



January 2018



WELLNESSWORKS
MIAMI-DADE COUNTY

Wellness Watch

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



WHY NEW YEAR'S RESOLUTIONS FAIL

Why is maintaining resolutions so tough? Researchers have ID'd several culprits, such as setting a goal that's too vague or having unrealistic expectations (lose 30 pounds by March 1st—ha!). But perhaps the biggest challenge is turning your wishes into immediate action, then keeping up with it. "It's easy to change your attitude but difficult to change your behavior," explains Christine Whelan, PhD, clinical professor in the School of Human Ecology at the University of Wisconsin, Madison.

How to set manageable goals

Outsmarting the odds means setting doable goals (go from couch to 10K, not a triathlon), then breaking them down into reasonable steps. You can work with a Wellness Works health coach to establish realistic goals by emailing WWOnsiteCoaching@AvMed.org. A new you in the new year starts right here.

Reboot your diet

When it comes to cleaning up your eating, take a tip from the Boy Scouts: Be prepared. If you want to rise above temptation you have to think one step ahead.

Figure out your "why"

Maybe you hope to set a good example for your kids. Or you're just tired of not fitting into your old jeans. If you know the reason that's fueling your desire to eat better, you can use it to motivate yourself when you're eyeing the dessert menu.

Don't focus on subtracting food

"Instead of making an 'I want to lose weight' pledge, try 'I'm going to put more fruits and vegetables on my plate.' If it's an addition instead of a takeaway, you're more likely to repeat it until the action becomes an automatic habit.

Do a kitchen cleanse

Toss unhealthy products (chips, sugary granolas, sodas) from your pantry, fridge, car and office. Restock with good-for-you options, like carrots and air-popped popcorn.



Reboot your workout

Get-in-shape goals tend to fizzle as early as the third week of January, per recent data based on Facebook searches. People who are successful are more likely to view fitness as a permanent lifestyle change, not an activity they can give up once they reach a number on the scale.

Take it a week at a time

It's easier to make a plan to go running three times this week than vow to run three times a week indefinitely. If you make your fitness goals week by week rather than so far-reaching, you'll have more success, and that in itself is motivating.

For more ideas follow this link:

<http://www.cnn.com/2016/01/01/health/new-years-resolutions-health/index.html>



Healthy Selfie- 5K Family Fun Day – Dec. 9, 2017



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.

Race Results: <http://www.splitsecondtiming.com/results/2017/2017mdce.php>

Race Photos: <http://photos.wildsideonline.com/2017-Event-Photos/Dade-County-Employee-5K-event-Zoo-Miami-2017/>

Do You Want to Get Moving in 2018?



REGISTRATION BEGINS JANUARY 7.

Here's to taking a step in the right direction! Join the "Step into 2018" steps challenge with Wellness Works to earn 25 wellness points and a chance to receive \$250 in the quarterly wellness rewards drawing.

From **January 21st - February 24th**, your goal is to reach 100,000 steps. To track your progress, simply use one of the devices compatible with MDC's Wellness Works Connected program. Meet with a Wellness Works On-site Coach to find out how to receive a **FREE fitbit flex 2™** activity tracker.

To enroll in the steps challenge, visit www.AvMed.org/MDC/WellnessWorks. Click on Wellness Challenges. Log in using your AvMed User ID and Password.

January Events

Date	Event	Location
Saturday, Jan. 13/18	2018 5K4kids	Saint Anthony Catholic School 820 NE 3rd St., Fort Lauderdale, FL 33301
Sunday, Jan. 14/18	8th Annual Vista View 360 Ultramarathon & Relay	Vista View Park 4001 SW 142 Avenue, Davie, FL 33330
Saturday, Jan. 20/18	Delta 5K Walk/Run for Health	Osswald Park 2220 NW 21st Avenue, Fort Lauderdale, FL 33311
Sunday, Jan. 21/18	5K-10K- Half Marathon Cross Country Run	Amelia Earhart Park 401 East 65th St., Hialeah, FL 33012

WHOLE WHEAT BLUEBERRY PANCAKES



Ingredients

- 2 cups whole wheat flour
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/4 teaspoon fine sea salt
- 1 cup unsweetened plain almond milk, soymilk or rice milk
- 2 tablespoons honey
- 1 teaspoon pure vanilla extract
- 1-1/4 cup fresh or frozen blueberries

Method

In a large bowl, whisk together flour, baking powder, cinnamon and salt. In a separate medium bowl, whisk together almond milk, 1/4 to 1/2 cup water (or additional almond milk), honey and vanilla until blended. Pour milk mixture into flour mixture and stir until evenly combined. Set batter aside to rest for 10 minutes (the batter will be very thick).

Heat a cast-iron griddle or nonstick skillet over medium heat until hot. Stir blueberries into batter. Ladle about 1/4 cup batter onto the griddle and cook about 2 minutes or until bottoms are golden. Flip and cook 1 to 2 minutes longer, until pancakes are cooked through.

Nutritional Info

Per Serving: Serving size: about 3 pancakes, 290 calories (15 from fat), 2g total fat, 350mg sodium, 62g carbohydrates, (10 g dietary fiber, 13g sugar), 7g protein.

Source: <https://www.wholefoodsmarket.com/recipe/whole-wheat-blueberry-pancakes>