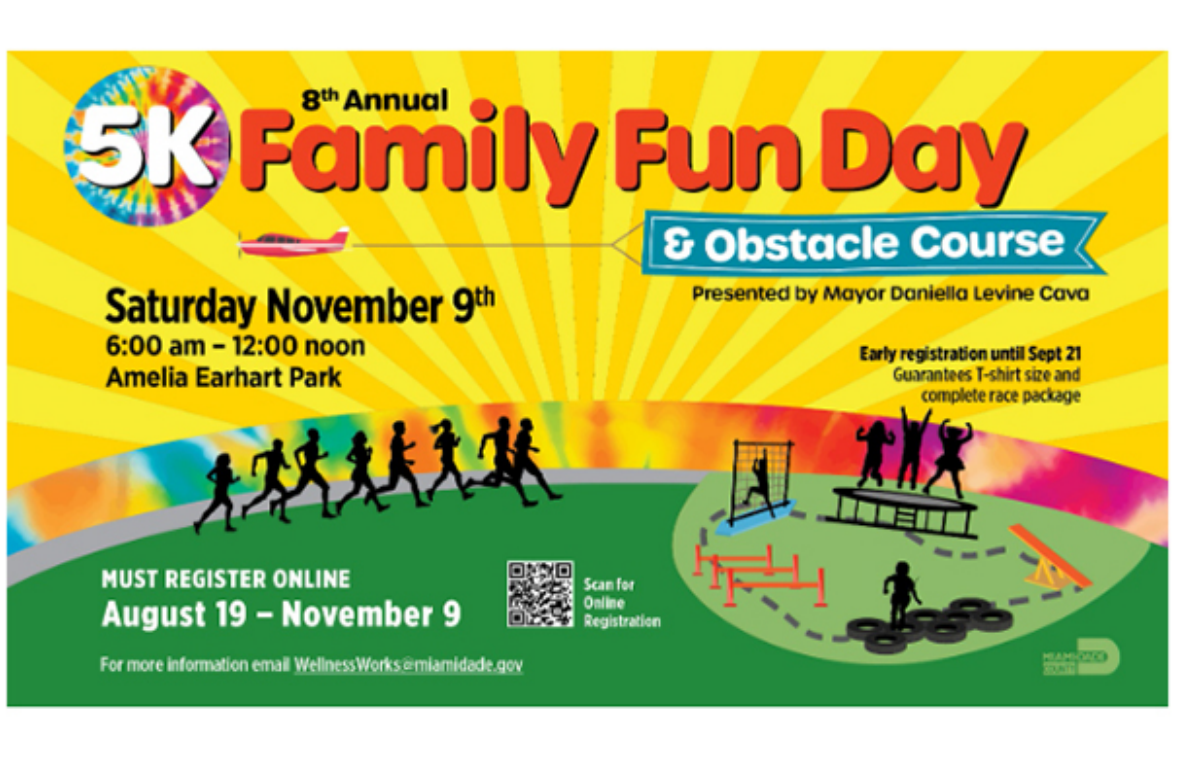
View in web browser

WELLNESSWORKS
MIAMI-DADE COUNTY
Wellness Watch
Providing Miami-Dade County Employees with the Latest Wellness News, Programs, and Events
AvMed

> *"Why worry so much about what others think? You're the protagonist of your own life." – Unknown*

8th Annual 5K & Family Fun Day and Obstacle Course


8th Annual
5K Family Fun Day
& Obstacle Course
Presented by Mayor Daniella Levine Cava
Saturday November 9th
6:00 am – 12:00 noon
Amelia Earhart Park
Early registration until Sept 21
Guarantees T-shirt size and complete race package
MUST REGISTER ONLINE
August 19 – November 9
Scan for Online Registration
For more information email WellnessWorks@miamidade.gov

Gather up the family and come out to Amelia Earhart Park for the 8th Annual 5K & Family Fun Day and Obstacle Course.

