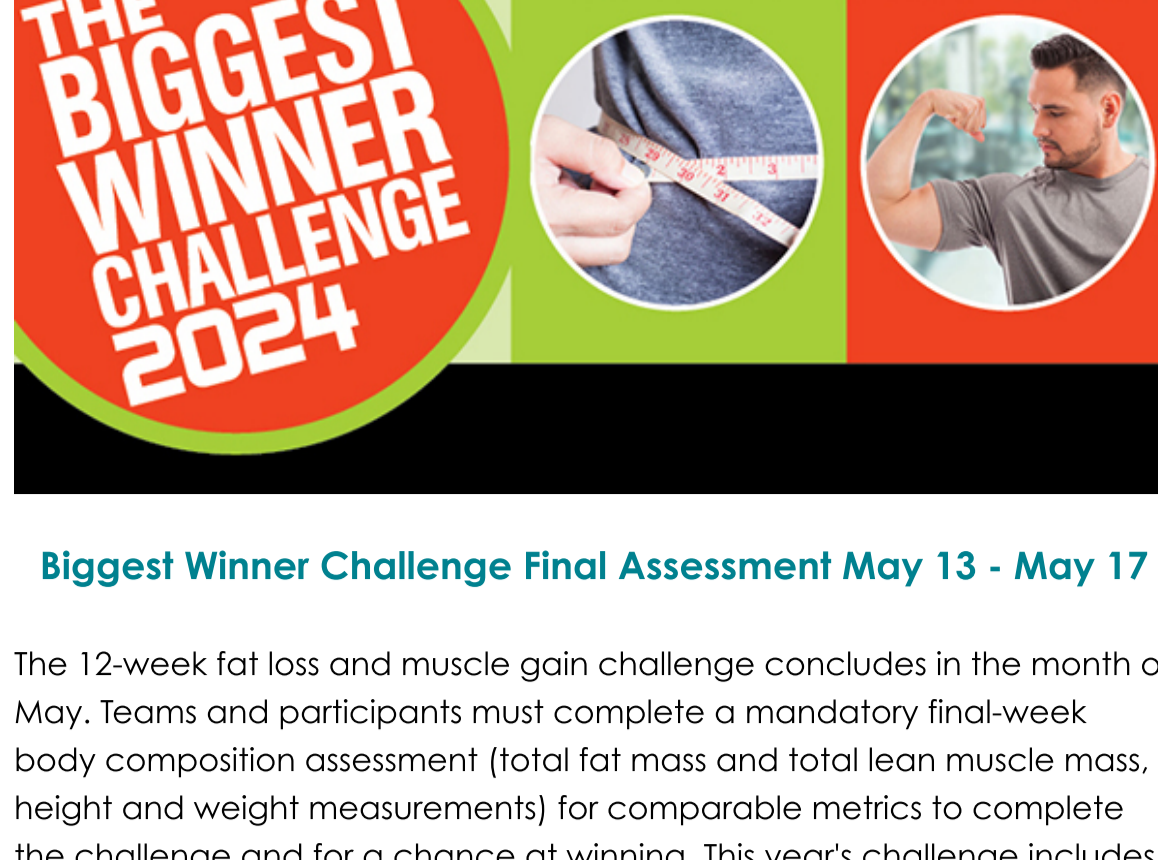




"The six best doctors: sunshine, water, rest, air, exercise, and diet." – Wayne Fields



Biggest Winner Challenge Final Assessment May 13 - May 17

The 12-week fat loss and muscle gain challenge concludes in the month of May. Teams and participants must complete a mandatory final-week body composition assessment (total fat mass and total lean muscle mass, height and weight measurements), for comparable metrics to complete the challenge and for a chance at winning. This year's challenge includes both an individual and a team challenge. The individual challenge is designated by location and countywide. The team challenge is only countywide.

The individual that wins in each category (percentage fat loss and percentage muscle gain) for each location will win the \$250 incentive. The participant who wins countywide for each category (percentage fat loss and percentage muscle gain) will win a \$500 prize (\$250 location winner and \$250 grand prize).

The team that wins each category overall countywide will be crowned the Biggest Winner Team and receive a team trophy. Each team member will receive a WellnessWorks mega swag bag.

