



MUSCLE OF THE MONTH

HAMSTRINGS



Located in the back of your thigh and composed of the Biceps Femoris, Semimembranosus and Semitendinosus, this group of muscles are responsible for knee flexion and hip extension.

Tip to Train: STABILITY BALL LEG CURL



- Lie on your back and place a stability ball under your heels.
-Lift your hips and pull your heels towards your body.
-Without dropping your hips, push your legs straight out to the starting position and repeat.
-Do not lower your hips until the desired repetitions are completed.

MIAMI-DADE COUNTY WELLNESS NEWS

MONTHLY HEALTH TOPIC: Cancer Prevention

September is National Prostate & Ovarian Cancer Awareness Month. Learn the facts, recognize the symptoms and practice prevention! Prostate cancer, the most common form of cancer in men, is the second leading cause of cancer deaths among men in the United States. Although a threat to men of all ages, roughly 62% of all cases occur in men over the age of 65. Similarly, all women are at risk of ovarian cancer but 90% of those diagnosed are over the age of 40. Fortunately, when caught in the early stages, both forms of cancers can be easily treated. For more information on prostate and ovarian cancer please review the brochures and handouts located in the Wellness Center.

INCENTIVE PROGRAM: Cardio Touchdown Challenge!

Football season is quickly approaching and what better way to kickoff the sport festivities than to take part in our Cardio Touchdown Challenge Member Incentive Program! If you are a Wellness Center member and interested in changing your regular workout routine, enjoy friendly competition and want to enhance your cardiovascular performance, sign up for this FREE 10-week Program.

Sign-up: at the Wellness Center
Kick Off Date: Sept. 21, 2009

Contact the Wellness Center for more information X5797.
Are you ready for some Fitness?!



ONSITE WELLNESS EVENT: Exercise & Fitness

Attention Dade County Employees! Feeling tired, unmotivated, too busy to exercise? Learn the benefits of physical activity at September's onsite wellness event. Speak with a personal trainer, spice up your old workout routine, learn new exercises and assess your current fitness levels! Join us on Sept. 16th from 10:00 am-2:00 pm in front of the café and gather valuable information from your very own Wellness Team along with other health and fitness professionals in the field. For more information contact the Wellness Center.

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## UPCOMING LOCAL EVENTS: *Get Out & Get Active!*

Here are some fun fitness events for you and your family to participate in during the month of September:

- **Strides for Safety 5K Run/Walk:**  
Sunday Sept. 13, 2009 at 7:00 am  
Aventura Mall, Aventura  
<http://www.splitsecondtiming.com/stridesapp.html>
- **Publix Escape to Miami Triathlon:**  
Sunday Sept. 27, 2009 at 7:00 am  
Margaret Pace Park, Biscayne Bay  
<http://www.escapetomiamitriathlon.com/>
- **Race for the Kids 5K & 10K**  
Sunday Oct. 4, 2009 at 7:30 am  
Crandon Park, Key Biscayne  
[http://www.active.com/page/Event\\_Details.htm?event\\_id=1763915&assetId=dbf926c2-94cd-40ba-9929-6191c1391a79](http://www.active.com/page/Event_Details.htm?event_id=1763915&assetId=dbf926c2-94cd-40ba-9929-6191c1391a79)

## ASK THE TRAINER: *Hydration Tips*

**Question:** How much water should I be drinking daily and what are the benefits?

**Answer:** Daily fluid intake is important to prevent dehydration and heat illness. Most people do not consume enough water to meet their daily requirements, particularly when they are physically active. **The average person should consume at least 64 ounces per day. A simple way to determine your adequate daily water consumption is to consume half of your body weight in fluid ounces.** Keep in mind that fluid intake volumes may increase under more extreme physiological stress. Although, fluid needs are best met with water, low-fat milk and juice are excellent choices since they contain the minerals involved in fluid balance: potassium, sodium and chloride. Poor choices for hydration include alcohol-and-caffeine containing beverages such as sodas, coffees and teas, since these substances act as diuretics.

Source: American Council on Exercise: A guide for fitness professionals. pg. 124. 2007.

## FITNESS CHALLENGE: *How High Can You Climb the Marine Fitness Ladder?*

Take and challenge and attempt to successfully complete the actual Marine Corps Fitness Test. Perform pull-ups, abdominal crunches and a 3-mile treadmill run test. Determine your score and assess your rank. Do you rank among the top? For more information, please see the Wellness Team Staff!



## WELLNESS WARRIOR: *Julie Dean!*



Congratulations Julie, for being recognized as the first ever Wellness Warrior for Miami-Dade County. We nominated Julie as September's success story due to her commitment and determination to make a change in her life.

Having never worked out at a gym before, Julie made a lifetime changing decision and took advantage of the convenience of the onsite Wellness Center. Since her enrollment she has lost over fifty-seven pounds!

She is a very active member, participating in daily physical activity at least two times a day. While working out, she would consider the Elliptical Machine to be her favorite piece of equipment.

Regarding her healthy nutrition habits, Julie is sure to consume fruits, vegetables and whole wheat foods on a regular basis. She focuses on cutting back sweets, starches and other unhealthy foods.

Outside of the Wellness Center she enjoys volunteering in her community and regularly visits hospitals and nursing homes.

Her peers and coworkers would agree that Julie is a true role model, leading by example and motivating others to change their lives one day at a time!