



April 2016

Wellness Watch

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

How to Eat Healthy Without Breaking the Bank

Make it yourself. Meals made at home save you money, and they also have more nutritional value than picking up a quick meal at a fast food chain.

Plan ahead, but also be flexible. Bring a shopping list with you, but if you find a great deal on a healthy item, you can always adapt your budget later on. It's important to remember, a deal isn't a deal unless it's a food that supports your health, so don't be tempted to hit up a sale on junk food simply because it's cheaper this week!

Be "price per ounce" savvy. Sometimes the smaller portions cost more per ounce because they're packaged more conveniently for you. If you have the time to do more of the prep work at home, do so — it'll save you more money in the long run!

Waste less food in your fridge and pantry. If you buy only what is needed for the week and arrange the storage space in your kitchen accordingly, you're less likely to forget about what's in there and eventually waste it. Keep things organized, and label products that are in Tupperware so you know what they are, and when to use them by.

Cut your portions and prep your meals. By reducing the amount of meat you use for dinner one night, you may save yourself enough for lunch the next day!

SPRING INTO WELLNESS

Returning **April 8th** at the Stephen P. Clark Center, the Spring Into Wellness Fair brings back biometric screenings from AvMed, a variety of merchants showcasing their products and services, local farmer's market, food trucks, entertainment and fun for the entire family. Since it falls on a Teacher's Planning Day for Miami-Dade public school students, Parks, Recreation and Open Spaces is hosting Fit2Play at the Government Center, a program that will entertain kids ages 6 to 14 for supervised care learn more [here](#). Come join us for this day of fun from 9am-2pm, Fit2Play will start at 7:30am!



Please check out our new Wellness Website: <http://www.miamidade.gov/wellnessworks/home.html>

Heirloom Tomato and Melon Salad

Ingredients

- Zest and juice of 1 lemon
- 1 hot chile pepper, seeded and minced
- 1/8 teaspoon fine sea salt
- 3 cups diced seedless watermelon
- 3 cups diced cantaloupe
- 1 pound heirloom tomatoes, chopped

Directions

Whisk together lemon zest and juice, chile and salt. Add watermelon, cantaloupe and tomatoes, and toss. Let sit at least 10 minutes to allow flavors to blend; serve at room temperature or chilled.



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 in to a raffle to win a prize. Email your pictures to wellnessworks@miamidade.gov.



Wondering About Wellness - Ask Desiree

Question: Is milk good for you? I've received conflicting responses.

Answer: Unfortunately, there's not such a definitive answer to your question. Research on the health effects of drinking milk has produced mixed results. As with any other food group, it is important to consider the pros and cons of dairy consumption:

Pros:

- Whole milk is brimming with protein, which is beneficial for muscle growth.
- Skim milk is very low in fat and cholesterol, and is a complete source of protein.
- Milk is also a good source of calcium, phosphorous, magnesium, vitamin A, vitamin D, and riboflavin (a B vitamin).

Cons:

- Whole milk is high in saturated fat, which can increase cholesterol levels.
- Milk is a common cause of food allergy (allergy to milk protein).
- Many people lack the enzyme to digest lactose (milk sugar). This is called lactose intolerance, which causes bloating, gas, and diarrhea.
- Milk may contain the antibiotics given to the cow while it is lactating. Humans may absorb these antibiotics upon drinking milk, potentially leading harmful bacteria to become more resistant to these antibiotics. As a result, when antibiotics are prescribed, they may not be as effective at killing the bacteria.

Submit your questions to Wondering About Wellness to wellnessworks@miamidade.gov

The Benefits of a Good Nights Sleep

The benefits of sleep impact nearly every area of daily life. While it may be obvious that sleep is beneficial, most people don't realize how much sleep they need and why it is so important. According to the Division of Sleep Medicine at Harvard Medical School, your body manages and requires sleep in much the same way that it regulates the need for eating, drinking, and breathing.

Over time, chronic sleep deprivation may lead to an array of serious medical conditions including obesity, diabetes, heart disease, and even early mortality. While sleep requirements vary by individual, the National Sleep Foundation's recommend the outlined sleep requirements, based on age categories, which account for physiological changes that occur as people age.



A good nights sleep will help to repair your body, keep your heart healthy, reduce stress, improve your memory, regulate the hormones that control your appetite, and reduces your chances for mood disorders. The benefits are extensive and can make a difference in the quality of your life as well as the length of your life.

Sleep Requirements by Age

Newborns (0-3 months old)	14-17 hours
Infants (4-11 months old)	12-15 Hours
Toddlers (1-2 years old)	11-14 Hours
Pre-schoolers (3-5 years old)	10-13 Hours
School-aged Children (6-13 years old)	9-11 Hours
Teens (14-17 years old)	8-10 Hours
Young Adults (18-25)	7-9 Hours
Adults (26-64)	7-9 Hours