

January 2015

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Wellness Miami-Dade County

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

30TH ANNIVERSARY MERCEDES-BENZ CORPORATE 5K 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!

Please contact : employeeewellnesscenter@miamidade.gov or 305-375-5797 for more information or with any questions.

[Click Here to Register!](#)



A True Beginner's Program

Fitness 101, offered by Footworks, is a beginner training program whose goal is to get participants to complete a 5K or 3.1 miles walking or running; the goal is to have fun and get fit at the same time.

Walk or Run? Why not Both?

Many of our participants join the walking group. However, we take the large goal of completing a 5K or 3.1 miles and divide it into small, manageable run and walk segments.

Details:

Start Date: January 5th, 2015

Cost: \$79

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 and 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. They are usually back by 7:20pm. For more information and to Register [Click here](#).

Taking the Fear Out of Group Fitness

You did it – another boring, yet relatively successful workout on the elliptical completed. You leave the gym and pass by the front desk. Wondering if there is something more fun out there, you curiously grab a group fitness class schedule and browse through the class names and times. Repeatedly, you stuff it in your gym bag, intimidated and overwhelmed by the number and types of classes listed. Does this sound familiar? If so, you are not alone. Finding the courage to attend your first group fitness class can be difficult and overwhelming. Which class should I choose? What if everyone in there are ‘regulars’ and I feel left out? Will the instructor call on me in front of the class as a ‘first-timer’?

Here are five tried and true tips to surviving your first group fitness class:

1. Choose a class that fits your fitness personality. If you are a cardio lover, try a cardio-based class such as indoor cycling. If you love to stretch and relax yet want to become more toned, try yoga or Pilates. If you love to dance, try Zumba. For your first class, attend a style of class that you enjoy and you’ll be more likely to feel comfortable and be successful.

2. Arrive early. Be sure to get there about 10 minutes early for your first class. The instructor should be there setting up. Introduce yourself to the instructor and let them know it’s your first class. They can let you know what equipment you’ll need and what you can expect to experience in class that day.

3. Don’t hide in the back. The worst thing you can do in your first class is hide in the far back corner of the room. If there are a lot of people in there, you will have a difficult time seeing the instructor and following along. This doesn’t mean you have to stand front and center! Find a spot in the middle so you can easily see the instructor as well as watch and learn from others.

4. Don’t give up. Even if you feel like the class or instructor may not be your cup of tea, suck it up and stay the whole class. It may take 30 or more minutes for you to ‘get in the groove’ and if you leave early, you may miss your chance. If you really don’t like it, you don’t have to ever come back, but out of respect for the instructor and other participants, stay and get the whole experience. You just may like it.

5. Smile and have fun because it is just a workout. Feed off the group energy and excitement with those around you. Don’t be afraid to laugh at yourself, smile and take breaks when you need. Although it may seem like the class lasts an eternity, it’s only an hour and will be over before you know it. Relax and enjoy.

The next time you are at the gym, pick up a group fitness schedule. Instead of stashing it in the bottom of your bag, take a look at the class descriptions and choose a class you’d like to attend. With the above tips, you’ll feel successful, will have fun, and will likely come back for more!

New Group Exercise Class Schedule

Starting January 5th, 2015 the updated group exercise schedule will be in effect. Introducing *Metabolic Meltdown*, *Fully Functional*, *Pump and Pedal*, *Solid Core* and more. Keep your body active by taking advantage of these high calorie burning classes and get results in less time. They are specifically designed to keep you motivated, push you past your current limitations and teach you new and effective ways to modify your workouts in a safe and fun environment. Come join us and experience first hand what its like be part of a healthy and fun community!



[Click here](#) to see and print your copy or stop by the gym and grab a copy for you or a friend.

How Stress Makes You Crave Food and Store Fat

How many of you get stressed out and immediately want to reach for that comfort food? When we are under stress we actually need to provide the body with more nutrients so that we can recover. But instead, we reach for the bag of Doritos or that sweet snack that offers us little in the form of nutrients.

Our stress response directly affects our food intake. Anytime we are stressed, our body initiates our fight-or-flight response. The hormones that are released to react to stress remain in the blood for a significant amount of time after the stressor is removed. One of the many jobs of these hormones is to replenish energy supplies lost during the fight-or-flight response.

This is even true if the stressor requires little energy expenditure. Our body does not know the difference between thinking of money problems and fighting for our lives. The release of these hormones help us replenish energy stores by increasing sugar cravings and even increasing our abdominal fat stores. This is one mechanism in which stress has been shown to increase abdominal fat and lead to associated diseases.

Stress management techniques are endless and can vary per individual. Options such as meditation, deep breathing, yoga, guided imagery, and behavioral distraction are all options.

This can be a difficult task to undertake right away, but start small. You can begin with just one minute a day of guided meditation and keep increasing it daily until you reach thirty minutes of meditation per day.

On top of active stress management, we need to make sure that our lifestyles are not increasing our stress levels. Make sure you are sleeping seven to nine hours in a completely blacked out room. Not getting quality sleep can increase cravings and caloric intake even in healthy individuals. We also need to be eating a nourishing diet that is high in nutrients. This does not include processed foods. Eating more nutrient-dense meats, fish, eggs, fruits, and vegetables can give our bodies what they need to fight the chronic stress we are under and help get rid of the unnecessary fat we store.



Active Events: January

32nd Annual Dr. Martin Luther King Jr. 5K run

Monday, January 19 @ 8:00am

Martin Luther King Jr. Metro rail Station ,
Miami, FL

[Click here for details](#)

Mater Gardens Academy 1st Annual Fun Run and Wellness Fair

Saturday, January 24 @ 9:00am

Mater Gardens Academy Field, Hialeah, FL

[Click here for details](#)



Tropical 5K

Saturday, January 24 @ 7:30am

Miami Children's Museum, Miami, 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](#)

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.