Final Assessment Locations

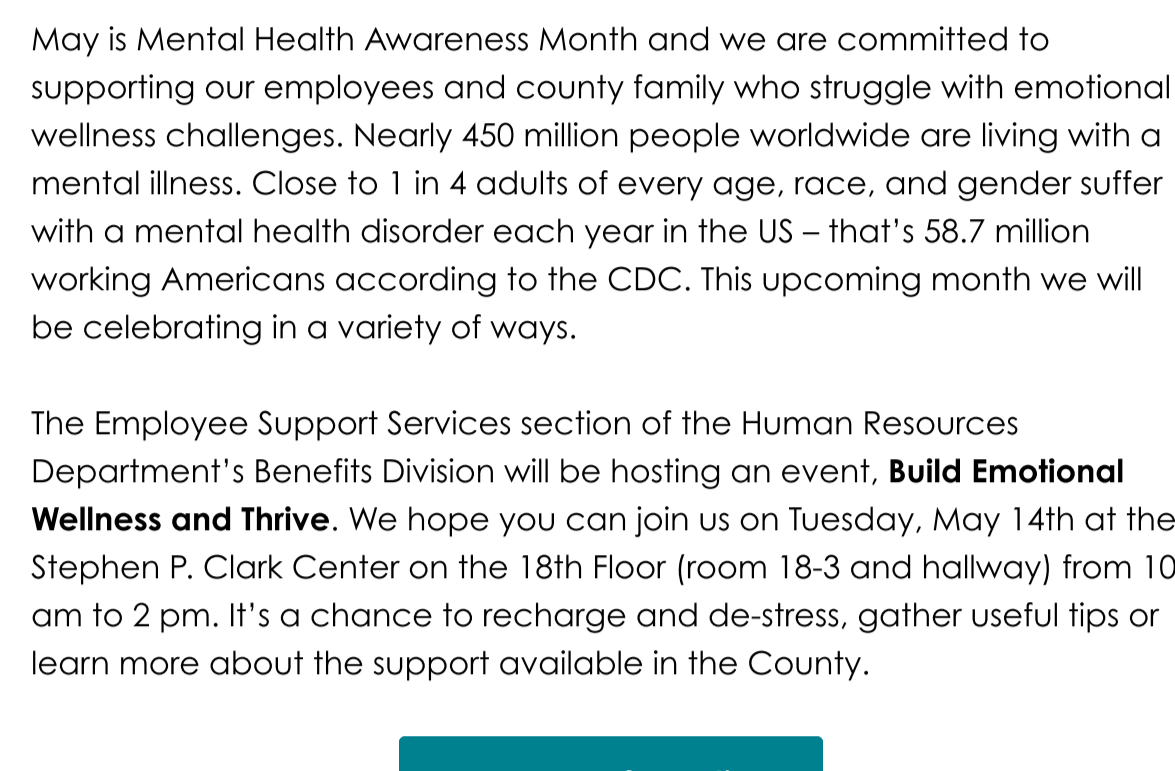


Mind and Mood: "Practice Stress Management" Wellbeing Challenge

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 6th – June 1st

Link to Register: www.healthyroads.com



May is Mental Health Awareness Month and we are committed to supporting our employees and county family who struggle with emotional wellness challenges. Nearly 450 million people worldwide are living with a mental illness. Close to 1 in 4 adults of every age, race, and gender suffer with a mental health disorder each year in the US – that's 58.7 million working Americans according to the CDC. This upcoming month we will be celebrating in a variety of ways.

The Employee Support Services section of the Human Resources Department's Benefits Division will be hosting an event, **Build Emotional Wellness and Thrive**. We hope you can join us on Tuesday, May 14th at the Stephen P. Clark Center on the 18th Floor (room 18-3 and hallway) from 10 am to 2 pm. It's a chance to recharge and de-stress, gather useful tips or learn more about the support available in the County.

For More Information

In celebration, the EAP will be providing **Mental Health Virtual Panels** focused on Mental Health and Emotional Wellness weekly. We invite you to join us to learn more about navigating and supporting family mental health needs, managing trauma and stress, building compassion, and finding support. We welcome you to participate from 10 am to 11 am on the dates below:

May 1st:

MH Panel 1: How to Help Children through Grief and Loss

[Join the Panel](#)

May 8th:

MH Panel 2: Mental Health in the Workplace: Creating Supportive Environments

[Join the Panel](#)

May 21st:

MH Panel 3: Co-Dependency and Its Impact on Relationships

[Join the Panel](#)

May 29th:

MH Panel 4: Overcoming Social Anxiety

[Join the Panel](#)

Mindfulness Mondays:

This year we will be providing "Mindfulness Mondays" dedicated to supporting our County family with stress management techniques and mental health tips and support. Please join us to take a quick break from your day and start your week out right.