Saturday, November 9, 2024
6:00 am - 12:00 pm

Amelia Earhart Park
401 E 65th Street
Hialeah, FL 33013

Run or walk the 5k race, or jump and dive through the obstacle course hurdles, while your family and friends cheer you on. All levels are welcome to compete.

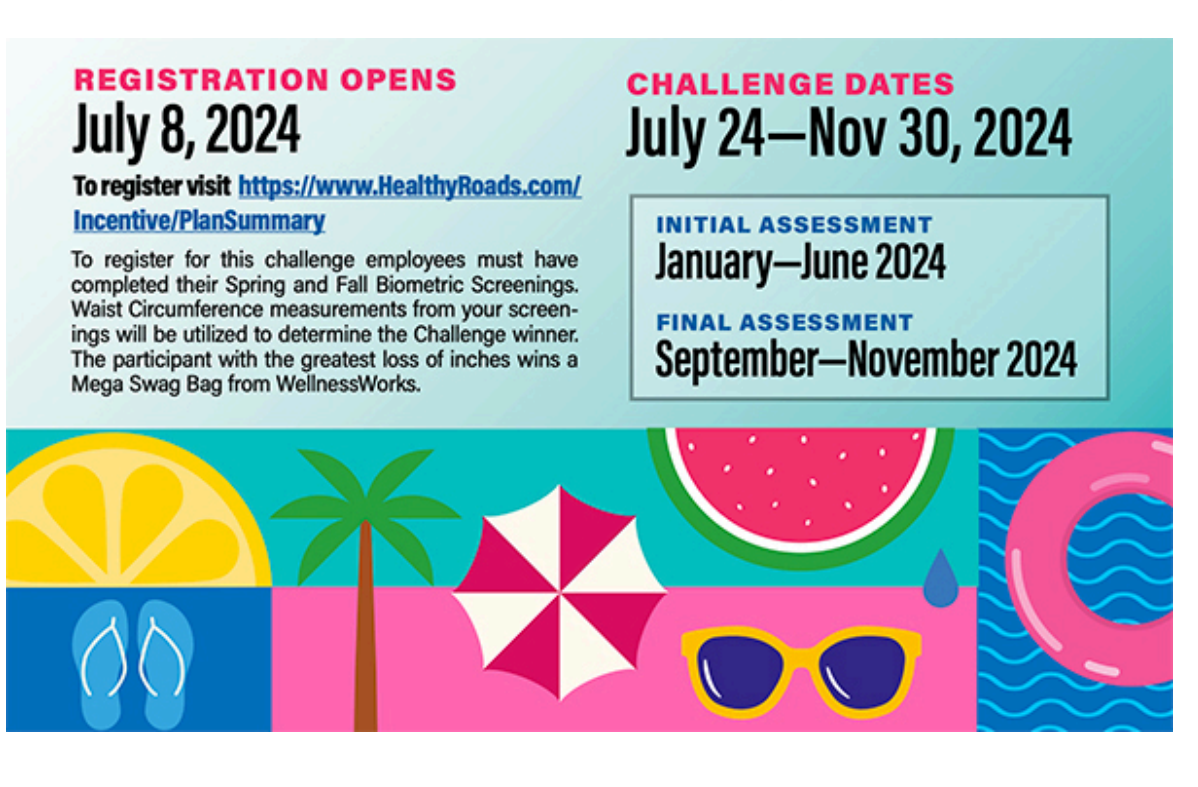
Everyone is also welcome to visit the:

- Kids' Zone – for the little ones to enjoy
- Community partner booths – offering valuable information and giveaways
- Shopping area – with treats and fall seasonal merchandise for sale

