



September 2017



WELLNESSWORKS
MIAMI-DADE COUNTY

Wellness Watch

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



5 Healthy Back-To-School Tips

The beginning of school is a perfect time to set the stage for the upcoming year and to create new healthy habits for the entire family. Below are simple tips to get you going.

1. Start the day off right.

Kids should begin their day with a meal consisting of protein and fiber, a winning combination of nutrients that will help them feel satisfied until lunch. Eggs with whole grain toast, fruit and yogurt, or whole grain unsweetened cereal with milk and berries are all great choices.

2. Nix the added sugar.

The American Heart Association suggests that children and teens limit added sugar to no more than 6 teaspoons (25 grams) per day. The major culprits of added sugar are drinks such as iced tea. The guidelines suggest that children and teens consume no more than 8 ounces of sugary drinks a week.

3. Swap juice for whole fruit.

Fruit is rich in fiber and its high water content helps to keep the calories low. A pint of orange juice, for example, contains around 225 calories. This is the equivalent to 2-3 cups of mixed berries, which would certainly be more filling. Most of us wouldn't think twice about drinking the pint of juice but few of us would eat 3 cups of berries in one sitting.

4. Pack a healthy snack.

If you are packing snacks for your kids, here is a perfect opportunity to include at least one fruit and veggie. Smart snacks include fresh fruit (apple, pear, banana), Greek yogurt, baby carrots with hummus, roasted edamame, and a bottle of water. Nuts or nut butter squeeze packs are also great choices if a school allows nuts; if not, they are an excellent snack for after school.

5. Get moving.

Incorporating sports and exercise into your children's daily routine is a great way to keep them healthy. If possible, enroll kids in after school activities, enjoy a walk or bike ride with your kids whenever possible, and encourage them to move.

Often, if parents engage in physical activity, their kids will follow along.

Hope your school year gets off to a great start!



Fight the Flu!

With Flu season just around the corner, Wellness Works has arranged for Walgreens representatives to administer free flu shots to Miami-Dade County Employees who are AvMed Members. Those who participate will receive two **FREE** movie tickets. Please visit the Wellness Works page for the Flu shots and Health Fair schedules.

<http://www.miamidade.gov/humanresources/wellness-program.asp>



Healthy Selfie



Meditation class with the employees at Aviation

Have you made fitness a 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.

September Events

Date	Event	Location
Saturday, September 9, 2017	Coral Springs Remembrance 5K Run/Walk	Northwest Regional Library 3151 University Dr. Coral Springs, FL 33065
Sunday, September 10, 2017	Runner's Depot Fire Hero 5K Run for 9/11	Hollywood Beach Boardwalk, Charnow Park 300 Connecticut St., Hollywood, FL 33019
Sunday, September 10, 2017	Mack Cycle Trilogy Triathlon, Duathlon, Aquabike #3	Virginia Key 1895 Arthur Lamb Jr. Rd., Key Biscayne, FL 33149
Saturday, September 23, 2017	down2earth 5k-10k- Cross Country Run	Amelia Earhart Park 401 East 65th St., Hialeah, FL 33012
Sunday, September 24, 2017	5k-10k-Trail Run	Amelia Earhart Park 401 East 65th St., Hialeah, FL 33012

When is the right time to think about Cholesterol?

It's never the wrong time! Elevated levels of cholesterol can lead to several serious health conditions, such as heart disease, high blood pressure, diabetes, and obesity. September is Cholesterol Education Month. Take the time to visit your primary care provider and find out how you can lower your cholesterol through better nutrition, more exercise, and stress management. AvMed also has tools that can help you lower your cholesterol. So what are you waiting for?

Visit AvMed.org/MDC

Broccoli with Balsamic Mushrooms



Ingredients 6 servings

- 1 pound broccoli, cut into 1-inch florets, stems peeled if desired
- 3 tablespoons extra-virgin olive oil, divided
- 8 ounces shiitake mushrooms, stems removed, caps sliced ½ inch thick (4 cups)
- 4 ounces baby bella mushrooms, quartered (2 cups)
- ¼ teaspoon salt
- 2 large cloves garlic, minced
- 2 tablespoons balsamic vinegar
- 1 tablespoon reduced-sodium tamari
- 1 tablespoon butter
- ¼ teaspoon crushed red pepper

Preparation

- Cook broccoli in a pot of boiling water until just tender, 3 to 4 minutes. Drain.
- Heat 2 tablespoons oil in a large skillet over medium-high heat. Add shiitakes and baby bellas, sprinkle with salt and cook, stirring often, until deeply brown in spots, 5 to 8 minutes.
- Reduce heat to medium; add garlic and the remaining 1 tablespoon oil and cook, stirring, for 30 seconds. Add vinegar and tamari and cook for 30 seconds more. Remove from heat; stir in butter, then add the broccoli and crushed red pepper and gently toss to combine. Make this a meal by adding chicken, beef, shrimp or tofu.

<http://www.eatingwell.com/recipe/259685/broccoli-with-balsamic-mushrooms/>