Mindfulness Mondays

[Join the Panel](#)

In collaboration with National Alliance on Mental Illness (NAMI), we are providing the Ending the Silence series to support mental health and awareness:

May 2nd:

Mental Health at Work: Ending the Silence Staff

[Join the Panel](#)

May 30th:

Mental Health at Home: Ending the Silence for Families

[Join the Panel](#)

As always, the EAP is here to support. If you or a loved one are struggling, there is hope. Please reach out to the EAP (www.MiamiDade.gov/Support-Services) or at 305-375-5797 to speak with our licensed clinicians and learn more about our services.

WellnessWorks In-person Health and Wellness Events

Biometric screening events this month:

May 1, 2024 – ISD Fleet Management Shop 3

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 to include a presentation and onsite Health Coaching Table.

MDC worksite locations hosting a workshop in May:

May 1, 2024

Body Flexibility, Stretching Session, and Physical Activity class (Yoga session)
Miami Dade Corrections Headquarters – 3505 N.W. 107th Avenue Doral, Florida 33178
11 am - 3 pm

May 7, 2024

How to Reduce Stress and Build Resilience
SPCC- 111 NW 1st Street Miami, Room 18-4
Session (1) 11 am - 11:45 am and Session (2) 12 pm - 12:45 pm

Diabetes 101

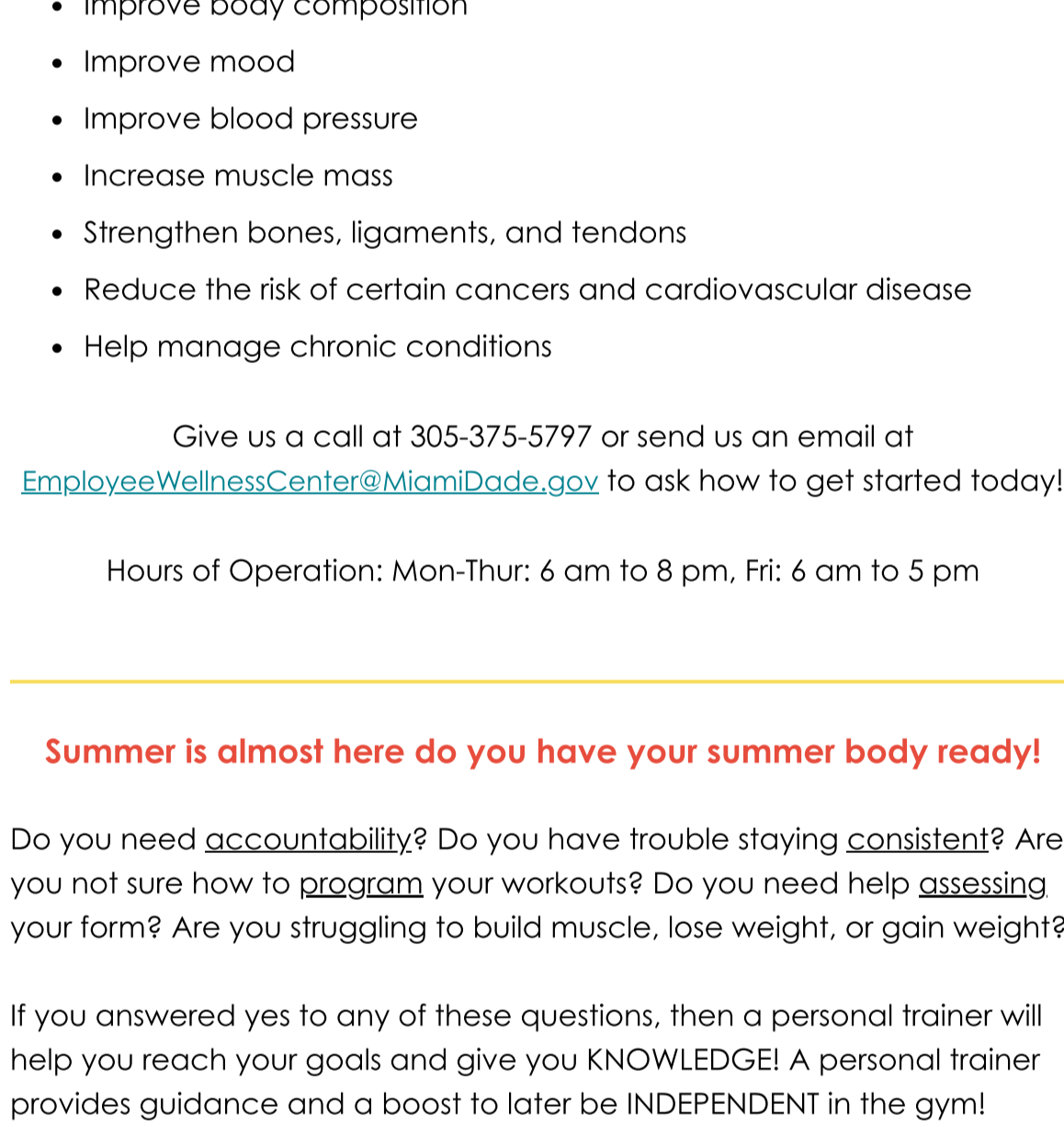
Water and Sewer Dept. - 3071 SW 38TH AVENUE, Training Room 156A
Session (1) 12 pm - 12:45 pm and Session (2) 1 pm - 1:45 pm

