



# Wellness Watch

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



## WELLNESS WORKS FOR MIAMI-DADE COUNTY EMPLOYEES The Power of ONE...

COMING JANUARY 1, 2017

### The Power of ONE.

- ONE step at a time.
- ONE day at a time.
- ONE great program.



The journey to a healthy lifestyle begins with ONE step. Change starts with ONE decision. Get started with ONE program. Get on the road to YOU, improved.

This is an engaging and motivational program that aims to continually improve employees' health. Wellness Works provides a comprehensive suite of personalized tools and support, including fun challenges, activities, social connections, a personal health assessment, and more!

Through Wellness Works, you can:

- Participate in activities to help improve your health and earn points to get you entered into a drawing for great prizes.
- Earn a \$40 reward per calendar year minus applicable payroll taxes
- Access On-site Health Coaches, a Nutritionist and Prenatal Advisor.
- Participate in wellness seminars and events.

This program begins 1/1/2017. To learn more, visit [www.avmed.org/mdc/wellnessworks](http://www.avmed.org/mdc/wellnessworks).

## STAY SAFE DURING THE HOLIDAYS

1. Inspect electrical decorations for damage before use.
2. Do not overload electrical outlets.
3. Never connect more than three strings of incandescent lights.
4. Keep tree fresh by watering daily.
5. Use battery-operated candles.
6. Keep combustibles at least three feet from heat sources.
7. Protect cords from damage.
8. Check decorations for certification label.
9. Stay in the kitchen when something is cooking.
10. Turn off, unplug, and extinguish all decorations when going to sleep or leaving the house.

Source: <http://files.esfi.org/file/Top-10-Holiday-Safety-Tips.pdf>



## GET YOUR FLU SHOT

Don't let the flu dampen your holiday spirit. The best way to prevent illness is to **get your flu shot**. AvMed Members can go to participating pharmacies, their physician's office and retail clinics for a flu shot at no cost (bring your AvMed Member ID Card). If you have questions about the flu shot, speak with your pharmacist or healthcare provider.



## TOYS: KEEP YOUR CHILD SAFE THIS HOLIDAY SEASON ...AND ALL YEAR LONG

Sometimes the holiday season can be stressful. But, shopping for toys doesn't have to be. In fact, the good news is that the U.S. Consumer Product Safety Commission (CPSC) has reported a decline in toy recalls in the past few years and consumers can shop with more confidence.

In fiscal year 2015, CPSC issued 25 toy recalls, down from 172 in 2008. Even with the decline in recalls, CPSC continues to detect and detain too many volatile toys at U.S. ports. These dangerous imports have excessive lead and/or small parts. Thankfully, these toys never reached the hands of kids. CPSC also receives reports of kids who have suffered toy-related injuries and even deaths. A report from 2014 showed an estimated 183,800 toy-related injuries and 11 deaths.

For toy safety tips, visit [www.cpsc.gov](http://www.cpsc.gov).

## DECEMBER EVENTS

Date	Time	Event	Location
<b>Saturday Dec. 10, 2016</b>	7:30 am	<b>4th Annual Jingle Bell Run</b>	Homestead YMCA Family Center, 1034 NE 8th Street, Homestead, Fla. 33030
<b>Wednesday Dec. 14, 2016</b>	6:15 pm	<b>Coral Springs Holiday Mile</b>	Coral Springs/Sample Road, 10494 W. Sample Road Coral Springs, Fla. 33065
<b>Sunday, Dec. 18, 2016</b>	8 am	<b>Pinecrest Premier Jingle Bell Jog &amp; Reindeer Run</b>	Evelyn Greer Park, 8200 SW 124 St., Pinecrest, Fla. 33156
<b>Sunday Dec 18, 2016</b>	7:30 am	<b>Miami Jingle Bell Jog 5K</b>	Tropical Park, 7900 SW 40th Street, Miami, Fla. 33155



Danny Martinez, Liz Roman, Mauricio Reyes, Ulises Lincheta, Maria Fernandez, Michel Gutierrez, and Dan Gonzales

## HEALTHY SELFIE

### Wellness Center Cycle Class

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).

## BAKED PEARS WITH HONEY, CRANBERRIES AND PECANS



### Ingredients

- 4 pears, such as bosc, bartlett or anjou
- 24 fresh cranberries
- 4 tbps chopped pecans
- ¼ tsp ground cinnamon, plus more, if needed
- ¼ tsp ground nutmeg, plus more, if needed.
- 4 tsp raw honey
- Greek yogurt for pairing, if desired

### Instructions

1. Preheat your oven to 375° F.
2. Halve the pears and then core. You can core the pears with a cookie scoop or use a melon baller, too. Slice a small part off of the backside of each pear half to create a flat surface so the pear sits flat when laid on the pan.
3. Place the pear halves on a large baking sheet or baking pan, cored side up. Place three cranberries into the cored part of each pear half. Sprinkle each pear half with about ½ tbsp of the pecans and then sprinkle each pear half with the cinnamon and nutmeg. Drizzle each pear half with ½ tsp of honey. You can do this by squeezing the honey into a ½ tsp measuring spoon and then drizzling over each pear half.
4. Bake at 375° F for 25-30 minutes or until the pears are tender.
5. Serve with Greek yogurt, if desired.

### Notes

Nutrition content does not include Greek yogurt.

**Serving size:** 1 pear half Calories: 90 Fat: 3g Carbohydrates: 16g Sugar: 11g Protein: 1g

Source: <http://www.foodnetwork.com/recipes/ina-garten/herb-roasted-turkey-breast-recipe.html?oc=linkback>