Click Here to Register

For More Information

Sizzle Your Waist Challenge


REGISTRATION OPENS
July 8, 2024
To register visit https://www.HealthyRoads.com/Incentive/PlanSummary
To register for this challenge employees must have completed their Spring and Fall Biometric Screenings. Waist Circumference measurements from your screenings will be utilized to determine the Challenge winner. The participant with the greatest loss of inches wins a Mega Swag Bag from WellnessWorks.
CHALLENGE DATES
July 24—Nov 30, 2024
INITIAL ASSESSMENT
January—June 2024
FINAL ASSESSMENT
September—November 2024

Don't get scorched by the South Florida sun. Melt waistline inches instead when you join the *Sizzle Your Waist Challenge!*

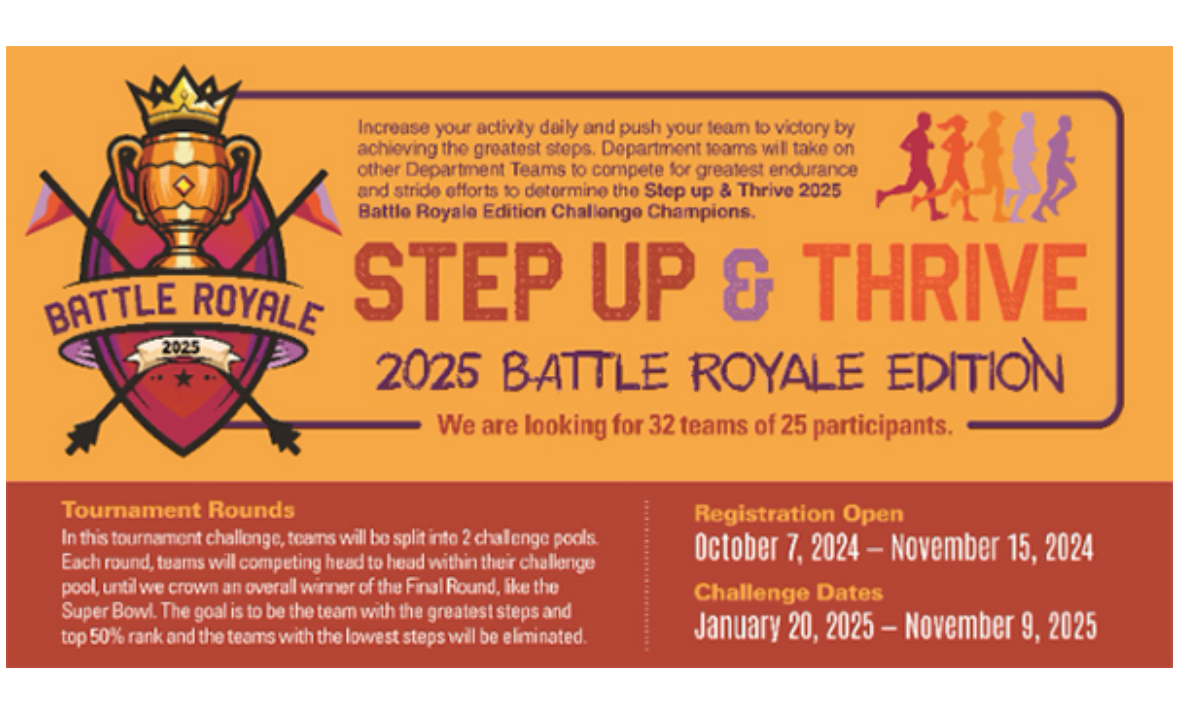
To register for this challenge employees must have completed their Spring and Fall Biometric Screenings. Waist circumference measurements from your screenings will be utilized to determine the Challenge winner. The participant with the greatest loss of inches wins a Mega Swag Bag from WellnessWorks.