May 25, 2024

How to Reduce Stress and Build Resilience
OTV - 701 First Floor Conference Room - Front RM. 130
Session (1) 11 am - 11:45 am and Session (2) 1 pm - 1:45 pm 11 am - 2 pm

Eat Smart: WellnessWorks Coach Nutrition Corner

Lemon Blueberry Poppy Seed Pancakes



Indulge in these fluffy lemon blueberry pancakes, boosted with protein from Greek yogurt and packed with fiber. Made with oat flour and bursting with fresh blueberries, lemon zest, and juice. Sprinkle in poppy seeds for a spring twist and top with extra berries!

[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 will help you reach your goals and give you KNOWLEDGE! A personal trainer provides guidance and a boost to later be INDEPENDENT in the gym!

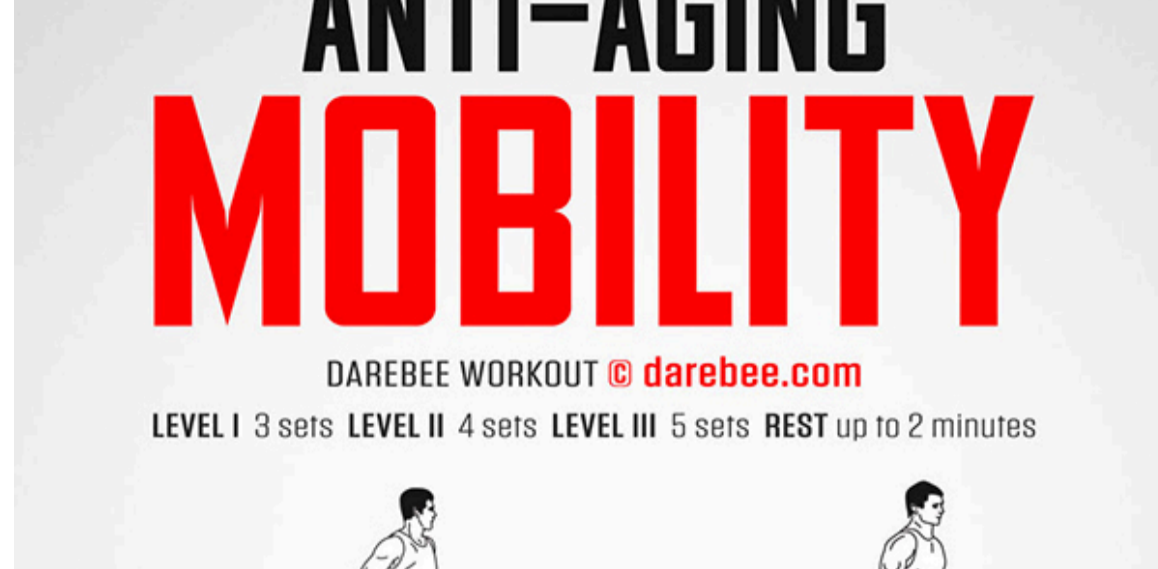
Check out our personal training packages!

30 minutes:

- 1 session: \$30
- 5 sessions: \$130, save 13%
- 10 sessions: \$215, save 18%

60 minutes:

- 1 session: \$55
- 5 sessions: \$230, save 16%
- 10 sessions: \$415, save 25%



Source: <https://wellnessatnh.org.nih.gov/news/Pages/Celebrate-National-Physical-Fitness-and-Sports-Month.aspx>

National Physical Fitness and Sports Month is a reminder of the importance of staying active and leading a healthy lifestyle. It encourages people of all ages to engage in regular physical activity and participate in sports for overall wellbeing.

Fitness is for everyone, and this is the month that gets family, friends, and everyone moving. Sometimes, getting fit can be tedious, but with a community by your side, it can be fun! This month, have a positive mindset by being active - and don't let age be an excuse. The best workout are the ones that work best for you!

What are the benefits of physical fitness?

