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# Wellness

## Miami-Dade County

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

### The Kids are Back in School - Time to Get Back in Shape with a Fitness Challenge!

#### Fall Fitness Football Challenge

*What:* Physical Activity Challenge  
*Who:* All County Employees  
*Starts:* Monday, September 1  
*Duration:* 6 Weeks

Join the Employee Wellness Center in their kickoff to health and wellness with a Fall Football Challenge. Starting Monday, September 1.

Your goal will be to complete cardiovascular, resistance and flexibility exercises to gain yardage and advance down the field.

Each participant will be given a scorecard where they can keep track of their physical activity. All activity will be converted into yardage and move you further "down the field". The top 3 winners will receive a prize.

For more information or to sign up: Visit the Wellness Center, call 305-375-5797 or [send us an email](#).



### Flu Shots: Coming Soon

Flu season is almost upon us. To help prevent you from getting sick, AvMed will be providing all County employees with the flu vaccine. Towards the end of September and throughout October AvMed representatives will be visiting several County buildings to administer flu shots for employees of Miami-Dade County. The first scheduled event will take place on Thursday, September 25 from 10:00am to 2:00pm in Conference Room 18-3 at the Stephen P. Clark Government Center. Contact your [Department Personnel Representative](#) to see when your department or building will be receiving flu shots.



# Bust Your Bad Mood with Exercise

## Use Fitness, Not Food, to Change Your State of Mind

Some days, I am just *in a mood*. I don't know what you call it, maybe stressed, bored, lonely, angry, sad, anxious, or tired. I call it "getting into a funk." When it happens, I have allowed my circumstances to dictate my attitude and my thinking and then—bam! Before I know what hit me, I'm in a full-blown funk. While I like to exercise when a bad mood rises, others turn to unhealthy habits like emotional eating or smoking.

The next time you feel that mood coming on, identify what you're feeling and why. Whatever it is, pinpoint it. Then use the specific ideas below to bust your bad mood with a feel-good exercise prescription.

**Your Mood: Angry**  
**Mood Busting Exercises: Kickboxing, boxing, shadowboxing, or martial arts.**  
 Whether you follow a [kickboxing video](#) or take a group class, you'll release anger with every punch, kick and jab. Imagine the target of your anger as you do a set of 12 front kicks! Besides getting your anger out you'll blast calories with these cardio workouts. Any form of martial arts, often overlooked as a form of exercise, will also work. Besides actually making contact with pads, targets, and shields (a major stress and anger releaser!), you'll gain confidence, discipline, and focus.

**Your Mood: Bored**  
**Mood Busting Exercises: Spinning class, step aerobics, or a new fitness DVD**  
 Beat boredom (without food) by taking a high-energy Spinning class at your local gym. Set to great tunes, you'll be surprised how quickly an hour long class flies by. Step aerobics is another great workout when you're bored because it's always changing. You have to concentrate on the choreography—sort of like learning a simple dance that involves a step. You'll build skills and feel really accomplished when it's over! Lastly, head to the library or use Netflix and pick up the first workout DVD that looks interesting to you. Do it at home or invite a friend over to try your newest exercise venture!

**Your Mood: Lonely**  
**Mood Busting Exercises: Any group fitness class**

Exercising with a group of people who are all following the same routine and all have similar goals can really make you feel like you're a part of something bigger than yourself. No matter [what type of class you choose](#), there are plenty of reasons why group classes are so popular: They offer social support, a friendly environment and an opportunity to meet people who have similar interests.

**Your Mood: Depressed**  
**Mood Busting Exercises: Outdoor walking, biking, or running**

There's something restorative about nature. Getting outside to breathe in fresh air and admire the scenery can make a world of difference in your perspective. Plus, regular exposure to sunlight can boost your mood. No matter what outdoor pursuit you enjoy (think outside of the box and try canoeing, climbing, or team sports, too), moving your body can help improve your outlook and symptoms.

**Your Mood: Stressed**  
**Mood Busting Exercises: Mind-body exercises like Yoga, Pilates, or Tai chi**

Mind-body exercises take focus, patience, and attention. Because of the complexities of maintaining the correct form and breathing, which connects the mind and body, it's almost impossible to think about your to-do list while you're in the middle of a good Yoga or Pilates class, for example. The quiet, meditative atmosphere in these classes (and videos) allows you to tune in to the present moment—something that the overly stressed should do more often! If you're thinking that you're too busy or overwhelmed to try a class, then take advantage of short video workouts that are often broken up into 10- to 30- minute segments.

