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Wellness Miami-Dade County

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

WHY YOU'RE SO SORE AND HOW TO MAKE IT BETTER

You know that moment. You wake up a few days after a workout and think to yourself, "Ah, *now* I feel it."

The technical term for this post-workout evidence of hard effort is *delayed onset muscle soreness*, or DOMS. Its presence is unmistakable and, in some cases, unbearable. The good news is by understanding DOMS you can take steps to reduce its intensity and prevent more serious cases. So let's delve into what DOMS is, why it happens, and how to train through it.

DOMS happens when you work your muscles harder than they are used to working. Many people see DOMS as a sign of hard work and a job well done. Others avoid it like the plague. So is it good or bad?



DOMS appears to occur due to connective tissue micro trauma. It's also worth mentioning that while most exercise can induce some DOMS, exercise with a greater emphasis on the lengthening or stretching phase of the exercise plays the most significant role in the manifestation of DOMS. In short, feeling sore and getting "swollen" don't necessarily go hand in hand. A little muscle damage is good and necessary for growth. But when DOMS causes a decrease in force production or negatively affects your motivation to work out, the disadvantages outweigh the benefits.

Smart recovery can prevent DOMS from derailing your training. Researchers have suggested that moderate aerobic exercise after strength training may help reduce DOMS and can even enhance the effects of lifting weights. If you stand still, then the heart has to do all the work of delivering the blood by itself. If you continue to move, then the action of the muscles will assist pumping fluids around the body. Keeping moving enables the muscles to contract and assists the heart in pumping. It allows the vessels to contract slowly and expire the waste products as carbon dioxide.

A good cool down will typically last between five to ten minutes, depending upon the level of activity. Clearly, it is impractical to connect up a breathing mask at the end of an event. However a good guide will be your heart rate. The point when your heart rate starts to stabilize is indicative of your body returning to normal, although it can remain elevated for some time.

SIGN UP TODAY: THE MERCEDES-BENZ CORPORATE RUN

Quite possibly Miami's biggest annual office get-together, the **Mercedes-Benz Corporate Run** returns to shake things up in Downtown Miami on Thursday, April 23, 2015. **Register with the Miami-Dade County team** and you'll get a T-shirt, snacks, beverages, a spot under our tent and a great time! Family and friends are welcome too. The 5K race (3.1 miles), which has been promoting fitness and friendship since 1985, kicks off at 6:45 p.m. at Bayfront Park in Miami. See you at the finish line!

[Click Here to Register!](#)



Simple Tips to be Healthier

As we start down the road to better health, or even if we've been on the road but are now encountering new intersections, furthering our progress can become overwhelming.

While the length of time it takes to create a habit can vary greatly depending on the person or the habit selected, you can select one of the following tips and stick with it for a month and see what happens.

1. Commit to Moving Every Day

For someone just getting started the idea of committing to exercise every day might be overwhelming. So instead of telling yourself you have to run for twenty minutes every day, tell yourself that you're going to walk to the end of your street or walk to discuss something with your co-worker instead of sending that email. It doesn't matter what you do, just get moving.

2. Find Something You Like to Do

Andrew T lost 160 pounds in the last year and is a big proponent of making sure your chosen exercise is something you enjoy. When he started his weight loss journey he tried walking and running. He stuck with it for a while, but he hated it. After that he found cycling, loved it, and his weight loss has been on a roll ever since. Find your passion and try new things. Maybe hula hooping, pole dancing, or weight lifting is going to be the thing that gets you going

3. Eliminate Soda, Both Regular and Diet

We all know soda is full of sugar and calories that our bodies don't need. However, you are not helping yourself if you sub in diet sodas. Not only are diet sodas full of artificial sweeteners, colors, flavors, and chemicals, they might lead to weight gain and diabetes. It helps to have alternatives in mind. These can include herbal teas and fruit-infused water.



4. Keep a Food Journal

When you first start your journal, you don't even need to alter what you put in your mouth at all. Simply write down everything you eat. Once you've been consistent at keeping your journal for a week or so, go back and look at it. Simply being aware of what you're eating can lead to better food selections; by journaling you can minimize mindless eating.

