



March 2018

W WELLNESSWORKS
MIAMI-DADE COUNTY

Wellness Watch

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



HEALTHY BITES FOR MARCH: NATIONAL NUTRITION MONTH



The key to achieving optimal health cannot be found in any one food, drink, pill or machine, but rather through commitment to healthy lifestyle behaviors, focused on maintainable and enjoyable eating practices and daily physical activity. As part of National Nutrition Month, the Academy of Nutrition and Dietetics encourages everyone to “Bite into a Healthy Lifestyle”

as a return to the basics of healthy eating and active living. This year’s theme encourages people to adopt a healthy lifestyle focused on making informed food choices, consuming fewer calories and getting daily exercise. Tips to bite into a healthy lifestyle:

Learn your needs. Age, gender, body type, family history, existing health conditions and daily routines

all play a factor in determining which foods to eat more of and which ones to avoid. Knowing which foods contain the nutrients you need is the next step in biting into a healthy lifestyle.

Know the facts. When food selections go beyond whole foods and into packaged foods, the ingredient list and Nutrition Facts Panel can be useful tools in making more informed choices. The higher an ingredient is on the list, the more of that ingredient is included compared to others. This is a good way to determine if a product is made with whole grains or has a lot of added sugars. Regardless of nutrition claims on the front of the package, it’s important to read the Nutrition Facts Panel to determine how many calories and how much fat, sugar and salt are in the package.

Plan your snacks. Keep a variety of tasty, nutritious and ready-to-eat foods nearby. This will help reduce the temptation to eat less healthy options from vending machines, convenience stores or the break room. Healthy snack ideas include fresh fruit,

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MDC AND AVMED’S “BIGGEST WINNER” PROGRAM!



Are you looking to shed a few pounds in time for summer?

This is a six (6) week fitness/weight loss challenge open to all Wellness Works incentive eligible employees who are enrolled in AvMed. The Wellness Works program will provide all participants with support through nutrition education and fitness programming.

All you have to do is show up to weigh-in! Our medical screening team will do the rest and be at central locations throughout the County to weigh participants on March 19th and/or 20th. Your weigh-in location is your TEAM!

The employee, from each team, who has the highest percentage of weight loss will win \$250 and the employee with the highest percentage of weight loss overall will win \$500, and be crowned the “Biggest Winner” at the “Spring Into Wellness” fair.

This is a program incentive added directly to employee paychecks (subject to applicable payroll taxes). Are you ready to be the “Biggest Winner?” Registration is open! To join this challenge, please email your name, employee ID and department to WellnessWorks@MiamiDade.gov.

HEALTHY SELFIE



Jerrad A. Carter, Benefits Supervisor HR/Benefits Administration

Jerrad A. Carter, Benefits Supervisor in HR/Benefits Administration at Miami-Dade County, participated in the Fort Lauderdale A1A Marathon on February 18, 2018. His race time was 5:33. Congratulations Jerrad on a great finish! **Have you made fitness part of your lifestyle?** Send us a picture showing 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.

March Events

Date	Event	Location
Saturday, Mar. 10	5th Annual Fort Lauderdale Shamrock Run	Huizenga Plaza, 32 East Las Olas Blvd., Ft. Lauderdale, FL 33301
Saturday, Mar. 17	Terrain Race - Miami - March 17th, 2018	Amelia Earhart Park, 401 East 65th St., Hialeah, FL 33012
Sunday, Mar. 18	Roots Race Miami	Tropical Park, Tropical Park, 7900 SW 40th St., Miami, FL 33155
Saturday, Mar. 24	5K-10K- half marathon Cross Country Run	Amelia Earhart Park, 401 East 65th St., Hialeah, FL 33012

Healthy Bites for March (continued from front page)

air-popped popcorn, whole-wheat crackers, dried fruit and nut mixes, almonds and low-fat yogurt. Think of snacks as mini-meals to help you eat more fruits, vegetables, whole grains and low-fat dairy. Remember to snack only when hungry, not out of boredom, stress or frustration.

Regular physical activity is a must. Daily physical activity is an important part of a healthy lifestyle, unfortunately most don't include enough movement in daily routines. Regular physical activity strengthens bones and muscles, reduces the risk of chronic illness and fosters overall well-being, which includes stress relief, higher quality sleep and a more positive mental outlook. **To read the full article, visit <https://food.unl.edu/healthy-bites-march-national-nutritionmonth>.** For more information, visit: <http://www.nationalnutritionmonth.org/nnm/>.

ACTIVE & FIT!

Let's face it. When it comes to getting and staying fit, one solution does not fit all. That's why WELLNESS WORKS now includes Active & Fit, a flat rate gym subscription that grants access to health clubs and fitness facilities around the country for just \$25 per month. So when you're at home, work or on the go... you're living well! Register for this service at AvMed.org/MDC, under the services/programs tab.



Skinny Oven Fried Chicken



Ingredients

- 1/2 cup corn flake crumbs
- 1 cup seasoned bread crumbs
- 1 tablespoon garlic powder
- 1 teaspoon black pepper
- 1 teaspoon paprika
- 1/4 teaspoon ground cayenne pepper
- 1 lb. chicken breast, boneless and skinless
- 1/2 cup low-fat buttermilk

Instructions

1. Preheat oven to 450° F.
2. Combine ingredients for breading (corn flake crumbs through cayenne pepper) in a shallow pan or medium bowl.
3. Rinse chicken breasts in cold running water. Dip the chicken into buttermilk. Note: If you have the time you can soak the chicken in buttermilk for 30 minutes. Then dip into the breading mixture. Press down firmly so the breading sticks to the chicken.
4. Place the chicken on a lightly oiled pan; spray the top of the chicken well with cooking spray.
5. Bake the chicken until done, about 30 minutes.

Source: <https://mommyhomecooking.com/skinny-oven-fried-chicken/>