



August 2017



WELLNESSWORKS  
MIAMI-DADE COUNTY

# Wellness Watch

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



## Meet the Coach

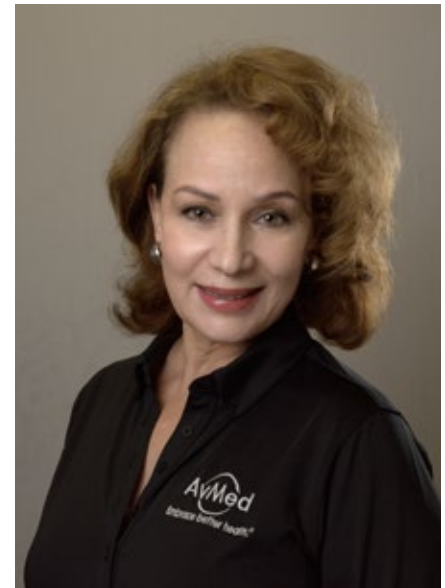
Miami-Dade County's "Wellness Works" program offers Health and Wellness Coaching for employees and dependents who are AvMed Members. This is a free service to help make and keep YOU healthy!

### Islara B. Souto, MPH

Islara joins us from the American Heart Association where she worked as the Regional Director for Equity and Multicultural Strategies. She and her team of volunteers coached more than 50,000 people in blood-pressure control self-management, led training in compression-only ("hands-only") CPR, and created innovative sodium and sugar-reduction programs, helping 11,000 people.

Islara is a life-long – and passionate – public health advocate with a master's degree in Public Health from the University of Tennessee and a dual specialty in strategic planning and health education/promotion. She has three years of medical training and has held positions at the Alliance for Aging, the University of Miami-Miller School of Medicine, the Health Council of South Florida, and the Florida Department of Health.

Her skills include active listening, health assessments, health education, chronic disease management, behavior modification, goal setting, motivational interviewing, balanced lifestyles, and mind-body-spirit well-being. Coaching can be done face-to-face, by email or phone – whichever is most convenient for you. Additionally, walk-ins are also welcome at the Stephen P. Clark Government Center on the 20th floor. Her email is **Islara.Souto@AvMed.org**



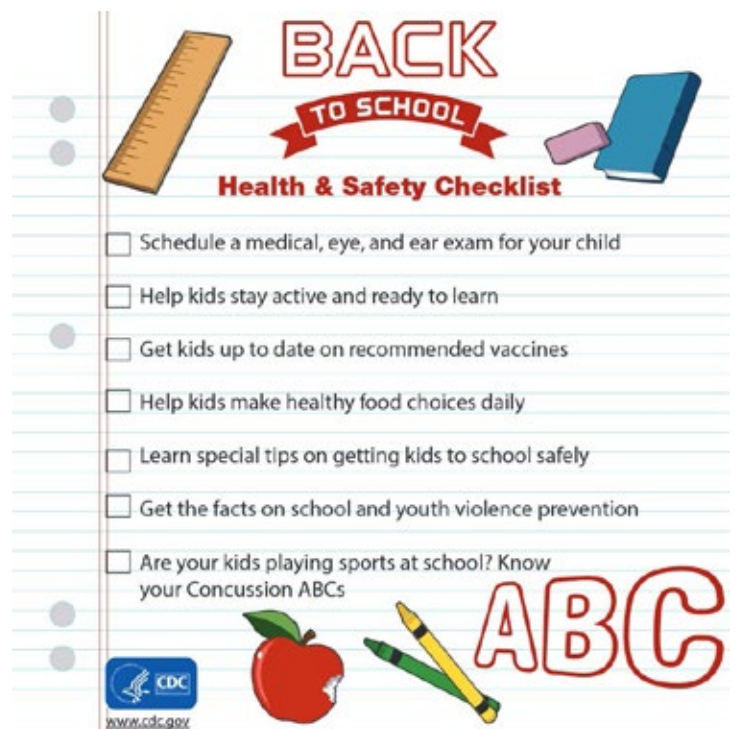
## AvMed Virtual Visits

**AvMed's Virtual Visits, powered by MDLIVE**, allow you to see a health care provider from your computer or smart phone—anytime, anywhere.

