



November 2017



WELLNESSWORKS
MIAMI-DADE COUNTY

Wellness Watch

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



Choose the **RIGHT FIT!** **OPEN ENROLLMENT** Oct 27-Nov 15 2017

Review the benefit options available to you
Attend regional benefits meetings for more information

www.miamidade.gov/OpenEnrollment

SHOP for your **beneFITS!**

OPEN ENROLLMENT

The annual open enrollment period runs through November 15, 2017. It's a great time to assess all of your options and explore new programs. Choose your "Right Fit" and learn more about your benefits at <http://www.miamidade.gov/openenrollment/>. You can also speak to a Benefits Representative, in person or at one of the regional open enrollment meetings. See the full list of meetings so you don't miss out! <http://www.miamidade.gov/humanresources/library/oe-regional-meetings.pdf>

November is National Diabetes Awareness Month!

Holidays can be a time of great anxiety for people with diabetes because it's so focused on food. So plan ahead, here's how you can sail through the season with less stress.

Don't let questions about what to eat, how much to eat and meal timing dampen your holiday. Plan in advance, so you can fend off stress and fully enjoy the day and keep your diabetes management on track.

Think About the Timing of Your Meal

Many families eat large meals at odd times on holidays. For example, Thanksgiving dinner may be served in the middle of the afternoon. Plan in advance for how you will handle making changes if your meal does not line up with your regular meal schedule.

If you take insulin injections or a pill that lowers blood glucose, you may need to have a snack at your normal meal time to prevent a low blood glucose reaction. Check with your health care team about this.

Be Physically Active

The best way to compensate for eating a little more than usual is to be active. Start a new tradition that involves moving around and away from the food. Ideas include taking a walk with the whole family or playing Frisbee, soccer, or touch football with your children, grandchildren, or the neighborhood kids.

Try Healthier Versions of Your Favorite Holiday Foods

Be creative and make your favorite recipes lower in calories. Can you steam green beans instead of sauteing them in butter? Use a little less

sugar in your fruit pie. The natural sweetness of the fruit doesn't require a lot of added sugar.

Nibble

Have foods to nibble on while you are cooking or waiting to eat.

Make sure the foods you choose won't sabotage blood glucose levels before the meal. Bring a platter of raw or blanched veggies with your favorite low-calorie dip or have a few small pieces of low-fat cheese. Don't indulge on high-calorie or fried appetizers.

Be Selective

Many traditional Thanksgiving foods are high in carbohydrates: mashed potatoes, sweet potatoes, stuffing, dinner rolls, cranberry sauce, pumpkin pie and other desserts. Don't feel like you have to sample everything on the table. Have a reasonable portion of your favorites and pass on the rest.

Eat Smaller Portions

Because high carbohydrate and calorie rich foods are plentiful at most Thanksgiving feasts, watch your portion sizes. If you can't decide on one or two carbohydrate foods to eat, take very small portions or "samples" of several dishes.

For more healthy eating tips, visit <http://www.diabetes.org/food-and-fitness/food/planning-meals/holiday-meal-planning/planning-ahead.html>





Healthy Selfie

Officer Mercedes Sabina, Miami-Dade Police Department, won the raffle after completing her Personal Health Assessment and Biometric Screening at Police HQ.

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@Miami-Dade.gov.

November Events

Date	Event	Location
Saturday, November 11, 2017	Bubble RUN - Miami, FL	Miami-Dade County Fairgrounds, 10901 SW 24th St., Miami, FL 33165
Sunday, November 12, 2017	Mack Cycle Miami Man Long Course & Olympic Triathlon, Aquabike, Duathlon & Relay	Larry & Penny Thompson Park, 12451 SW 184th St., Pavilion #2, Miami, FL 33177
Sunday, November 19, 2017	5th Annual Flanigan's Rockin' Rib Run 10K	Vista View Park, 4001 SW 142 Avenue, Davie, FL 33330
Sunday, November 19, 2017	ZENRUN	Historic Virginia Key Beach Park, 4020 Virginia Beach Drive, Miami, FL 33149

Avoid Holiday Weight Gain

Plan a post-meal walk

A brisk walk will help you burn some calories and likely put you in the right mindset to turn down a second piece of pumpkin pie!

Plan a workout date the next morning

Instead of feeling bloated and lethargic the day after Thanksgiving, schedule a fitness date with a friend for that morning—then you have to show up!

Walk around and talk to people

Rather than obsess over the food at Thanksgiving, focus on the entire celebration, including the once-a-year sights, sounds and people at the event.

Volunteer to help clean up

Instead of picking at the leftovers or helping yourself to a second (or third) dessert, offer to help the host clean up. They will appreciate the gesture, and physically removing yourself from the table will help take your attention away from the food.

Stop eating when you're full

OK, this tip probably seems pretty obvious, but Thanksgiving is one of those holidays when people plan to eat until they are stuffed to the brim.

Instead of seeing how much you can eat, serve yourself a small, golf-ball-size serving of everything you want—no restrictions—but have only enough to satisfy your stomach without overdoing it. Remember, Thanksgiving is one day. Done right, you won't set yourself back too far!

<http://www.health.com/health/gallery/0,,20545918,00.html>

Healthy Pumpkin Cheesecake



Ingredients

- 1/2 cup reduced-fat cream cheese, room temperature
- 2 cups light/low-fat ricotta cheese
- 3/4 cup canned pure pumpkin
- 1/2 cup fat-free plain Greek yogurt
- 1/2 cup egg whites
- 1/4 cup all-purpose flour
- 1/4 cup Stevia/ or no-calorie granulated sweetener
- 2 tsp. vanilla extract
- 1 tsp. pumpkin pie spice
- 1 tsp. cinnamon
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1/4 tsp. nutmeg
- 1 sheet (4 crackers) low-fat honey graham crackers, lightly crushed

Preparation

Preheat oven to 325 degrees. Spray a 9" springform cake pan with nonstick spray. Wrap foil around the bottom of the pan to prevent condensation from dripping into the oven.

In a large bowl, stir cream cheese until smooth. Add ricotta cheese and pumpkin. With an electric mixer set to medium speed, beat until smooth, 1 - 2 minutes. Continue to beat while gradually adding all remaining ingredients except graham crackers. Beat until smooth, another 1 - 2 minutes.

Evenly pour mixture into the cake pan. Bake until firm and light golden brown, about 50 minutes. Cool completely for 1 hour. Cool until chilled, at least 3 hours. Sprinkle with crushed graham crackers. Release springform, and slice. Makes 8 servings.

HG FYI: Stevia is about twice as sweet as sugar. If using a no-calorie granulated sweetener that measures cup-for-cup like sugar instead of stevia, double the amount called for in this recipe.

Source: <http://www.hungry-girl.com/recipe-makeovers/healthy-pumpkin-cheesecake-recipe>