

NEWS

December 2013

Refer a Friend to Improve Your Fitness

Refer someone to sign up for a membership at the Wellness Center and you will receive a

**FREE 30-minute
Personal Training Session!**

Share the opportunities at the Employee Wellness Center with your co-workers and learn how to take your training to the next level.



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.

Maintain Don't Gain Challenge



We are excited for those of you who have taken on the Maintain Don't Gain Challenge! The design of the program is to assist you in keeping a consistent and healthy weight throughout the holiday season.

Initial weigh-ins took place before Thanksgiving and **final weigh-outs will take place January 6 -10.** Motivational and

informational emails are being sent to you throughout the challenge to provide tips, recipes and exercises so as to assist your efforts. If you are not currently participating in the program but would like to receive these weekly communications, please send your request to us via email. Please continue to let us know how we can support you in keeping eating healthy and exercising at the top of your holiday To-Do List.

Check. Change. Control! Blood Pressure Program

Please join us on **December 5th and 19th from 11:00am to 1:00pm in the lobby of the Stephen P. Clark Government Center** to check and evaluate your blood pressure. Being aware of your blood pressure will support you in making healthy choices to avoid consequences of high blood pressure, like heart disease and high cholesterol. Come and learn about ways to maintain a healthy blood pressure. In January we will begin the Check. Change. Control! Program that will assist you in creating the habit of regularly checking your blood pressure and recognizing what it is telling you about your health.



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Upcoming Local Events

Get Active!

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

2013 Escape to the Keys Bicycle Festival
December 6th @ 7:30am
Homestead-Miami Speedway Homestead

Live Ultimate RUN South Beach Half/ Quarter Marathon/5k
December 14th @ 6:45am
Nikki Beach Club, 1 Ocean Drive, Miami Beach

Pretty Muddy Women's Mud Run
December 14th @ 8:00am
Amelia Earhart Park, Hialeah

Key West Half Marathon and 5k
January 19th @ 7:00am
Key West

Tropical 5K 2014
February 1st @ 7:30am
Miami Beach

Miami Marathon and Half Marathon
February 2nd @ 6:15am
Miami



National Handwashing Awareness Week December 1 - 7

It's flu season and one of the easiest way to prevent feeling under the weather over the next few months is to simply wash your hands. Washing your hands can help cease the spread of many infections and keep you healthy throughout the holiday season. Remember to wash your hands when they are dirty and before eating. Do not cough or sneeze into your hands, and avoid excessive touching of your eyes, nose, or mouth if your hands are not clean. Also, take time to disinfect items used daily that could be carrying harmful bacteria like cell phones, computer keyboards, door handles, and kitchen knobs. When washing your hands try and wash for approximately 20 seconds and use hand sanitizers as an alternate if soap and running water are not available. Sanitizers are not best practice if hands are visibly dirty and don't kill all types of germs.

Group Classes Online Sign-Ups

Thank you for your patience and participation in transitioning to the online sign-ups for group exercise classes. We appreciate your cooperation and here is a reminder of how to sign-up for classes online or, if you have yet to do so, how to create an account to be able to sign-up.

To access the website visit: www.dadewellnessclasses.com. If you already have a login and password, go to the "classes" tab and the click 'sign up now' button for the class you would like to take. If you are new to the site, click "Sign Up!" at the top right of the page. Continue to follow the instructions entering in the appropriate information and then follow the above directions to sign-up for a class. Feel free to contact us if you have any questions.

