



August 2016

# Wellness Watch

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

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## SUMMER STEPS FOR HEALTHY LIVING

Improve your health with steps so simple you'll barely notice the effort. In the warmer, longer, lazier days of summer, the living may not be easy, but your life probably feels less chaotic. Even adults tend to adopt a "school's out!" attitude in summer. That's why this is a perfect time to improve your health in a fashion so seasonally laid back you'll barely notice the effort.



### 1. Give Your Diet a Berry Boost

If you do one thing this summer to improve your diet, have a cup of mixed fresh berries -- blackberries, blueberries, or strawberries -- every day. They'll help you load up on antioxidants, which may help prevent damage to tissues and reduce the risks of age-related illnesses. Blueberries and blackberries are especially antioxidant-rich. A big bonus: Berries are also tops in fiber, which helps keep cholesterol low and may even help prevent some cancers.



### 2. Get Dirty -- and Stress Less

To improve your stress level, plant a small garden, cultivate a flower box, or if space is really limited, plant a few flower pots -- indoors or out. Just putting your hands in soil is "grounding." And when life feels like you're moving so fast your feet are barely touching the stuff, being mentally grounded can help relieve physical and mental stress.



### 3. Get Outside to Exercise

Pick one outdoor activity -- going on a hike, taking a nature walk, playing games such as tag with your kids, cycling, roller blading, or swimming -- to shed that cooped-up feeling of gym workouts.

And remember, the family that plays together not only gets fit together -- it's also a great way to create bonding time.

To read more steps, visit [www.webmd.com](http://www.webmd.com)

## VACCINATIONS ARE VITAL TO YOUR CHILD'S GOOD HEALTH

Preteens and teens are at risk for diseases and need the protection of vaccines to stay healthy. As kids get older, protection from some childhood vaccines begins to wear off while other vaccines work better when given during adolescence. It's important to keep up with vaccination schedules.

The vaccine for Human Papillomavirus (HPV) to protect against cancer is recommended for preteen boys and girls before potential exposure to the virus. Adolescent boys and girls should get vaccinated by age 11 or 12. Tdap vaccine can protect from tetanus, diphtheria, and pertussis.

The meningococcal vaccination can prevent serious illness that can

lead to death in as little as a few hours. These vaccinations, along with the flu shot go a long way to keep your adolescent child healthy. Talk with your teen's practitioner about vaccinations to help protect your child's health and visit [www.cdc.gov](http://www.cdc.gov) for more information

# WHAT YOU NEED TO KNOW ABOUT SUGAR

## Sugar Comes in Many Forms

If you take a look at the nutrition panel on your food and beverages, you might not see “sugar” listed as one of the ingredients. This doesn’t mean it’s not there, though! Sugar is commonly disguised as: sucrose, glucose, fructose, high fructose corn syrup, cane sugar, agave, or honey.

While ingredients like honey and agave are indeed more natural, it’s important to understand that they are still forms of sugar and their calories add up!

## Sugar Can be Natural or Artificial

Sugar can be added to our foods or it can come naturally. Artificial sugars are removed from their original source and added to the things we consume as a sweetener or as a preservative for a longer shelf life. Processed foods such as chips, crackers, candies and other ready-to-eat snacks are all examples. Natural sugars, on the other hand, are already present in our foods because they are made that way. Examples include fruit, dairy and vegetables. Consider these when making healthier snack or meal options. To read the full article, visit [yourweightmatters.org](http://yourweightmatters.org)

# AUGUST EVENTS

Date	Time	Event	Location	Description
<b>Saturday, August 6, 2016</b>	8:45pm	Meet Me In The Dark 5K & Music Festival 5K Run/Walk	North Miami Athletic Stadium, 2255 NE 151st Street, North Miami Beach, Fla. 33181	<a href="http://www.active.com/north-miami-beach-fl/running/distance-running-races/meet-me-in-the-dark-5k-and-music-festival-2016">http://www.active.com/north-miami-beach-fl/running/distance-running-races/meet-me-in-the-dark-5k-and-music-festival-2016</a>
<b>Saturday August 13, 2016</b>	7:30 am	Down2Earth 5k & 10k Cross Country Run	John U. Lloyd Beach State Park, 6503 North Ocean Drive, Dania Beach, Fla. 33004	<a href="http://www.active.com/dania-beach-fl/running/distance-running-races/down2earth-5k-10k-cross-country-run-2016-21106475">http://www.active.com/dania-beach-fl/running/distance-running-races/down2earth-5k-10k-cross-country-run-2016-21106475</a>
<b>Saturday August 21, 2016</b>	8 am	Proycling Miami Cycling Cup	11010 NW 92 Terrace, Doral, Fla. 33178	<a href="http://www.active.com/doral-fl/cycling/races/proycling-miami-cycling-cup-2016">http://www.active.com/doral-fl/cycling/races/proycling-miami-cycling-cup-2016</a>



## HEALTHY SELFIE

**Hallett Stiles  
Engineer  
Water and Sewer 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](mailto:wellnessworks@miamidade.gov).

## RED WHITE AND BLUE PARFAITS



### Ingredients and Preparation

- Fresh strawberries, cut into small pieces
- Fresh blueberries
- Fat Free plain or vanilla Greek yogurt
- All natural granola
- Honey, optional

### Directions

1. Layer bottom of glasses with strawberries
2. Then, layer with a couple of tablespoons of yogurt
3. Next, layer with blueberries.
4. Place a layer of granola
5. Then repeat with another layer of strawberries, yogurt and blueberries (red, white and blue)
6. ENJOY!!

**Submit Your Healthy Recipes:** Wellness Works is looking for tasty and healthy recipes. Please submit your recipes to [wellnessworks@miamidade.gov](mailto:wellnessworks@miamidade.gov).

## Kick Start Your Health

This is the perfect time to improve your health. So why not get a jump-start to a healthier you by visiting AvMed’s website to complete your Personal Health Assessment (PHA). This user-friendly online tool helps you understand your current health status, identify potential health risks and set realistic improvement goals based on your specific needs. By completing this confidential questionnaire, you will receive a personalized scorecard including recommendations and resources to help you target possible risk and alleviate healthcare costs. Ready to get started? Visit [AvMed.org/MDC](http://AvMed.org/MDC). Log into your AvMed account and click on Take Your PHA. Keep an eye out for the winners of the PHA Challenge in the September of edition of Wellness Watch.