



February 2016

# Wellness Watch

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

## Sweet Potato Nachos

### Ingredients

- 2 large sweet potatoes, peeled and sliced into ¼-inch thick slices
- ¼ cup green onions, chopped
- ½ cup bell peppers, diced
- 1 or 2 jalapeños, sliced (optional)
- 1 avocado, diced
- 1 tsp. paprika
- 1 tsp. garlic powder
- 1 tbsp. olive oil
- Fresh cilantro, minced
- Fresh salsa
- Sea salt and ground black pepper

### Directions

Preheat your oven to 425 F.

In a bowl, combine the sweet potato slices, olive oil, paprika, garlic powder, and with salt and pepper to taste.

Place the sweet potatoes on a baking sheet, and bake in the oven for 40 minutes, turning once.

Remove from the oven (but don't turn the oven off!) and top with the bell pepper, green onions, and jalapeños.

Return the loaded potato slices to the oven and broil for 5 to 10 minutes.

Serve with avocado, salsa, and fresh cilantro.



## Heart Health Tip

Healthy Adults should aim to exercise at least 150 minutes per week. That's just over 20 minutes per day. Don't limit yourself to that though. Additional health benefits are found when you get to 300 minutes per week.

## Heart Disease – Know the Facts

February is National Heart Month.

- About **610,000 people** die of heart disease in the United States every year—that's **1 in every 4 deaths**.
- Heart disease is the leading cause of death for both men and women.
- Coronary Heart Disease is the most common type of heart disease, killing over **370,000 people** annually.

What can you do?

- Choose foods low in saturated fat, trans fat and sodium.
- Eat fruits, vegetables, fiber rich foods and fish.
- Perform 150 mins of moderate intensity cardiovascular activity weekly.
- Do not smoke and limit alcohol consumption.

Learn more [HERE](#)

Curious about your cholesterol? Take the [Cholesterol Quiz](#)

## FREE FITNESS FOR COUNTY EMPLOYEES

Iron Temple CrossFit is offering 3 FREE fitness classes to all County Employees during the month of February! If the idea of CrossFit is a little intimidating you can try out one of their bootcamp or yoga classes instead. Walk-in or call ahead of time. For a full updated schedule visit [irontemplecrossfit.com](http://irontemplecrossfit.com).

## UPCOMING EVENTS

### Wellness Worth it Wednesday

Mark your calendar for Feb 17th, 10am-1pm for a special *wellness* focused Worth it Wednesday at the SPCC. County affiliated merchants will be providing discounts on wellness related services. Also please join us at the Benefits of Organic Eating Seminar at 11am held in Employee Wellness Center's Group Exercise Studio

### Mercedes Benz Corporate Run

The Mercedes-Benz Corporate Run returns to shake things up in Downtown Miami on Thursday, April 28, 2016. Register with the Miami-Dade County team and you'll get a T-shirt, snacks, beverages, a spot under the tent and a great time! Family and friends are welcome to participate. The 5K race (3.1 miles), which has been promoting fitness and friendship since 1985, kicks off at 6:45pm at Bayfront Park in Miami. See you at the finish line! [Click here to register!](#)

### Endlessly Organic

The Stephen P. Clark Center will now be a host location for [Endlessly Organic](#). Simply go [online](#) and order your produce and every other week your purchases will be delivered to the SPCC for you to pick up. Fresh and organic fruits and veggies without the hassle of going to the store! Program starts on February 24th. Use coupon code MIAMIDADE for 10 dollars off! For more information please contact [wellnessworks@miamidade.gov](mailto:wellnessworks@miamidade.gov).

## Healthy Selfie

Have you made fitness part of your lifestyle? Send us a picture of you participating in your favorites type of exercise and you will be entered into a drawing to win a prize. Winners will be featured in the upcoming Wellness Watch Newsletter. Email your pictures to [wellnessworks@miamidade.gov](mailto:wellnessworks@miamidade.gov).



(SPCC Running Group)

## Wondering About Wellness - Ask Desiree

**Question:** How can I eat vegetables when I do not like the way they taste and have trouble digesting them?

**Answer:** Great question! A great way to hide the taste of the vegetables is to chop them finely and incorporate them in to dishes that you do like. Casseroles are great way to "hide" vegetables. Pureeing vegetable and adding them to soups, sauces, stews and smoothies is another way to hide vegetables and also greatly assist with digestion.

*Do you have a question about wellness? Submissions welcome. Please submit your questions to Wondering About Wellness to [wellnessworks@miamidade.gov](mailto:wellnessworks@miamidade.gov)*

## ACTIVE events

### Run2Wyn 5K

Sunday, Feb. 21 @ 7:30am  
Wynwood Art District  
[Click here for details](#)

### Surfside Beach 5k Run

Sunday, Feb. 21 @ 8:00am  
Surfside Beach  
[Click here for details](#)

### The Voices for Cerebral Palsy – Bows & Bowties 5k

Sunday, Feb. 28 @ 8:00am  
Coral Reef Park, Palmetto Bay  
[Click here for details](#)

### Live Like Bella Super Hero 5k

Saturday, Mar. 5 @ 8:00am  
Zoo Miami  
[Click here for details](#)

**Wild Stampede 5k**  
Saturday, Mar. 12 @ 8:00am  
Miami Zoo

## Reduce your sodium- increase your health

**FACE FEEL PURIFY? JEANS FIT TIGHTER?**

In **3 weeks** you can:

- Change your sodium palate &
- Start enjoying foods with less sodium
- Reduce bloating

**CHANGE your SALTY WAYS**

**WEEK ONE**

- Look for lower sodium items
- Track your sodium consumption
- Log how much sodium you've shaved out of your diet

**WEEK TWO**

- If you do eat pizza, make it one with less cheese & meats
- Add veggies to your pizza instead
- Use fresh poultry rather than fried, canned or processed

**WEEK THREE**

- One cup of chicken noodle soup can have up to 940 mg of sodium
- Check labels & try lower sodium varieties
- Use lower sodium meats, cheeses & condiments & plenty of vegetables to build healthier sandwiches

**KNOW THE SALTY 6**

Common foods that may be loaded with excess sodium:

- 1 Breads & Rolls
- 2 Cold Cuts & Cured Meats
- 3 Pizza
- 4 Poultry
- 5 Soup
- 6 Sandwiches

Choose wisely, read nutrition labels & watch portion control.

On average, American adults eat more than 3,400 milligrams of sodium daily – more than double the American Heart Association's recommended limit.

Learning to read & understand food labels can help you make healthier choices.

Look for the Heart-Check mark to find products that can help you make smarter choices about the foods you eat.

American Heart Association. life is why™

Restaurant foods are a major source of sodium in most Americans' diets.

To reduce your sodium when you are eating out at a restaurant:

- Check online for nutritional information before you go, if you are eating at a chain restaurant or fast-food outlet.
- Ask your server for information about the amount of sodium in your food. Sometimes this information is printed on the menu.
- Request that no salt be added to your food.
- Beware of hidden sources of sodium such as sauces and dressings, and ask for these toppings on the side.

[Learn more at Change your salty ways in 21 days](#)