Challenge dates: July 24 - November 30, 2024

Click to Register

Click for More Information

Step Up & Thrive Challenge


BATTLE ROYALE
2025
Increase your activity daily and push your team to victory by achieving the greatest steps. Department teams will take on other Department Teams to compete for greatest endurance and stride efforts to determine the Step up & Thrive 2025 Battle Royale Edition Challenge Champions.
STEP UP & THRIVE
2025 BATTLE ROYALE EDITION
We are looking for 32 teams of 25 participants.
Tournament Rounds
In this tournament challenge, teams will be split into 2 challenge pools. Each round, teams will competing head to head within their challenge pool, until we crown an overall winner of the Final Round, like the Super Bowl. The goal is to be the team with the greatest steps and top 50% rank and the teams with the lowest steps will be eliminated.
Registration Open
October 7, 2024 – November 15, 2024
Challenge Dates
January 20, 2025 – November 9, 2025

Team up and compete in the upcoming *2025 Step Up & Thrive Challenge!*

Form your team, designate a captain, and make sure to register your team for a chance to win a WellnessWorks Mega Swag Bag and the Championship WellnessWorks Belt for a full year!

Registration opens: October 7 - November 15, 2024

Challenge dates: January 20 - November 9, 2025

Register: Please contact your department's Wellness Liason or DPR to register.

Wellness Educational Workshops

Stay up to date with relevant health and wellness topics to help you achieve a healthy lifestyle when you join the WellnessWorks team at a monthly in-person workshop.

November 5 > Lifestyle Tips for Healthy Blood Sugar Levels

- Stephen P. Clark Center | 111 NW 1st St., Miami, FL 33128 | Room 18-4
- Session 1: 11:00 am - 11:45 am
- Session 2: Noon - 12:45 pm

To sign up and secure your spot, email Jalessa.McCathen@AvMed.org and specify which session you want to attend.

November 6 > Diabetes Awareness

- Seaport | 1015 N. America Way, Miami, Florida 33132
- Presentation: 10:00 am - 1:00pm
- Coaching Appointments: 1:00 pm – 3:00 pm (30-minute sessions)

Advance appointments required. Email Danielle.Portuondo@AvMed.org to secure a time slot or to sign up to attend the presentation.

November 14 > Positive Thinking: Stop Negative Self-Talk to Reduce Stress

- Miami-Dade Aviation Dept | 4200 NW 36 St., Miami, FL 33166 | Bldg. 5A-Training Room
- Presentation: 11:00 am - Noon
- Coaching Appointments: 12:30 pm - 3:00 pm (30-minute sessions)

Advance appointments required. Email Danielle.Portuondo@AvMed.org to secure a time slot or to sign up to attend the presentation.

November 19 > Work/Life Balance & Stress Management

- Miami-Dade Corrections & Rehabilitation | 9601 NW 58 St., Doral, FL 33178 | Bldg. 900
- Presentation: 2:00 pm - 4:00 pm

To sign up and secure your spot, email Jalessa.McCathen@AvMed.org and specify which session you want to attend.

November 21 > Men's Mental Health Month

- Transportation & Public Works | 3300 NW 32 Ave., Miami, FL 33142 | Central Garage Transit-Rosa Parks Bldg.
  - Presentation 1: 11:00 am
  - Presentation 2: 12:00pm
  - Coaching Appointments: 1:00 pm – 3:00 pm (30-minute sessions)

Advance appointments are required. Email Jeremie.Etienne@AvMed.org to secure a time slot or to sign up to attend the presentation.

November 26 > Lifestyle Tips to Balance Blood Sugar Levels

- Medical Examiner's Office
- Time: Noon - 3:00 pm
- Coaching Appointments: 12:30 pm – 3:00 pm (30-minute sessions)

Advance appointments required. Email Danielle.Portuondo@AvMed.org to secure a time slot or to sign up to attend the presentation.

