



February 2017



WELLNESSWORKS  
MIAMI-DADE COUNTY

# Wellness Watch

**ONE** step at a time...**ONE** day at a time. A monthly roadmap to **YOU**, improved.

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



## HEART-HEALTHY TIPS FOR FEBRUARY



February is American Heart Month, and while it's a good idea to care for our hearts every day, now is a particularly great time to focus on holistic ways to combat heart disease. Here are a few ways to give your heart a little extra love:

- **Choose heart-healthy foods**

Uncontrolled high blood pressure is the leading cause of heart disease and stroke. If your numbers are high, there are foods that can help decrease your blood pressure: oats, fruits and vegetables including kiwi and spinach, probiotic-rich yogurt and even dark chocolate.

- **Sweat it out**

It's no secret that exercise has been linked to heart health. Exercise can include anything from walking to dancing to yoga. 150 minutes per week of moderate exercise, 75 minutes of vigorous activity, or a combination of both is recommended.

- **Practice gratitude**

Giving thanks for the positive things has been shown to improve the health of patients with asymptomatic heart failure. Patients who kept gratitude journals for eight weeks actually showed a decrease in inflammation and improved heart rate.

- **Get some rest**

Lack of sleep, especially when it's chronic, has been associated with high blood pressure and heart disease. To help get a good night's rest, avoid caffeine late in the day, exercise regularly, turn off electronics, and stick to a sleep schedule to keep your body's clock running smoothly.

**What steps are you taking this month to improve your heart health?**

**Source:** <http://www.integrativenutrition.com/blog/2016/02/heart-healthy-tips-for-february>

## WALK YOUR WAY TO A HEALTHY HEART

Do you have the determination and dedication to walk 100,000 steps in one month? It's easier than you think, that's 3,333 steps each day which is around 1.5 miles. Participate in this four week challenge to achieve and maintain a healthy heart. All you need to do is sign up on February 19. From February 26 to March 25 challenge yourself to walk a little more each day, tracking your progress online as you go. You can track it using any one of the approved wireless activity tracking devices or apps that integrate with Wellness Works. Steps will be tracked on the "Wellness Challenges" dropdown tab on the Wellness Works page. Register for this challenge at: <https://www.avmed.org/web/mdc/wellnessworks/program>. For additional information contact [WellnessWorks@MiamiDade.gov](mailto:WellnessWorks@MiamiDade.gov).

## MDCR IS FOCUSED ON FITNESS FOR THE NEW YEAR



The health, welfare and physical demands of the corrections field of work are extraordinary. With this in mind, the Miami Dade Corrections and Rehabilitation department invested in a full renovation and restoration of two of the department's staff-only fitness centers. The department added over 100 pieces of state of the art commercial grade equipment in two nearly identical facilities at Metro West Detention Center and the Pre Trial Detention Center. Combined, these facilities

offer approximately 2,000 square feet of space dedicated solely to staff fitness which is available to them 24 hours a day, 365 days a year. Congratulations to MDCR for investing in health for 2017!

## FEBRUARY EVENTS

Date	Event	Location
<b>Saturday Feb. 4, 2017</b>	<b>World Cancer Day 5K Run/Walk To End Cancer</b>	Huizenga Plaza, 100 East Las Olas Boulevard, Fort Lauderdale, FL 33301
<b>Saturday Feb. 4, 2017</b>	<b>8th Annual SunSmart 5K</b>	Crandon Park South, 6747 Crandon Blvd., Key Biscayne, FL 33149
<b>Sunday Feb. 12, 2017</b>	<b>Great Amazing Race Miami 1.5-Mile Adventure Run/Walk for Adults &amp; Kids (K-12)</b>	Tree Tops Park, 3900 SW 100th Ave., Davie, FL 33328
<b>Sunday Feb. 12, 2017</b>	<b>12th Annual Run Through Central Park</b>	Central Park, 9151 NW 2nd Street Plantation, FL 33324
<b>Sunday Feb. 26, 2017</b>	<b>Surfside Beach 5k Run</b>	Town of Surfside, 9301 Collins Ave., Surfside, FL 33154



## HEALTHY SELFIE

**Yelena Dash and her dance partner.**

**ITD - Transit Services  
Systems Analyst / Programmer 1**

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@Miami-Dade.gov**

## HEALTHIER CHOCOLATE CAKE



### Ingredients

- 3 bananas, ripe
- 1/2 cup Greek yogurt (vanilla or plain)
- 1/3 cup honey
- 1 tsp. vanilla
- 2 tbsp. creamy peanut butter
- 1 egg
- 1 & 1/2 cups all-purpose flour
- 1/3 cup cocoa powder
- 1 & 1/2 tsp. baking soda
- 1/2 cup chocolate chips
- mini chocolate chips for sprinkling on top

### Directions

1. Preheat the oven to 350° F.
2. Spray an 8 inch square pan with cooking spray.
3. In a blender, combine the bananas, Greek yogurt, honey, vanilla, and peanut butter. Blend until smooth, 1-2 minutes.
4. Pour the blended mixture into a mixing bowl. Add the egg and mix in.
5. Add the flour, cocoa powder, and baking soda, mix until incorporated.
6. Add the 1/2 cup of chocolate chips, mix.
7. Pour the cake into the prepared pan. Sprinkle additional chocolate chips on top of the cake if desired.
8. Bake for 30-35 minutes or until a toothpick inserted in the center comes out clean.

Source: <http://thefirstyearblog.com/healthier-chocolate-cake/>