



June 2016

Wellness Watch

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

Powered by 

PHA CHALLENGE

The second annual Countywide Employee Wellness PHA Challenge is back. Last year was a great success with Miami-Dade Police Department taking the top honors and enjoying a day of relaxation! Employees who complete an online Personal Health Assessment (PHA) by **July 29th, 2016** will help their department win a day of relaxing wellness activities, held onsite. All PHA participants will also be entered into a drawing for additional wellness prizes! Follow this link for details on how to participate.

<http://www.miamidade.gov/humanresources/library/wellness-flyers/pha-challenge.pdf>



DON'T BE FOOLED BY THESE "HEALTHY FOODS"

Caesar Salad

You might think that because it's a salad, it's fine. But just a small bowl has 300-400 calories and 30 grams of fat, thanks to loads of dressing.

Food Fix: Use only 1 tablespoon of dressing and 2 tablespoons of tangy Parmesan cheese.

Fresh Smoothies

That berry blend at a smoothie shop can have a whopping 80 grams of sugar, 350 calories or more, little protein, and often no fresh fruit. Fruit concentrates are often used instead of fresh fruit. And sorbet, ice cream, and sweeteners can make these no better than a milkshake.

Food Fix: Get the small cup. Ask for fresh fruit, low-fat yogurt, milk, or protein powder to blend in protein and good nutrition.

Energy Bars

Many of these are simply enhanced candy bars with more calories (up to 500) and a higher price tag. Their

compact size also leaves many people unsatisfied. A few bites, and it's gone.

Food Fix: Choose bars that have 200 calories or less, some fiber, and at least 5 grams of protein, which helps provide energy when the sugar rush fades.

Multigrain Products

When you see "multigrain" or "seven grain" on bread, pasta, or waffles, flip the package over and check the nutrition label. Even with more than one type of grain, the product could be made largely from refined grains, such as white flour, which have been stripped of fiber and many nutrients.

Food Fix: Look for "100% whole grain" (oats, wheat) as the first ingredient. Or choose the brand with more fiber.

Source: WebMD.com

GREAT OUTDOORS MONTH!

If you love getting out and about and enjoying yourself, Great Outdoors Month is the perfect time for you! It's a great opportunity to encourage children the importance of outside play and how getting out and about can be part of a healthy lifestyle. Getting out and about is often a free or cheap day out for families, and can be a lot of fun. It's a great way to learn about nature and the environment and can form the basis of school projects.

Great Outdoors Week started in 1998 and expanded to Great Outdoors Month in 2004. It aims to encourage more people to get out and enjoy the world around them, whether that is simply by exercising or taking part in volunteer programs. There is so much the great outdoors has to offer so, why not get out there and enjoy it!

<https://www.daysoftheyear.com/days/great-outdoors-month/>

SOMETIMES LIFE JUST HAPPENS

Employee Support Services is a completely confidential resource available to all county employees and their eligible dependent family members. Are you struggling with marital/ family concerns, stress management, financial issues, depression, substance abuse, childcare issues, grief and loss or just need someone to talk to? The trained professionals in Employee Support Services are available to help you during your challenging times. They are just a phone call away at 305-375-3293. For more information, visit the website at:

<http://www.miamidade.gov/humanresources/employee-support.asp>

JUNE EVENTS

Date	Time	Event	Location	Description
Wed. June 1 through Thurs. June 30, 2016	Open	"Celebrate Summer" Race	1661 West Ave., Miami Beach, Fla. 33139	http://www.active.com/miami-beach-fl/running/distance-running-races/celebrate-summer-race-miami-beach-fl-2016-22259123
June 4	5 pm	Twilight MTB Series	Oleta River State Park, 3400 NE 163rd Street, North Miami Beach, Fla. 33160	http://www.active.com/north-miami-beach-fl/cycling/mountain-biking-races/twilight-mtb-series-2016-21162631
Sun. June 26, 2016	7 am	down2earth 5k-10k-half marathon Trail Run	Oleta River State Park, 3400 NE 163rd Street, North Miami Beach, Fla. 33160	http://www.active.com/north-miami-beach-fl/running/trail-run-races/down2earth-5k-10k-half-marathon-trail-run-2016-19063958?int=

HEALTHY SELFIE



Paulette Reid-Meade,
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Have you made fitness part of your lifestyle? Send us a picture of you participating in your favorite type of exercise and you will be entered in a raffle to win a prize. Email photos to wellnessworks@miamidade.gov.

NATIONAL SAFETY MONTH

Injuries are a leading cause of disability for people of all ages — and they are the leading cause of death for Americans ages 1 to 44. The good news is everyone can get involved to help prevent injuries. During National Safety Month, learn more about important safety issues and the steps you can take to protect yourself and your loved ones.

<https://healthfinder.gov/nho/JuneToolkit2.aspx>

SALMON KABOBS



NUTRITION FACTS

Per Serving:

360 calories (230 from fat), 26g total fat, 4g saturated fat, 60mg cholesterol, 350mg sodium, 9g carbohydrates, (2 g dietary fiber, 4g sugar), 24g protein.

Ingredients and Preparation

- 1 pound boneless, skinless wild salmon fillet, cut into chunks
- 1 zucchini, sliced into thick rounds
- 1 yellow bell pepper, cut into chunks
- 1 large red onion, cut into chunks
- 1/2 teaspoon fine sea salt
- 2 garlic cloves, minced
- 1 tablespoon finely chopped fresh rosemary
- 1/3 cup extra-virgin olive oil
- 3 tablespoons lime juice
- 1/2 teaspoon ground black pepper

Directions

Place salmon, zucchini, bell pepper and onion in a shallow baking dish and sprinkle with salt and pepper. Whisk together garlic, rosemary, oil and lime juice in a small bowl. Pour mixture over salmon and vegetables, toss and marinate 15 to 30 minutes.

Prepare a grill (or broiler) for medium-high heat cooking. Skewer salmon and vegetables, reserving marinade. (If using wooden skewers, soak in water for 30 minutes before assembling.) Grill kabobs, turning once, until salmon is cooked through and vegetables are tender, about 5 to 7 minutes. While the kabobs cook, boil the reserved marinade in a small saucepan for 5 minutes. Drizzle over skewers and serve.

Submit Your Healthy Recipes: Wellness Works is looking for tasty and healthful recipes. Please submit your recipes to wellnessworks@miamidade.gov.