Biometric Screening

Boost your health by attending a WellnessWorks biometric screening. You may be eligible to receive 25 wellness points and $20 for completing your annual screening.
Employees who are insured by AvMed are eligible for the free screening that includes:

- Blood pressure
- Cholesterol
- Blood sugar
- Body mass index
- Massage

Upcoming Biometric Screening Events

November 6, 2024

- WASD Utilities Division
- 10:00 am - 2:00 pm

Click to Register

November 12, 2024

- Joseph Caleb Center
- 10:00 am - 2:00 pm

Click to Register

November 13, 2024

- ITD HQ
- 10:00 am - 2:00 pm

Click to Register

November 14, 2024

- MDCR HQ
- 10:00 am - 2:00 pm

Click to Register

November 19, 2024

- ISD Fleet Shop 2
- 10:00 am - 2:00 pm

Click to Register

November 20, 2024

- Aviation - Concourse D
- 10:00 am - 2:00 pm

Click to Register

November 21, 2024

- DSWM 3A Operations
- 6:00 am - 8:30 am

Click to Register

November 27, 2024

- DTPW Lehman Center
- Noon - 4:00 pm

Click to Register

Eat Smart: WellnessWorks Coach Nutrition Corner

Sweet Potato & Black Bean Chili

- Prep Time: 25 minutes
- Total Time: 40 minutes
- Serves: 4

Source: https://www.eatingwell.com/recipe/250222/sweet-potato-black-bean-chili/

Packed with fiber from sweet potatoes and black beans, this quick and hearty vegetarian chili is a nutritious, veggie-loaded meal. Make a double batch for easy lunches or freeze the extras for a healthy, stress-free dinner down the road!

Ingredients

- 1 tablespoon plus 2 teaspoons extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- ½ teaspoon ground chipotle chile
- ¼ teaspoon salt
- 2½ cups water
- 2 (15 ounce) cans black beans, rinsed
- 1 (14 ounce) can diced tomatoes
- 4 teaspoons lime juice
- ½ cup chopped fresh cilantro
- 2 cups frozen cut green beans
- 1 cup frozen peas
- 1 tablespoon red-wine vinegar
- Chopped fresh flat-leaf parsley and basil for garnish

Instructions

1. Heat oil in a Dutch oven over medium-high heat.
2. Add sweet potato and onion, stirring frequently, and cook for about 4 minutes until the onion softens.
3. Stir in garlic, chili powder, cumin, chipotle, and salt, cooking for 30 seconds while stirring constantly.
4. Add water and bring to a simmer. Cover, lower the heat to maintain a gentle simmer, and cook for 10-12 minutes until the sweet potato is tender.
5. Stir in beans, tomatoes, and lime juice. Increase the heat to high, and bring it back to a simmer, stirring often.
6. Reduce the heat and let it simmer for about 5 minutes until the mixture thickens slightly.
7. Remove from heat and mix in cilantro before serving.

Serving Size: 2 cups | Calories: 323 | Carbohydrates: 55g | Fiber: 16g | Sugar: 13g | Protein: 13g | Total Fat: 8g | Saturated Fat: 1g

---

Welcome to the November Edition of our Corporate Wellness Newsletter!

The month of November is dedicated to diabetes awareness and prevention. We want to continue being a part of your health journey by sharing information you can use to keep improving your health.

