

July 2017



WELLNESSWORKS
MIAMI-DADE COUNTY

Wellness Watch

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



6 Healthy Eating Tips for Your 4th of July BBQ

Use small plates

Research shows that people who choose smaller plates and utensils eat less. The difference can be as substantial as 50% fewer calories consumed, yet they report the same level of fullness and satisfaction as those who eat from bigger plates. Try borrowing a plate from the kids table or the dessert tray.

Eat slowly and mindfully

BBQs are a perfect opportunity to pace yourself as you mix and mingle with friends and family. The more you're chatting, the less you're eating.

Eat healthiest foods first

If you are eating slowly and off small plates, you may as well fill up on the healthiest stuff first. Salads are a great place to start because watery vegetables slow digestion and have very few calories. Try to choose something with oil and protein as well, because these will help you feel full sooner.

Skip the chips, crackers and bread

Refined carbohydrates are the worst things you can eat because they offer little satisfaction, loads of calories and dangerous insulin spikes. BBQs are filled with wonderful food, so do yourself a favor and save your calories for the really good stuff.

Keep dessert small

The difference between a large slice of cake and a smaller

slice of cake can literally be hundreds of calories. To reiterate, sugar and refined carbohydrates are the worst foods nutritionally. You don't have to pass on dessert completely, but keep your portion sizes in check for this course.

Think before you drink

There is a place for alcohol in a healthy lifestyle, but making smart choices can be the difference between losing or gaining weight (not to mention your self-control). One sugary margarita can have 600-800 calories. That means three margaritas contain more calories than you should be consuming in an entire day. Is that really worth it? Stick with wine or beer, drink plenty of water and remember to pace yourself.

Small tricks can save you hundreds and potentially thousands of wasted calories that you will never notice or miss. Why sacrifice a good time when you can just upgrade your health style?

<http://www.summertomato.com/6-healthy-eating-tips-for-your-4th-of-july-bbq>



Meet the Nutritionist



**Michelle Gelfand, MS,
RD, LD/N**

Miami-Dade County's "Wellness Works" program now offers Nutritional Counseling for employees and dependents who are AvMed members. Our Registered Dietitian can answer nutrition questions and create customized meal plans. This is a free service to help make and keep YOU healthy!

As with our health coaches, the nutritionist is HIPAA-Certified to ensure that all information remains completely confidential. Sessions can be conducted in person or by phone, whichever is most convenient for you. Additionally, walk-ins are also welcome at the Stephen P. Clark Government Center on the 20th floor.

Michelle is a registered dietitian who joins us from Morrison Healthcare where she worked as clinical and outpatient dietitian in the Myrtle Beach, SC area. She conducted nutrition assessments, educational seminars and bariatric nutrition, as well as counseling to patients with all major disease states. Michelle has extensive training in diabetes management and extensive experience helping hundreds of individuals lose weight, improve or resolve health problems, and lead healthier lives. Contact Michelle to schedule your appointment at Michelle.Gelfand@avmed.org.

HEALTHY SELFIE



The Wellness Works Program has brought a bright spot to several buildings across the county. Stop by Information Technology, South Dade, Permitting and Inspection or Elections to **Find Your Happy Place**.

It is important to your good health that you take a deep breath often to reduce your stress. So take a moment, take a breath and find your **Happy Place!** Share your **Happy Place** photo with wellnessworks@miamidade.gov.

JULY EVENTS

Date	Event	Location
Tuesday, July 4, 2017	MultiRace Independence Day Triathlon, Duathlon	Tradewinds Park, 3600 W. Sample Rd. Coconut Creek, FL 33073
Saturday, July 8, 2017	down2earth 5k-10k- Cross Country Run	Amelia Earhart Park, 401 east 65th Street Hialeah, FL 33012
Saturday, July 15, 2017	S.U.P. Regatta Series	Holland Park, 801 Johnson Street Hollywood, FL 33019
Sunday, July 16, 2017	Mack Cycle Trilogy Triathlon, Duathlon, Aquabike #2	Virginia Key, 1895 Arthur Lamb Jr. Rd. Key Biscayne, FL 33149

ROSEMARY RANCH CHICKEN KABOBS



Ingredients

- 1/2 cup olive oil
- 1/2 cup ranch dressing
- 3 tablespoons Worcestershire sauce
- 1 tablespoon minced fresh rosemary
- 2 teaspoons salt
- 1 teaspoon lemon juice
- 1 teaspoon white vinegar
- 1/4 teaspoon ground black pepper, or to taste
- 1 tablespoon white sugar, or to taste (optional)
- 5 skinless, boneless chicken breast halves - cut into 1 inch cubes

Directions

1. In a medium bowl, stir together the olive oil, ranch dressing, Worcestershire sauce, rosemary, salt, lemon juice, white vinegar, pepper, and sugar. Let stand for 5 minutes. Place chicken in the bowl, and stir to coat with the marinade. Cover and refrigerate for 30 minutes.
2. Preheat the grill for medium-high heat. Thread chicken onto skewers and discard marinade.
3. Lightly oil the grill grate. Grill skewers for 8 to 12 minutes, or until the chicken reaches 160 degrees and the juices run clear.

STAYING HYDRATED IN THE SUMMER

The sun is shining, the air is thick and the warm winds of summer are whistling through the state of Florida. You have your sunscreen on, your hat pulled low and your skin protected. It is always important to stay hydrated, but much more so during the summer when the heat and humidity can sap the spirit out of even the most energetic of people. According to the American Heart Association (AHA), keeping the body hydrated allows the heart to work more efficiently, pumping blood through the blood vessels to the muscles that need it to stay strong. For the average person, drinking plain water is easy and essential. The best plan of action is to drink small amounts consistently throughout the day.

Over the past couple of decades, sports drinks have become increasingly popular – especially among athletes who train and sweat regularly. Long distance runners and others who do intensive exercise will need to rehydrate with fluids that contain water and electrolytes to avoid hyponatremia.

Regardless of your age or state of fitness, staying hydrated is as important as any other health precaution – especially in the heat and humidity of the Florida summers.