\*Many of the classes listed above are offered at the Miami-Dade County Employee Wellness Center. Take a look at their [Group Exercise Schedule here](#).\*

## NUTRITION: 7 Basic Nutrition Tips

**Avoid Overeating** - Stop eating when you are no longer hungry, not just when you are full.

**Eat Naturally** - Focus on things that come from the earth, not a factory. The best advice is, when shopping at the grocery store, stay along the outside walls where you find fruits, vegetables, beans and lean sources of meat.

This helps keep those processed foods and sugar-packed snacks out of the cart.

**Join the Organic Movement**  
 Buy organic whenever possible. If you can't afford or find organic foods, no problem. Just wash your fruits and vegetables very well. If you can't get fresh produce, frozen is the next best thing.

**No Chemical Toxins** - Avoid artificial sweeteners such as Splenda or Equal. These are most often consumed in diet sodas and "sugar-free" products. Drink plenty of water instead.

**Control Your Portion Sizes**  
 Get rid of all the large plates and cups in your house and only eat with the smaller sizes. If you go to a restaurant, split a meal with your partner, or once your portion is delivered, cut it in half and have the waiter box up half of the dish for another meal.

**Take Your Time** - Good nutrition is a marathon, not a sprint. Don't make the mistake of trying to change everything overnight. Each week review how you have done and evaluate the areas that need improvement.

# Fun Ways to Stay in Shape

Who says getting fit has to be boring? Try one of these fun activities and you won't even realize you're working out

## Zumba

If you like to dance, you'll love Zumba. This aerobic workout blends choreographed footwork and body movements from salsa, merengue, flamenco and other dances to sculpt your body and burn fat. When you're grooving to the spicy Latin beats during a Zumba class you won't even realize that you're toning your abs, thighs, glutes and arms. Try the Zumba class Monday and Wednesday evenings at the Wellness Center.

## Indoor rock climbing

Indoor rock climbing is an anaerobic workout that builds strength and balance and can burn up to 800 calories an hour—you work muscles you didn't know you had. At indoor climbing gyms, beginners usually start with bouldering (climbing shorter walls without a rope or harness) and top roping (climbing with an instructor or spotter using a harness or rope).

## Rope jumping

This full-body cardiovascular workout will make you feel

like a kid again while strengthening your muscles and bones and improving your coordination. And just fifteen minutes of jumping rope burns about 200 calories.

To get started, you'll need a good pair of sneakers to absorb the impact in the balls of your feet and a jump rope. Before you skip, always start with a short warm-up.

## Teaming up

If there's a sport you enjoyed as a child or have always wanted to try, such as softball, for example, find a local league and join a team, or organize your friends and family for regular pick-up games. You'll be more motivated to exercise when you've got teammates waiting on you for practices and games and you'll get so focused on the game and social aspects of playing on a team that it won't feel like exercise.

## Skating

A super alternative to running because it's easier on the joints, skating is a good aerobic workout that tones your lower body and builds leg strength. Both ice and inline skating are good calorie burners: a 143-pound woman burns about 330 calories during one hour of continuous skating.

## Active Events: September/October

### Miami Family Event, Wellness & Lifestyle Expo

Friday, September 19 @ 6:00pm  
Saturday, September 20 @ 10:00am  
Sunday, September 21 @ 11:00am  
Miami-Dade County Fair and Expo  
Southwest Miami-Dade, FL  
[Click here for more details.](#)

### Hyundai Hope on Wheels

**Miami Children's Hospital 5K Run/Walk**  
Saturday, September 20 @ 7:30am  
Coral Gables City Hall  
Coral Gables, FL  
[Click here for more details.](#)

### Benjamin Dash 5K Adventure Obstacle Race

Saturday, October 4 @ 8:00am  
F.I.U. Biscayne Bay Campus Recreation  
North Miami, FL  
[Click here for more details.](#)

### Sweat USA-Fitness/Nutrition Festival

Saturday, October 11 @ 7:00am  
Miami Beach Convention Center, Rm B117  
Miami Beach, FL  
[Click here for more details.](#)

**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.