person educational workshop which includes a presentation and onsite health coaching table.

MDC worksite locations hosting a workshop in June:

June 4, 2024
Alzheimer's and Brain Awareness Month
SPCC - 111 NW 1st Street Miami, Room 1B-4, Miami, FL
Session #1: 11:00 am - 11:45 am and Session #2: 12:00 pm - 12:45 pm

June 5, 2024
Fitness Class: Build a Strong Core and Glutes
Corrections Headquarters: 3505 N.W. 107 Avenue, Doral, FL, 33178
11:00 am - 3:00 pm

June 6, 2024
Alzheimer's and Brain Awareness Month
DTPW: Coral Way
11:00 am - 3:00 pm

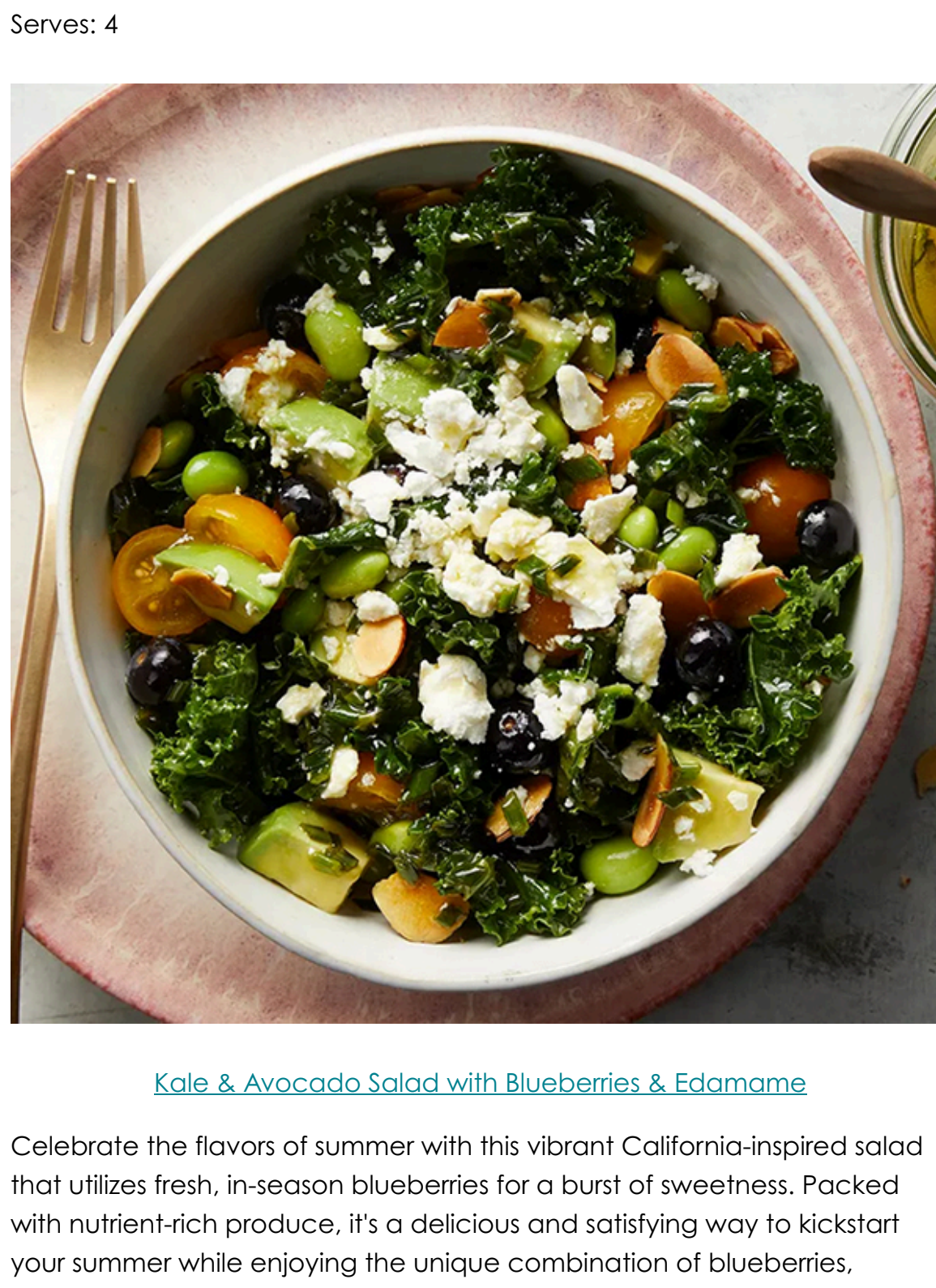
June 13, 2024
Understanding the Process of Weight Loss
Aviation: 4200 NW 36 Street, Bldg. 5A, Training Room, Miami, FL 33166
11:00 am - 3:00 pm

June 27, 2024
Alzheimer's and Brain Awareness Month
MDPD HQ: 9105 NW 25 Street, PMB Classroom - Room 1104, Doral, FL, 33172
12:00 pm - 3:00 pm

Eat Smart: WellnessWorks Coach Nutrition Corner

Kale & Avocado Salad with Blueberries & Edamame

Prep Time: 20 Minutes
Total Time: 20 Minutes
Serves: 4



[Kale & Avocado Salad with Blueberries & Edamame](#)

Celebrate the flavors of summer with this vibrant California-inspired salad that utilizes fresh, in-season blueberries for a burst of sweetness. Packed with nutrient-rich produce, it's a delicious and satisfying way to kickstart your summer while enjoying the unique combination of blueberries, edamame, and goat cheese.