1. Improved cardiovascular health enhances heart and lung function, reducing the risk of heart disease
2. Weight management helps maintain healthy weight and body composition
3. Increased strength and endurance, improving overall physical capability
4. Enhanced flexibility promotes joint flexibility and range of motion, reducing the risk of injuries.
5. Strengthen core muscles contributing to improved posture and spinal health

What are some benefits of playing sports?

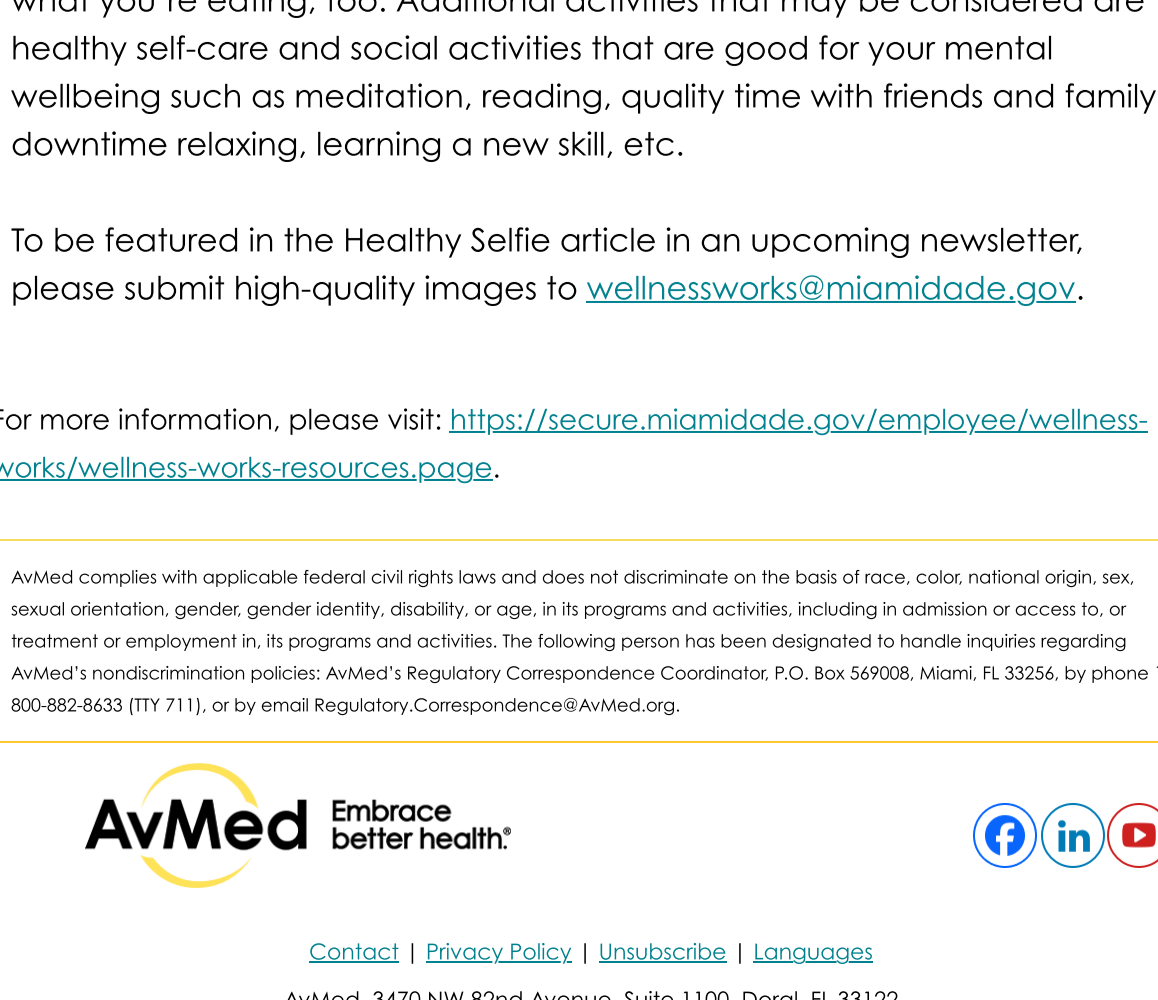
1. Teamwork, cooperation, and developing social skills and learning how to communicate
2. Discipline and time management
3. Playing sports gives discipline and helps develop effective time management
4. Emotional resilience is learned from dealing with wins and losses

Workout of the Month



Healthy Selfie

MDC employee's Andrew Johnson of the Property Appraiser Department and Adela Gonzalez of the Tax Collectors Department at the 11th Annual Fort Lauderdale Shamrock Run, 4 Miller.



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.

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

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