Get Fit!
MIAMI-DADE COUNTY
EMPLOYEE WELLNESS CENTER

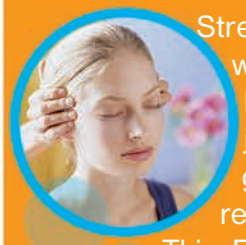
Stephen P. Clark Center
111 N.W. 1st Street, Lobby • 305-375-5797
employeewellnesscenter@miamidade.gov
www.miamidade.gov/wellness

NEWS

February 2013

EWC Revamped Massage Therapy Service

Schedule Your Appointment Today!



Stressed out at work with lower back pain or just need to get away and relax for a while? This February there will be a **new massage therapy service with affordable prices and a variety of massages.** Treat yourself to a relaxing and quick chair massage that will rejuvenate you or get a full relaxing massage after a hard day of work. Services are available to Wellness Center members at a discounted rate, and County employees.

Our massage therapy program assists you in relieving stress, alleviating muscle soreness and promoting relaxation. Payments can be made via cash or check only.

For more information please contact:
employeewellnesscenter@miamidade.gov
or 305-375-5797.

February is Heart Health Month

Haven't had the time to go for a regular check up with your doctor? Not to worry! In the month of February, the Miami-Dade County Wellness Center will be offering **complimentary blood pressure, pulse, and weight assessments in the lobby of the Stephen P. Clark Center.** These assessments will take place on a weekly basis on **Wednesdays from 12-2pm starting February 6.** We encourage you all to take advantage of this service to help you stay healthy and prevent illness.

Live Within Your Means Financial Seminar

This February the Miami-Dade County Wellness Center will be holding a financial seminar that will help you reorganize your finances so that you can better manage your money. The seminar will be held on **Thursday, February 7 from 12 to 1pm in conference room 18-3 of the Stephen P. Clark Center.** If you are interested in attending please RSVP to employeewellnesscenter@miamidade.gov or 305-375-5797. Snacks and light refreshments will be served. All those who attend will be entered into a raffle for a chance to win a prize!

Discovering Miami-Dade - Physical Activity Challenge

Coming soon... in March! Challenge yourself to become physically active every day. Join our 8-week physical activity challenge that will keep you moving, while discovering destinations to be active all around the County. Exercise will be converted into mileage so the more you exercise, the more you will move along our Dade County map to our destinations – County Parks. We will be holding weekly raffles throughout the program and prizes will be given to the winners at the end. Stay tuned for more information.

ECW New and Improved Personal Training Rates!

We want to thank all of the current personal training clients who have been working very hard and remained committed to reaching their set goals through this program. With all of the positive changes we have seen, we have decided to revamp our personal training packages with you in mind. The frequency of sessions available to the member has now increased while our pricing structure continues to remain affordable. The added sessions will better help you in reaching your health and wellness goals. Feel free to contact us for pricing information.

Discover all we have for you!

Hours of Operation: Monday through Friday 5:30 a.m. to 8 p.m.
Closed during weekend & Dade County observed Holidays.

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Upcoming Local Events

Get Active!

Here are some fun fitness events for you to participate in.

Sign Up for The Mercedes-Benz Corporate Run with the Miami-Dade County Wellness Center. Contact us to register today!

Color Me Rad 5k
At 9:00am on February 2
Miami, FL
20% discount code
"MIAMIRADNESS"

Doral Cycling Classic
At 8:00am on February 3
Miami, FL

Carnaval Miami 5k and 10k Run
At 7:30am on February 17
Key Biscayne, FL

Florida Super Spartan
At 8:00am on February 23
North Miami, FL

5 Medication-Free Strategies to Help Prevent Heart Disease

1. Don't smoke or use tobacco

Smoking or using tobacco is one of the most significant risk factors for developing heart disease. Chemicals in tobacco can damage your heart and blood vessels, leading to narrowing of the arteries (atherosclerosis). Atherosclerosis can ultimately lead to a heart attack. When it comes to heart disease prevention, no amount of smoking is safe. Smokeless tobacco and low-tar and low-nicotine cigarettes also are risky, as is exposure to secondhand smoke.

2. Exercise for 30 minutes on most days of the week

Try getting at least 30 to 60 minutes of moderately intense physical activity most days of the week. However, even shorter amounts of exercise offer heart benefits, so if you can't meet those guidelines, don't give up. You can even break up your workout time into 10-minute sessions.

3. Eat a heart-healthy diet

Eating a special diet called the Dietary Approaches to Stop Hypertension (DASH) eating plan can help protect your heart. Following the DASH diet means eating foods that are low in fat, cholesterol and salt. The diet is rich in fruits, vegetables, whole grains and low-fat dairy products, which can help protect your heart. Beans, other low-fat sources of protein and certain types of fish also can reduce your risk of heart disease.

4. Maintain a healthy weight

As you put on weight in adulthood, your weight gain is mostly fat rather than muscle. This excess weight can lead to conditions that increase your chances of heart disease — high blood pressure, high cholesterol and diabetes. Even a small weight loss can be beneficial. Reducing your weight by just 10 percent can decrease your blood pressure, lower your blood cholesterol level and reduce your risk of diabetes.

5. Get regular health screenings

High blood pressure and high cholesterol can damage your heart and blood vessels. But without testing for them, you probably won't know whether you have these conditions. Regular screening can tell you what your numbers are and whether you need to take action.

Source: www.mayoclinic.com