Ingredients

- 6 cups stemmed and coarsely chopped curly kale
- 1 avocado, diced
- 1 cup blueberries
- 1 cup halved yellow cherry tomatoes
- 1 cup cooked shelled edamame
- ¼ cup sliced almonds, toasted
- ½ cup crumbled goat cheese (2 ounces)
- ¼ cup olive oil
- 3 tablespoons lemon juice
- 1 tablespoon minced chives
- 1 ½ teaspoons honey
- 1 teaspoon Dijon mustard
- 1 teaspoon salt

Instructions

- Place kale in a large bowl and, using your hands, massage to soften the leaves. Add avocado, blueberries, tomatoes, edamame, almonds, and goat cheese.
- Combine oil, lemon juice, chives, honey, mustard, and salt in a small bowl or in a jar with a tight-fitting lid. Whisk or shake well.
- Drizzle the vinaigrette over the salad and toss to combine.

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: 6:00 am to 8:00 pm
Fri: 6:00 am to 5 pm

Summer is 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 can help you reach your goals and give you knowledge! A personal trainer provides guidance and a boost to be independent in the gym later on!

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, contact 305-375-5797 or EmployeeWellnessCenter@MiamiDade.gov



Source: <https://www.lifespan.org/lifespan-living/importance-mens-health-month>

June is Men's Health Awareness Month, which is dedicated to raising awareness of preventable health problems and encouraging early detection and treatment among men. Men are often less likely than women to prioritize their mental health, so it's important to remind them of the importance of regular checkups, screenings, and leading a healthy lifestyle. Encourage the men in your life to schedule routine appointments with their healthcare providers, eat a balanced diet, stay physically active, manage stress, and avoid harmful habits like smoking and excessive alcohol consumption. By taking proactive steps toward better health, men can live longer, healthier lives.

Stay Active This June and Complete the HIIT Summer Blast June Workout Presented by Miami-Dade County Wellness Center

Warmer weather is upon us. It is important to stay hydrated during workouts. Remember to drink water before, during, and after exercise to replenish fluids lost through sweat. Aim to drink at least 8-10 glasses of water throughout the day and consider adding electrolyte-rich beverages or foods like coconut water and bananas to support hydration, especially during intense workouts.

Summer is the perfect time to take your workouts outdoors! Try this high intensity interval training (HIIT) routine to boost your metabolism and torch calories.

Warm-Up:

5 minutes of jogging or brisk walking

Circuit:

Jumping Jacks: 30 seconds
Burpees: 30 seconds
High knees: 30 seconds
Mountain climbers: 30 seconds
Rest: 1 minute

Repeat the circuit 3-4 times.

Cool down for 5 minutes of stretching.

Stay tuned for more health and wellness tips in our next newsletter! Remember that small changes can lead to big improvements in your overall health and wellbeing.

For more information, contact 305-375-5797 or EmployeeWellnessCenter@MiamiDade.gov

Healthy Selfie

Team AMS proudly wearing their Step Up, Revive, and Thrive Face-off Challenge 2024 t-shirts as a group, still stepping and having fun!



Submit a Healthy Selfie for a chance to be featured in our monthly newsletter.

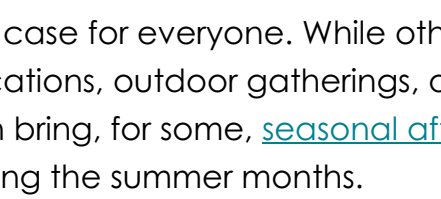
What makes a selfie healthy? Activities such as swimming, running, walking, biking, hiking, and yoga may be submitted. You may also share what you're eating, too. Additional activities that may be considered are healthy self-care and social activities that are good for your mental wellbeing such as meditation, 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.

[Learn More](#)

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

AvMed complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, sex, sexual orientation, gender identity, disability, or age, in its programs and activities, including in admission or access to, or treatment or employment in, its programs and activities. The following person has been designated to handle inquiries regarding AvMed's nondiscrimination policies: AvMed's Regulatory Correspondence Coordinator, P.O. Box 348006, Miami, FL 33104, by phone 1-800-882-8633 (T7-111), or by email RegulatoryCorrespondence@AvMed.org.



Contact | Privacy Policy | Unsubscribe | Languages

AvMed, 3470 NW 82nd Avenue, Suite 1100, Doral, FL 33122
© 2024 AvMed Inc.
24-17909

