



July 2016



Wellness Watch

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

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HOUR OF WELLNESS

The first MDC Hour of Wellness event was a success! Employees from across the County came out for this lunch and learn series that was held simultaneously at various departments. Keep an eye out for the next hour of wellness event!



BE SUMMER SAVVY- STAY ACTIVE BUT BEAT THE HEAT

The arrival of summer means days at the pool, family picnics, baseball and other outdoor activities. Here are some tips to keep your family physically active and safe in the warmer months:

- Hydrate! Drink plenty of water before, during and after physical activity to avoid dehydration. For low-calorie flavor, add slices of your favorite fruits such as melon,

oranges, berries or even cucumber or mint to a pitcher of water and refrigerate for two hours.

- Protect your family from the sun: Wear wide-brimmed hats, always apply water-resistant sunscreen with at least SPF 15 and reapply sunscreen every 2 hours.
- Be Safe: Swimming is a great way to cool off. Whenever children under age 5 are in or around

water, an adult (preferably one who knows how to swim and perform CPR) should be within arm's length, providing supervision.

- Dress for the heat: Wear lightweight, light colored clothing, choose light, breathable fabrics such as cotton, and wear sunglasses to protect your eyes.

Source: www.heart.org

SAFETY TIPS FOR 4TH OF JULY

Fireworks are synonymous with our celebration of Independence Day. Yet, the thrill of fireworks can also bring pain. On average, 230 people go to the emergency room every day with fireworks-related injuries in the month around the July 4th holiday.

Remember, fireworks can cause serious burn and eye injuries. You can help prevent fireworks-related injuries and deaths. Follow these safety tips when using fireworks:

- Never allow young children to play with or ignite fireworks.
- Avoid buying all fireworks that are packaged in brown paper because this is often a sign that the fireworks were made for professional displays and could pose a danger to consumers.



- Always have an adult supervise fireworks activities. Parents don't realize that young children suffer injuries from sparklers. Sparklers burn at temperatures of about 2,000 degrees - hot enough to melt some metals.

For more tips, visit <http://www.cpsc.gov/en/Safety-Education/Safety-Education-Centers/Fireworks/>

JULY IS CORD BLOOD AWARENESS MONTH

The stem cells found in cord blood can rebuild and replenish the body's blood and immune system. This ability has led to their use in treating over 80 life-threatening diseases. Cord blood stem cells are also being researched to treat the following:

- **Autism**
(1 in 88 children are diagnosed with Autism in the United States)
- **Brain Injury**
(564,000 children treated for brain injuries in the emergency room)
- **Cerebral Palsy**
(A leading cause of childhood onset disability)
- **Type 1 Diabetes**
(15,000 children are diagnosed with Type 1 Diabetes)

To learn more, visit:

www.corcell.com/blog/july-is-cord-blood-awareness-month-learn-more-about-the-benefits-of-cord-blood-banking/

JULY EVENTS

Date	Time	Event	Location	Description
Saturday, July 2, 2016	1 pm	FIU Kayak Day on the Bay	Florida International University (Biscayne Bay Campus) 3000 N.E. 151st Street, WUC 160 Miami, Fla. 33181	http://www.active.com/miami-fl/boating/kayaking-programs/fiu-kayak-day-on-the-bay-2016
Monday July 4, 2016	7 am	Firecracker Color Blaster 5k	Branford Trail Behind the Post Office Trail Branford, Fla. 32008	http://www.active.com/branford-fl/running/distance-running-races/firecracker-color-blasters-5k-2016?int=
Sunday, July 17, 2016	7:30 am	down2earth 5k-10k- Trail Run	Oleta River State Park, 3400 NE 163rd Street, North Miami Beach, Fla. 33160	http://www.halfmarathons.net/florida-2-earth-oleta-trail-half-marathon-june/
Tuesday, July 26, 27, 2016	10 am	Morning Mile Summer Bash	Tropical Park Equestrian Center, 7900 SW 40 Street, Miami, Fla. 33156	Miami-Dade Parks and AvMed celebrate the Five-Year Anniversary of the Morning Mile. For details, visit http://www.miamidade.gov/parks_foundation/
Sunday July 30, 2016	5 pm	Twilight MTB Series	Oleta River State Park, 3400 NE 163rd Street, North Miami Beach, Fla. 33160	http://www.active.com/fort-lauderdale-fl/running/distance-running-races/splash-dash-5k-run-walk-and-family-fun-run-2016

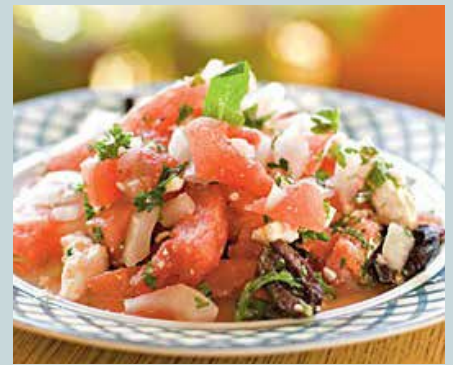


HEALTHY SELFIE

Cliff Dunbar and his daughter heading to Tai Chi - Network Manager, Information Technology Department

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.

WATERMELON SALAD



Instead of offering watermelon wedges at your next cookout, branch out with this sweet and savory watermelon salad featuring cubed watermelon, red onion, kalamata olives, mint, and feta cheese. Even with all the added flavorful ingredients, it still weighs in at only 46 calories per 1/2-cup serving.

Ingredients and Preparation

- 1/2 cup chopped red onion
- 3 tablespoons fresh lime juice (about 2 limes)
- 4 cups cubed seeded watermelon
- 1/4 cup pitted kalamata olives
- 1/4 cup finely chopped fresh parsley
- 1/4 cup finely chopped fresh mint
- 1/2 cup (2 ounces) feta cheese, crumbled

Directions

Combine onion and juice in a medium bowl; let stand 10 minutes. Add watermelon, olives, parsley and mint. Cover and chill one hour. Sprinkle with cheese.

<http://www.myrecipes.com/recipe/watermelon-salad-0>

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

JULY IS PARK AND RECREATION MONTH

This July, discover your super powers at your local parks. Park and Recreation Month encourages everyone to reflect on the value of parks and recreation in our communities. Find out how park and recreation facilities help you discover your superpowers! Visit

<http://www.miamidade.gov/parks/> or <http://www.npra.org/July/>.