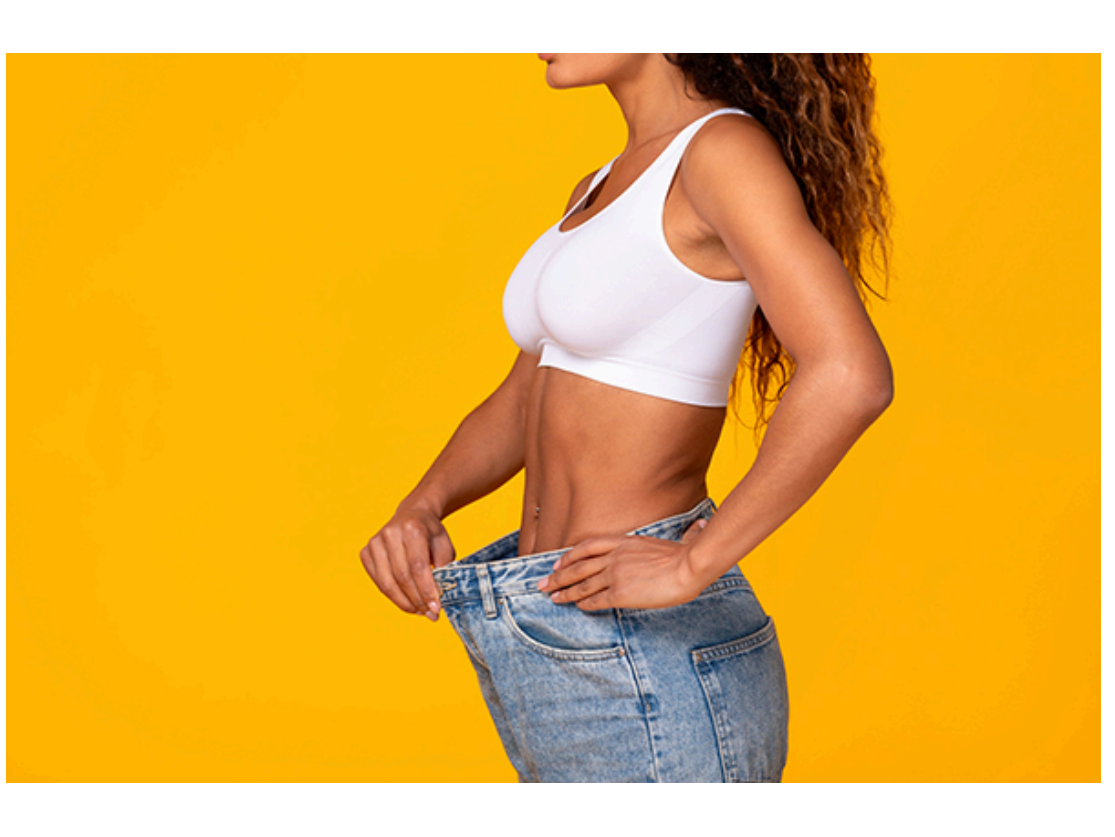
NOVEMBER IS
NATIONAL
DIABETES
AWARENESS MONTH

It is very important for any person, regardless of age or gender, to not only be knowledgeable about diabetes and how it can affect you, but more importantly, what to do to try to prevent it to stay healthy.

Little things – like simply staying active on a regular basis – can make a big difference in the long run. Even better would be to try your best to maintain an ideal body weight, which will be key in the quest to prevent the onset of diabetes.

Here are some tips and guidelines that you can try to apply to your daily life.

1. **Lose excess weight.** Losing weight reduces the risk of diabetes. People who participated in a large study reduced their risk of developing diabetes by almost 60% after losing about 7% of their body weight with changes in physical activity and diet. The American Diabetes Association recommends that people with prediabetes lose at least 7% to 10% of their weight to prevent progression of the disease. The more weight you lose, the greater the benefits.



2. **Limited inactivity.** Pausing prolonged periods of inactivity, such as sitting at the computer, can help control blood glucose levels. Take a few minutes to stand, walk, or do some light activity every 30 minutes.

3. **Eat healthy fats.** Fatty foods are high in calories and should be consumed in moderation. To lose weight and help control weight, your diet should include a variety of foods with unsaturated fats, which are sometimes called "good fats." Unsaturated fats, both monounsaturated and polyunsaturated, promote healthy cholesterol levels and good heart and vascular health. Here are some sources of healthy fats: olive, sunflower, safflower, safflower, cottonseed and canola oils • nuts and seeds, such as almonds, peanuts, flaxseed and pumpkin seeds • oily fish, such as salmon, mackerel, sardines, tuna, and cod

All these tips can be put into practice little by little, and you will see a positive change not only in your health, but also in your mentality and mood during the day. And as usual we also remind you of the **importance of training!**

- For more information on managing cholesterol levels, visit the Center for Disease Control & Prevention's cholesterol page: https://www.cdc.gov/cholesterol/index.htm.
- The American Heart Association also provides valuable resources on heart health and cholesterol at:

Get More Physical Activity

Regular physical activity has many benefits. Exercise can help you:

- Lose weight
- Lower your blood glucose level
- Increase your insulin sensitivity, which helps keep your blood glucose in a normal range

Physical exercise has many different approaches and benefits. But when talking about diabetes prevention, exercise is one of the most helpful things you can do, since it goes hand-in-hand with achieving good health.

