



July 2018



WELLNESSWORKS  
MIAMI-DADE COUNTY

# Wellness Watch

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



## BE WELL. CHOOSE WELL.

Join the Wellness Works team at Bottega Restaurant at the Stephen P. Clark Center on **July 10 from 11 am-1 pm**. Meet with our registered dietician to learn how to make smart and healthy lunch choices. Swing by the Wellness Works table to try samples of some of the Wellness Works approved menu items. For more details contact Michelle Gelfand at [Michelle.Gelfand@avmed.org](mailto:Michelle.Gelfand@avmed.org).



## COOL SUMMER- SELF CARE SERIES

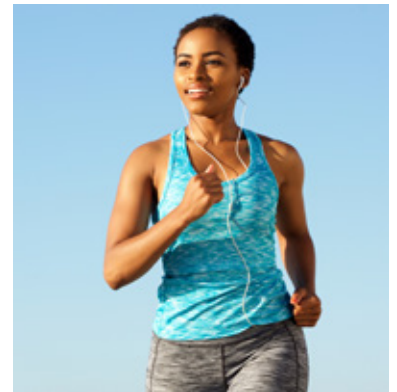


**Worth It Wednesday\$** returns to the Government Center for the Cool Summer – Self Care Series with Wellness Works in June, July and August.

On July 18th the series will focus on Social Wellness. Come by to connect with your fellow employees, learn about travel deals, visit the discount merchants, try a healthy lunch with Short Chef and visit the food trucks. Get your "passport stamped" by taking global dance lessons with our Latin dance, African dance and Line dance instructors for 25 Wellness Works points.

## COOL SUMMER- STEPS CHALLENGE

Join the "Cool Summer Steps Challenge" with Wellness Works to earn 25 wellness points and a chance to receive \$250 in the quarterly wellness rewards drawing. So get out there and get moving! From **August 5th – September 1st**, your goal is to reach 150,000



steps. To track your progress, simply use one of the devices compatible with MDC's Wellness Works Connected program. If you're an employee and HAVE NOT received a Fit Bit from a previous challenge, you can contact your Wellness Liaison to find out how to receive a **FREE fitbit flex 2™** activity tracker. Registration begins on July 23rd. To enroll in the steps challenge, visit [www.healthyroads.com](http://www.healthyroads.com). For more details contact [WWOnsiteCoaching@AvMed.org](mailto:WWOnsiteCoaching@AvMed.org).

# STAY COOL THIS SUMMER- AVOID HEAT ILLNESSES



## Heatstroke

Heatstroke can occur when the ability to sweat fails and body temperature rises quickly. The brain and vital organs are effectively “cooked” as body temperature rises to a dangerous level in a matter of minutes. Heatstroke is often fatal, and those who do survive may have permanent damage to their organs.

Someone experiencing heatstroke will have extremely hot skin and an altered mental state, ranging from slight confusion to coma. Seizures also can result. Ridding the body of excess heat is crucial for survival.

- Move the person into a half-sitting position in the shade
- Call for emergency medical help immediately
- If humidity is below 75%, spray the victim with water and fan them vigorously; if humidity is above 75%, apply ice to neck, armpits or groin
- Do not give aspirin or acetaminophen
- Do not give the victim anything to drink

## Heat Exhaustion

When the body loses an excessive amount of salt and water, heat exhaustion can set in. People who work outdoors and athletes are particularly susceptible.

Symptoms are similar to those of the flu and can include severe thirst, fatigue, headache, nausea, vomiting and, sometimes, diarrhea. Other symptoms include profuse sweating, clammy or pale skin, dizziness, rapid pulse and normal or slightly elevated body temperature.

Uncontrolled heat exhaustion can evolve into heatstroke, so make sure to treat the victim quickly.

- Move them to a shaded or air-conditioned area
- Give them water or other cool, nonalcoholic beverages
- Apply wet towels or have them take a cool shower

## Heat cramps

Heat cramps are muscle spasms that affect the legs or abdominal muscles, often after physical activity. Excessive sweating reduces salt levels in the body, which can result in heat cramps.

Workers or athletes with pain or spasms in the abdomen, arms or legs should not return to work for a few hours. Instead:

- Sit or lie down in the shade.
- Drink cool water or a sports drink.
- Stretch affected muscles.
- Seek medical attention if you have heart problems or if the cramps don't get better in an hour.

The Centers for Disease Control and Prevention offers more information on heat-related illness.

<https://www.cdc.gov/disasters/extremeheat/warning.html>

## Red, White and Blueberry Fruit Salad

### Ingredients

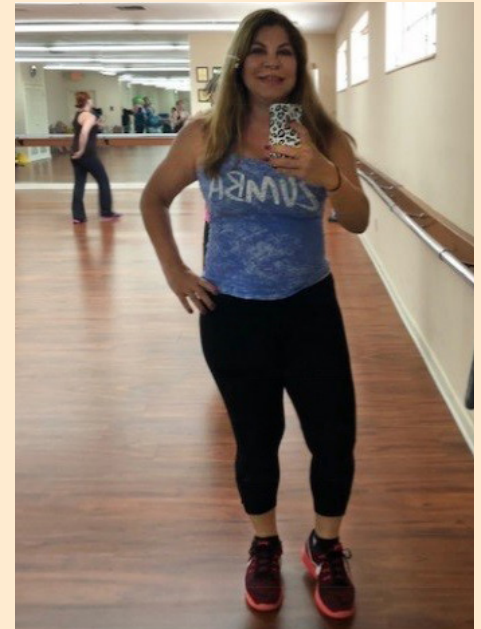
1 pint strawberries, hulled and quartered  
1 pint blueberries  
1/2 cup coconut sugar  
2 tbs lemon juice  
4 bananas

### Directions:

Mix the strawberries and blueberries together in a bowl, sprinkle with sugar and lemon juice, and toss lightly. Refrigerate until cold, at least 30 minutes. About 30 minutes before serving, cut the bananas into 3/4-inch thick slices, and toss with the berries.



## HEALTHY SELFIE



**Blanca Morales**  
**Audit and Management Services**  
**Department**

Getting ready for her Zumba class!

**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**.