### Four Reasons to Use Virtual Visits:

1. **It's economical**—It's free to sign up and an inexpensive way to see a provider for non-emergency medical conditions. You simply pay the applicable coinsurance indicated within your health plan.
2. **No waiting for appointment**—Board certified health care providers are available to you 24/7.
3. **Prescriptions are available**—When your condition requires it, getting your prescription is fast and convenient.
4. **Easier travel care**—Getting medical care during business trips and vacations is easier and less stressful.

Visit: **[www.AvMed.org/MDC](http://www.AvMed.org/MDC)** Under Quick Links click AvMed Virtual Visits for more information.



# HEALTHY SELFIE



## Human Resources Biggest Winner Participants

Have you made fitness part of your lifestyle? Send us a picture of you participating in your favorite type of exercise and you will receive a prize. Email photos to [wellnessworks@miamidade.gov](mailto:wellnessworks@miamidade.gov).

## AUGUST EVENTS

Date	Event	Location
<b>Monday, August 7, 2017</b>	<b>FULL Moon 5k- Trail Run</b>	Amelia Earhart Park, 401 East 65th Street Hialeah, FL 33012
<b>Tuesday, August 8, 2017</b>	<b>Full Moon Mt. Biking</b>	Amelia Earhart Park, 401 East 65th Street Hialeah, FL 33012
<b>Sunday, August 13, 2017</b>	<b>Mack Cycle Trilogy Triathlon, Duathlon, Aquabike #3</b>	Virginia Key, 1895 Arthur Lamb Jr. Rd. Key Biscayne, FL 33149
<b>Sunday, August 13, 2017</b>	<b>Swim Miami Beach 2017</b>	North Beach Bandshell, 7275 Collins Ave. Miami Beach, FL 33141

## GUACAMOLE



### Ingredients

- 3 avocados - peeled, pitted, and mashed
- 1 lime, juiced
- 1 teaspoon salt
- 1/2 cup diced onion
- 3 tablespoons chopped fresh cilantro
- 2 roma (plum) tomatoes, diced
- 1 teaspoon minced garlic
- 1 pinch ground cayenne pepper (optional)

### Directions

In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. You can make this avocado salad smooth or chunky depending on your tastes. Stir in cayenne pepper. Refrigerate 1 hour for best flavor, or serve immediately.

## THE AMAZING GAINS OF LOSING 5%

By Islara Souto, Miami-Dade County Wellness Works Health Coach

You don't have to lose a lot of weight to get real health benefits. In fact, losing only five percent of your body weight can make a BIG difference in your health and wellness. Dropping those few pounds (for example, 8 lbs. for a person who weighs 160 lbs.) can improve all kinds of health problems -- and make you feel better, too! Recent research has shown that losing only five percent of body weight can:

- Lower high blood pressure. If you drop 5% of your body weight, you can drop your blood pressure by 5 points.
- Help your joints and lower back. Just 10 extra pounds adds 40 pounds of pressure on your knees, feet, lower back and other lower-body joints, wearing them out quicker and possibly leading to arthritis.
- Prevent Type 2 diabetes. If you are at risk, losing 5% will help to prevent or delay diabetes -- and if you are diabetic, losing that 5% can help you take less medication, control your blood sugar, and lower the odds that the condition will cause other health problems.
- Raise the "good" cholesterol. Dropping that extra 5%, plus exercise, can get you into the ideal range for HDL, the good cholesterol, which then helps to sweep away the bad cholesterol (LDL), and so lowers your chances for heart disease.
- Cut your risk of cancer. Extra pounds seem to be related to the risk of getting cancer of the breast, colon, liver, kidney, ovaries, cervix and prostate.
- Help you sleep better. People who lose 5% of their body weight on average add an extra 22 minutes of sound sleep a night -- and those with sleep apnea may even be able to sleep without their CPAP machines.
- Reduce inflammation. Fat cells, especially around your belly, release chemicals that irritate and inflame tissues, leading to arthritis, heart disease, heart attacks and stroke -- not to mention aches and pains all over your body.
- Improve mood. Dropping 5% of your weight can noticeably reduce depression, increase energy and create a more positive attitude to life.

The basic rules of losing weight are consistent exercise and proper nutrition. The best way to lose 5% of body weight is slowly, over six months. Dropping 1-2 pounds a week is not only doable and safe, it will help keep the extra weight off in the long run!