5. Ban High Fructose Corn Syrup and Partially Hydrogenated Oils

Does the idea of switching to real food still seem like too big of a change to make all at once? No problem. Start off by eliminating all foods that contain high fructose corn syrup. After you've done that for a month, go ahead and eliminate all foods that contain partially hydrogenated oils. Even though you will still be eating some processed foods, this is a great step to get you started reading nutritional labels. These can be found in bread, ketchup, juices, etc.. Always check and don't assume that because a product claims to be healthy, it is.

6. Drink More Water

We've all heard that water is important, but some of us still might not know why. Water is vital for absolutely every bodily function. Plus, it can help you control your appetite and keep your skin looking good. According to the Mayo Clinic, men need approximately three liters of water per day, while women should consume 2.2 liters.

Fitness 101 – 5K Beginner Training Program

Program Dates: March 2nd to April 15th

TeamFootWorks has crafted Fitness 101, 5K Beginner Training Program, for anyone who wishes to enter or return to a healthier lifestyle. Regular exercise can help protect you from heart disease, stroke, high blood pressure, non-insulin dependent diabetes, obesity, back pain, improve your mood and help you to better manage stress.

Participants will meet at FootWorks in South Miami (5724 Sunset Drive – across from Barnes & Noble at Sunset Place) at 6:15pm on Monday and Wednesday nights during the 7 week program. There is curbside parking nearby (pay at the pay station). Also there are two parking garages nearby at Town Kitchen & Bar and at RA Sushi Bar Restaurant. Warm-ups begin promptly at 6:30pm and last for about 5-10 minutes. The different pace groups then head out on to our course through the quiet, safe neighborhood of South Miami for their workout. [For more details click here.](#)

3 Superfoods You Should Be Eating, And Soaking

Many of us might know the incredible benefits of sprouting seeds and nuts, but how familiar are you with soaking them? Make your foods easier to digest (thus receiving an immediate release of nutrients to the system) and get the most out of them by unlocking their “nutrient packs” hidden behind their hard surfaces.

Here are three of the most nutritious, cost-effective, and highly storable foods to improve your health. Each of these is well balanced, delicious, and most importantly, health-enhancing.

1. Chia Seeds: Your Endurance Energy Food - and More

The benefits of chia seeds are endless. When soaked, the body can get full benefit by digesting them quickly and effectively, thus utilizing all of the nutritional value immediately. Just a few of their benefits are high protein content, high fiber content (lots of good fats and omega 3 fatty acids and a good dose of lignans. Some studies have also discovered the ability of chia seeds to “positively influence the thyroid gland.

2. Almonds: The Self-Balanced Body Balancer

Almonds (and most nuts in general) are some of the most difficult foods for the body to digest. Much benefit is lost not only in poor and slow digestion from eating unsoaked nuts, but the quality may have been lacking from the start. If you're not paying attention, you could be wasting your money by not spending enough on the right nuts and seeds. Look for chemical-free, raw, and organic products. Soaked almonds are easier to digest, and soaking and sprouting unlocks the hidden nutrients inside.

3. Goji Berries: The Go-Go-Go Berry

Goji berries are unmatched in their beneficial properties: improving eyesight; healing, repairing, and rejuvenating the skin; and promoting general wellness and longevity.

Whether you are improving your health and wellness or aiming to boost your athletic performance, everyone will benefit from soaking and consuming some of these powerful superfoods. Remember, good health and diet is a lifestyle, so put in the time to do some research and experimentation, and then make eating these foods a routine part of your day and performance. Happy soaking!

Active Events: March

Live Like Bella Superhero 5K Run/Walk

Saturday, March 7 @ 8:00am

Zoo Miami, Miami, FL

[Click here for details](#)

Bike MS: Breakaway to Key Largo

Saturday and Sunday, March 7-8 @ 7:00am

FIU Stadium, Miami, FL

[Click here for details](#)

5K Race for the Kids

Sunday, March 15 @ 7:30am

Virginia Key Beach Park, Miami, FL

[Click here for details](#)



Miami Kids Duathlon

Sunday, March 15 @ 7:30am

FIU Biscayne Bay, Miami, FL

[Click here for details](#)

Raven's Midnight Run

Friday, March 27 @ 12:00am

5th Street Lifeguard Station, South Beach, FL

[Click here for 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 *Dennys 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 for more information.