

November 2014

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# Wellness

## *Miami-Dade County*

PROVIDING EMPLOYEES WITH THE LATEST FITNESS AND WELLNESS NEWS, PROGRAMS AND EVENTS

## The Art of Active Sitting

**Spending 8-plus hours at your desk doesn't have to ruin your body. Add these 5 daily movements to your routine.**

You've heard the news by now: Sitting is the new smoking. It's been linked to an increased risk of diabetes, cardiovascular disease, and early death. Not to mention possible potato-like proportions.

Vladimir Friedman, DC, CCSP, of Accelicare Sports Chiropractic in Manhattan informs, "when you're in an improper slouched or seated posture for extended periods of time, there is physiological change in the body," he says. "In addition to the proven disease risks, things start to lock up. Tissues can weaken and the effects can be degenerative."

When muscle tissue is continually immobile, it **shortens**

and shrinks over time and weakens. But give your body a load using your own body weight—from standing to squatting to taking a walk—and the measure of stress provided helps strengthen it.

"Movement brings hydration and nutrients to the tissue and activity keeps it healthy, so even though our jobs and evolving 'mobile' technologies are making us more prone to sit and press buttons, we need to think actively and sit actively," he says.

In other words, don't just get up for breaks, but rather do things that will keep your tissues mobile and fluid throughout your day—and life. Here is the sit-active guideline:

### 1. Roll your feet

Feet can really stiffen up when you sit for long periods and a lack of mobility in the ankles and calves can become a problem. Take a couple breaks during your day and roll each foot on massage ball or small frozen water bottle. Shoe off, press down on the ball or bottle and roll it back and forth over the arch of your foot allowing the pressure to loosen up the tissues and increase circulation.

### 2. Do some wall squats

Sit with your shoulder blades and lower back against a wall, hips and knees at a 90-degree angle. Hold for a minute and do 3 reps. No need to overdo it with reps; these squats are not about fitness gains, but prevention of degeneration.

### 3. Stretch into a lunge

Constant sitting shortens the hip flexors, so you need to stretch the front capsule and surrounding musculature of the hips as well as the quads. Step your left leg forward into a 90-degree lunge, allowing the right knee to hover over the ground

behind you. Then switch legs. Try to work this in 3-4 times a day.

### 4. Reverse your rotation

During prolonged sitting, we tend to collapse inward, rounding our shoulders and jutting our necks out and forward. To reverse this, move to the edge of your chair and sit on your tailbone. Leaving your arms at your sides, open your chest and rotate your hands out, letting your shoulders move back. At the same time, widen your hips by rotating your feet out. Hold for 10 seconds and repeat 10 times.

### 5. Extend your back

This exercise was created for disc herniation injuries but it's perfect for reversing a sitting posture. Stand and place the palms of your hands on your lower back two inches above the tail bone to prevent injury from over extending. Then gently lean back as far as you comfortably can. Do 10 reps, once or twice a day.

# Learn to Love A Morning Workout

**There's good reason to rise and grind. Here's how you can make the habit stick.**

*There's a reason the word 'exercise' is so often followed by the word 'routine': When it comes to fitness, we're creatures of habit. But there is ample research to support the idea that change can bring significant benefits to your body. And you can train yourself to accept change. Yoga-averse? Cardio-phobic? You don't have to be.*



Your alarm goes off and the voice in your head says, “Just five more minutes.” For the next 30 minutes, you play the snooze game until it’s official: You no longer have time to work out.

“Many of our clients complain of not being able to drag themselves out of bed in the morning,” says Amy Lao, M.S., National Manager, Equinox Fitness Training Institute. “But there’s less distraction in the morning, so once you get into a routine, you’ll be more likely to stick with it.” Plus, working out in the morning gives you an unparalleled sense of accomplishment and pumps you up for the rest of the day.

There’s also a host of health benefits to hitting the gym at the start of your day. “Exercise helps with mental acuity, making you sharper and more focused,” says Lao. Good news if you have a big meeting or project to tackle. And morning exercisers are more likely to make healthy choices throughout the day, says Lao. Read: You’ll bypass the office candy bowl. Working out in the morning also helps rev your metabolism and keeps you burning calories all day.

Night owls are not necessarily doomed. “With the right strategies, anyone can become an early riser,” says Lao. Here, her tips for learning to love a morning sweat session.

## TIPS TO STICK WITH THE HABIT

### 1. (Gradually) go to bed earlier

From your ideal wake-up time, count back seven or eight hours, which is the amount sleep experts recommend to feel well-rested (and stave off problems like weight gain, diabetes and cancer). If you tend to stay up late, start going to bed 15 minutes earlier each night until you reach your ideal bedtime. In other words, don’t expect to fall asleep at 10 p.m. if you usually hit the sack at midnight. The key is to work up to your goal gradually.

### 2. Have a bedtime snack

If you're getting seven or eight hours of sleep and are still waking up tired in the morning, it could be because you have low blood sugar levels, says Angela Ginn, R.D.N., a spokesperson for the Academy of Nutrition and Dietetics. Wake up with more energy by eating a tablespoon of unsweetened almond butter before you go to sleep to help stabilize your blood sugar overnight.

### 3. Plan your workout

Before you go to bed, make sure everything you need for the next day is ready. Channel your inner grade school student and lay out your gym clothes. It’s also a good idea to plan your workout: Write down exactly what you want to do—whether it’s take a class or run 10 miles—so you’ll be getting up with a purpose.