When it comes to physical activity and exercise, consider different ways to get the most out of it and fit it into your schedule as you like. Here are some options and suggestions to consider.

Aerobic exercise. Aim for 30 minutes or more on most days of moderate to vigorous aerobic exercise, such as brisk walking, swimming, cycling, or running, for a total of at least 150 minutes per week.

Resistance exercise. Resistance exercise, if done 2 to 3 times per week, increases strength, balance, and the ability to maintain an active lifestyle. Resistance training can include weightlifting, yoga, and calisthenics.

Remember!! Always consult with a healthcare professional before starting any new exercise program.

We hope you find these tips and resources helpful in maintaining a healthy lifestyle this November. Stay tuned for more wellness updates in our next edition!

Best regards,
Miami Dade Wellness Center.

All these tips can be put into practice little by little, and you will see a positive change not only in your health, but also in your mentality and mood during the day. And as usual we also remind you of the **importance of training!**

- For more information on managing cholesterol levels, visit the Center for Disease Control & Prevention's cholesterol page: https://www.cdc.gov/cholesterol/index.htm.
- The American Heart Association also provides valuable resources on heart health and cholesterol at:

Healthy Selfie

WellnessWorks Health Coach Elsa Fonseca (pictured left) at our ISD Breast Cancer Awareness Workshop
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.

Tips to Prevent Holiday Stress and Depression

The holidays can affect everyone in different ways, and it can be a very stressful time for many. When stress is at its peak, it can be hard to stop and regroup. Be proactive this season to prevent stress in the first place with some of these tips, especially if the holidays have taken an emotional toll on you in the past.

- **Reach out:** If you feel lonely or isolated, seek out communities and social events. They often have websites and online support groups as well. It may also help to talk to a friend or a family member about your concerns. Even a quick chat can make a difference.
- **Be realistic:** The holidays don't have to be perfect or the same every year. As families change or grow, the traditions and practices do as well. Choose the ones you want to hold on to and be open to flexibility. If someone can't make it, maybe they can join by video or share more pictures. Even if your plans are different than last year, it can still be successful.
- **Stick to a budget:** Before you do your gift and food shopping, decide how much money you can afford to spend, then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

Take time this month to focus on managing stress and integrate "me" time into your schedule this holiday season.

> **Wellness Tip of the Month: Take a Breather**
> *Take a break by yourself or find an activity you enjoy. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Reduce your stress by clearing your mind, slowing your breathing, and restoring inner calm.*

If you, a family member, or a team member are struggling with feelings or emotions that interfere with engaging in daily life, please feel reach out to our team with the Miami-Dade Employee Assistance Program (EAP). The EAP provides virtual and onsite assessments for all employees who need help. To set up an assessment with an EAP counselor, please **call 305-375-3293** or **email** Jessica.Hughes-Fillette@MiamiDade.gov.

The EAP hours of operation are **Monday-Friday from 8:00 am to 5:00 pm.** To learn more about EAP resources, events, and support, visit: www.miamidade.gov/support-services.

For more information, visit the Miami-Dade Wellness Resource 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, 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 569008, Miami, FL 33256, by phone 1-800-882-8633 (TTY 711), or by email Regulatory.Correspondence@AvMed.org.

AvMed Embrace better health.

Contact | Privacy Policy | Unsubscribe | Languages

AvMed, 3470 NW 82nd Avenue, Suite 1100, Doral, FL 33122

© 2024 AvMed Inc.

24-18223