

Memorandum



Date: October 12, 2012

To: Honorable Commissioner Javier D. Souto
District 10

From: Carlos A. Gimenez
County Mayor 

Subject: Campaign to Encourage Healthy Eating and Living Habits

The Miami-Dade Public Library System recognizes the need for a healthy lifestyle to combat the challenges faced by members of the community who are living with chronic health problems such as like heart disease, high blood pressure, diabetes, cancer, and more. Studies show that over the past three decades, childhood obesity rates in America have tripled, and today, nearly one in three children in America are overweight or obese. Research by the Centers for Disease Control and Prevention has found that the number of Americans, aged 45 and older, with at least two chronic health conditions has grown by 17 percent in the last decade.

To that end, the Library System has offered a variety of programs, services and activities to educate the community about the importance of exercise and good nutrition. These have included healthy living lecture series for senior adults, Tai Chi and Yoga classes for adults and teens, healthy eating and nutrition program for children, the hosting of a farmer's market, and an introduction to online resources and databases that encourage healthy lifestyle. The Library System's Service for the Homebound also offers a variety of materials for seniors and individuals with disabilities to help them lead a better quality of life.

The Library System will continue its effort in the education process by encouraging members of the community to *Exercise their Mind and Body @ the Library*. The Library System will incorporate more programs on health and fitness; will create bibliographies of books and databases that address these topics, and will create colorful displays of books, magazines, DVDs, CDs and online resources that support health, fitness and nutrition.

Programs to be offered by the Library System on a quarterly basis will include, but are not limited to:

October – December 2012: Get in Tune with Your Body

Understand how your mind and body works. Learn how exercise and eating right can help you to stay well and slow the aging process.

Informational Seminars on Mental and Physical Health – Experts will provide information on measures to fight Alzheimer's, Diabetes, Heart Disease, and other increasing illnesses. Library staff will conduct workshops to introduce database and other resources related to healthy living.

Tai Chi for Mind, Body & Soul – A training exercise in the art of Tai Chi. This class will help senior adults to improve balance, strengthen core muscle groups and learn about relaxation techniques. Participation in Tai Chi has shown a reduction in falls and improvement of balance in people, 60 and older.

Getting Kids to Eat Healthy with Peggy Gaines, RN – Nutrition expert Peggy Gaines will share recipes that are packed full of healthy foods, but are appetizing for children. Participants will learn how to make spaghetti out of squash, muffins with secret spinach and many more fun foods that pack a vitamin punch.

FLIPANY – Florida Introduces Physical Activity and Nutrition for Youth
Parents and children can learn about new foods and start building the skills necessary to help children make healthy food choices.

Wii Gaming for Teens - Wii gaming is a popular activity and a great way to help teens get fit.

Botany & Medicine – This program will provide information on healing with plants and herbs.

Painting -Painting provides a creative outlet and an opportunity for people to work together on a project they can appreciate for a long time. Local artists will work with seniors to create artwork using a variety of materials.

World Cup Soccer 2014 - The Library System will continue to highlight the Brazilian cities that will be hosting the 2014 World Cup. This celebration includes a history lesson on the city and indoor/outdoor soccer fun and activities.

January – March 2013: A Toast to Your Health

Start the New Year off right by Adopting Healthy Eating Habits and Exercising.

Health Screenings – Local health partners will offers basic diagnostic tests such as blood pressure, sugar and cholesterol.

Tai Chi for Mind, Body & Soul – A series of classes to help improve balance, strengthens core muscle groups and encourages relaxation.

Yoga and Meditation - Expert yoga and meditation teacher will offer Yoga techniques and meditation exercises to take away the stresses of everyday life.

Zumba for Kids -Zumba is not only for grownups. Zumbatomic instructors will offer kid-friendly dance moves to help them get fit.

Wii Gaming for Teens - Wii gaming is a popular activity, and a great way to help teens get fit.

Explore the Great Outdoors – Experts from the Deering Estate will demonstrate how to navigate the South Florida environment on kayak and on foot and share emergency and self-sufficiency tips.

World Class Gardening with Deering Estate- Gardeners of the Deering Estate will demonstrate gardening tips to yield organic fruits and vegetables.

Chefs and Kids -Professional chefs will provide hands on instruction to help children develop a love of cooking and making healthy food choices.

Informational Seminars on Healthy Living – Library staff will conduct workshops to introduce database and other resources related to healthy living.

April-June 2013: Step into Spring

During this quarter the Library System will again highlight the benefits of exercise and eating right.

Green Workshops -The University of Florida Extension Services of Miami-Dade will provide in-depth workshops on how to grow a vegetable garden, and other topics relevant to preserving and working with the South Florida landscape.

Healthy Eating, Local and Organic – Representatives from Whole Foods Market will provide tips on selecting organic produce grown close to home.

Start your Own Garden – Library staff will encourage children to grow their own fruits and vegetables by sharing books and resources on the subject of healthy eating.

Exercise Programs – Participants will be encouraged to keep track of their physical activity by keeping a log or using a pedometer. Library staff will assist in identifying online resources or creating a log to track progress.

FLIPANY – Florida Introduces Physical Activity and Nutrition for Youth
Parents and children can learn about new foods and start building the skills necessary to help children make healthy food choices.

Butterfly Gardening – Deering Estate provides information on what plants to use to attract butterflies to your garden. A beautiful garden provides relaxation for the mind.

Zumba for Kids -Zumba is not only for grownups. Zumbatomic instructors will offer kid-friendly dance moves to help them get fit.

July-September 2013: Beat the Heat

Summer is a great time to be outdoors. Learn about ways to protect your skin while enjoying your favorite outdoor activities. Get tips on preparing healthy foods on your grill.

Exercise Programs – Participants will be encouraged to keep track of their physical activity by keeping a log or using a pedometer. Library staff will assist in identifying online resources or creating a log to track progress.

FLIPANY – Florida Introduces Physical Activity and Nutrition for Youth
Parents and children can learn about new foods and start building the skills necessary to help children make healthy food choices.

Mobile Gym for Kids – The mobile gym comes equipped with air conditioning and challenging exercises for children.

Wii Gaming for Teens - Wii gaming is a popular activity and a great way to help teens get fit.

Book n' Cookin - A fun-filled storytime that offers a handy lesson in nutrition. Children will learn about the food pyramid; what a balanced meal looks like and how to make healthy, satisfying lunches.

Butterfly Gardening – Deering Estate provides information on what plants to use to attract butterflies to your garden. A beautiful garden provides relaxation for the mind.

World Cup Soccer 2014 - The Library System will continue to highlight the Brazilian cities that will be hosting the 2014 World Cup. This celebration includes a history lesson on the city and indoor/outdoor soccer fun and activities.

c: Lisa M. Martinez, Senior Advisor, County Mayor's Office
Raymond Santiago, Director, Miami-Dade Public Library System
Suzet Alvarez-Cleary, Assistant Director, Miami-Dade Public Library System