### 4. Do not hit snooze

Most of us set our alarms with a snooze buffer zone. Whether yours is 10 minutes or an hour, commit to giving it up and rising as soon as your alarm goes off. That way, you can spend that time actually sleeping—instead of groggily coming in out of dreams and enduring a mental battle with yourself to get up.

### 5. Ease into it

In the beginning, your goal is to simply get to the gym and do something, whether it’s a little resistance training or a quick jog on the treadmill. Research shows that it’s better to work out a little consistently than go hard and fall off the wagon a few days later.

## Maintain, Don't Gain! Holiday Challenge



### Open to All Employees

*Just because the holidays are coming doesn't mean you should take a break from fitness.*

Join us for our *Maintain Don't Gain holiday challenge*. This is a simple competition where participants will be weighed in prior to the Thanksgiving holiday and weighed out after the New Year to see who can maintain or lose weight during the holidays. Those who are able to lose the highest amount of weight during this festive season will be given a prize. Throughout the challenge we will be sending out motivational emails with tips, recipes and exercises to help keep you on track. If you're interested in joining, please email or call us.

Weigh ins will take place from **Tuesday, November 10 to Friday, November 14** and is open to all County employees, not just members. You can stop by any time within our normal business hours (6:00AM-8:00PM) to weigh in, no need to make an appointment. So get your co-workers involved and create a little friendly competition to see who can lose the most!

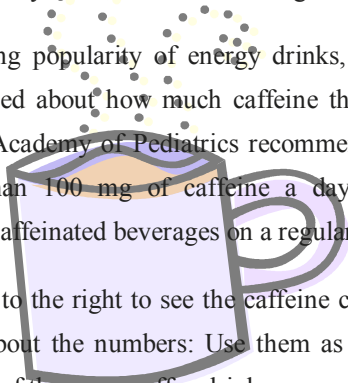
## Caffeine Content for Coffee and Tea

If you're like most adults, caffeine is a part of your daily routine. But do you know the caffeine content of your favorite drink?

You may want to take a look at just how much caffeine you get in a typical day, especially if you're bothered by headaches, restlessness or anxiety. If your caffeine habit totals more than 500 milligrams (mg) a day, you may want to consider cutting back.

With the growing popularity of energy drinks, many parents have become concerned about how much caffeine their kids are getting. The American Academy of Pediatrics recommends that adolescents get no more than 100 mg of caffeine a day. Younger children shouldn't drink caffeinated beverages on a regular basis.

Check the chart to the right to see the caffeine content in coffee and tea. One note about the numbers: Use them as a guide. The actual caffeine content of the same coffee drink can vary from day to day — even at the same coffee shop — because of various factors, such as roasting and grinding as well as brewing time. The caffeine content of tea also is affected by how long it's brewed.



Type of drink	Size*	Caffeine †
Brewed	8 oz. (237 mL)	95-200 mg
Espresso, restaurant-style	1 oz. (30 mL)	47-75 mg
Instant	8 oz. (237 mL)	27-173 mg
Specialty drink	8 oz. (237 mL)	63-175 mg
Black tea	8 oz. (237 mL)	14-70 mg
Green tea	8 oz. (237 mL)	24-45 mg
Instant, with water	8 oz. (237 mL)	11-47 mg
Ready-to-drink, bottled	8 oz. (237 mL)	5-40 mg

## Active Events: November/December

### Miami International Dragon Boat Festival

Saturday, November 8 @ 8:00am  
Miami Rowing Center, Key Biscayne, FL  
[Click here for details](#)

### iRun 5K/10K 3rd Edition

Sunday, November 16 @ 7:00am  
5050 Biscayne Blvd, Miami, FL  
[Click here for details](#)

### Down-2-Earth Endurance Thanksgiving 5K/10K/Half-Marathon Trail Run

Sunday, November 23 @ 7:30am  
Oleta River State Park, North Miami Beach, FL  
[Click here for details](#)



### Jingle Bell Jog Cross Country Classic 5K

Saturday, December 6, 2014 @ 8:00am  
Miami Lakes Par 3 Golf Course, Miami Lakes, FL  
[Click here for details](#)

### Florida Keys Bike Ride

Sunday, December 7-13, 6 day Trip  
Hampton Inn, Key Largo, FL  
[Click here for details](#)

### Miami Marathon/ Half-Marathon/Tropical 5K

Sunday, January 25 @ 6:15am  
American Airlines Arena, Miami, FL  
[Click here for details](#)

## COMING SOON IN NOVEMBER: UPDATED GROUP EXERCISE SCHEDULE BASED ON YOUR REQUESTS

**Are you acquainted with the County's Worksite Wellness Program "WW" events and activities?** The Program is endorsed by Mayor Carlos A. Gimenez' Office under delegated authority to Deputy Mayor Russell Benford. The WW Program is coordinated through Denny E. Gonzalez, from the Internal Services Department, who channels information to every County department through designated *Wellness Liaisons*. To find out who your department liaison is please visit [this link](#). Under its tagline "Wellness Works" and the blue "W" identifier the County's WW Program aims to engage employees on the benefits of maintaining a healthy lifestyle through educational activities, "health & wellness fairs" and ad-hoc department-level initiatives. Our goal is to join forces with existing employee-benefit resources and in-kind services from several County departments to bring information, resources and opportunities to all Miami-Dade County Employees and to lead a healthy lifestyle that promotes responsible individual choices. For related events and WW information visit <http://www.miamidade.gov/mayor/wellness.asp>. Feel free to contact [wellnessworks@miamidade.gov](mailto:wellnessworks@miamidade.gov) for more information.