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Wellness

Miami-Dade County

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

DID YOU KNOW?

Would you like to join a gym close to work or home? Take a look at the employee discounts below for LA Fitness and 24 Hour Fitness.

24 Hour Fitness has several locations throughout Miami-Dade and Broward County. Enroll by contacting employeewellnesscenter@miamidade.gov. You will then be given a voucher to take to one of their participating locations.



LA Fitness also has locations throughout Miami-Dade and Broward County. Choose one of two membership discount offers to LA Fitness. Click [here](#) to learn more. (eNet login will be required.)



On June 11, 2015 AvMed will be hosting the workshop:
Organic Eating: What you need to know

At the Stephen P. Clark Government Center
18th Floor , Room 18-3
11AM to 12PM

Seminar highlights:

- * What eating organic means and the benefits
- * Important products that should be organic
- * How to spot and interpret organic labels



This newsletter is produced by the Miami-Dade County Employee Wellness Center

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HEALTH & FITNESS SOLUTIONS



HOW YOUR DIET IS MAKING YOU BLOATED

First Things First

Are you really bloated? For many people, lower abdominal fat is the last thing to go, “bloating” is more likely to just be a stubborn and isolated fat deposit. If you’re not experiencing any discomfort and your digestion is normal, it’s possible bloating isn’t the issue. But if you’re having discomfort, pressure, constipation, and/or strained bowel movements (or lack thereof), then there’s likely a problem.

Fiber

Too much or too little fiber can lead to the buildup of gas in the stomach, which then leads to bloating. The American Dietetic Association recommends we get 25-40 grams of fiber daily, but most of us get markedly less. On the other hand, they also say too much fiber may lead to symptoms such as, “diarrhea and other gastrointestinal symptoms such as flatulence, bloating, and abdominal discomfort.” Finding a happy medium is key, as well as avoiding any dramatic increases or decrease in fiber intake at one time. If you are making large increases or decreases to the amount of fiber you consume in a day, make these changes slowly to let your body adjust and avoid potential problems.

Diet Soda and Artificial Sweeteners

For many, diet sodas may be a double-whammy as they include artificial sweeteners, which are not fully absorbable in the digestive process. This can cause bloating, especially in conjunction with the high levels of carbonation, and can produce gas build up in the stomach. Unfortunately, if you find yourself sensitive to artificial sweeteners, then low-calorie condiments, flavored supplements, and protein powders may all irritate your digestion.

Too Little Fat

A diet too low in fat can lead to problems with constipation and bloating, as fats aid in the stimulus of healthy bowel movements. The list of functions and benefits of a diet with adequate fat levels goes way beyond proper digestion, so it is encouraged to ensure fats are part of the diet.

Sensitivities

When eating a limited number of food sources, you may consume several meals of the same foods each day and realize some foods cause you more discomfort than others. In addition, if you are cutting out certain foods, such as dairy, from your daily diet, you may develop a certain level of sensitivity as your body may stop producing the digestive enzymes needed to comfortably consume lactose. Certain food sources can also become irritants to different people after extended periods of consumption at higher than

normal levels. Rotating food sources in order to avoid potential sensitivities developing is recommended. As well, as including things like small amounts of dairy in weekly cheat meals to ensure your body remains able to easily digest all foods.

Food Volume, Sodium, and Water

When it comes to dieting, everyone knows volume is king. So, when we are on “poverty calories,” who of us doesn’t want to eat the most amount possible for the limited calories allotted? But bloating can occur if we are accustomed to small portions or mostly protein- and fat-based meals and we suddenly increase our volume of non-starchy vegetables or other low calorie add-ins. Doing this leads to large portions the stomach isn’t used to and potentially to stomach distension.

Similarly, changes in water levels (higher or lower) can cause stomach bloating and distention, especially in combination with influxes of sodium that can cause water retention.

Digestive Support

If upon manipulating these variables and attempting to find the reason behind your digestive issues you’re still experiencing regular bloating, you may find relief using a combination of the following digestive aids:

-Probiotics: Ensure your probiotic includes *lactobacillus acidophilus* and *bifidobacteria bifidum* to aid in a healthy gut flora.

-Fiber Supplement: if you’re not reaching your daily fiber intake through your diet, then consider bringing in a supplement to get adequate intake.



One simple step to improve digestion

Fun Facts About Digestion

Fun Fact: Digestion begins in your mouth. Your mouth is the place where the mechanical and chemical breakdown of your food occurs through the combined use of your masticators (i.e. jaw and teeth) and saliva. Saliva contains enzymes critical to the chemical process of digestion. If food is not properly broken down in the mouth, then your body has a longer way to go when it comes to digesting the foods you've just consumed. This is not the most efficient or effective way to feed yourself. For starters, when food is not fully chewed, you actually miss out on some of the nutrients. Additionally, any poorly chewed food also causes slowed transit time through your stomach and intestines. In fact, thorough chewing is directly connected with the relaxation of your stomach muscle - the pylorus - in order to move food through your digestive tract. This muscle must be relaxed for food to leave your stomach and pass on to your small intestine. The stimulation of saliva from optimal chewing helps relax the pylorus and aids the healthy progression of your food. Lastly, poorly chewed food promotes bacteria build-up down the line in the colon. This leads to increased flatulence (gas), constipation, and indigestion.

- **Chewing thoroughly = Less indigestion. Regulated appetite. Decreased constipation and regular bowel movements. Win-win-win.**
- **Failing to chew thoroughly = Higher risk for stomach pain, bloating, constipation and indigestion. Poor appetite. Backed up bowels. Lose-lose-lose.**

How Much Chewing Do I Need?

Okay, you get it. Chew your food. But how much? It's not like you don't chew your steak at all. There isn't a distinct number of times you should chew food. Instead, use a more personal rule-of-thumb: chew your food completely, until it's dissolved and small enough swallow with ease. If you can tell the type of food you are eating from the texture in your mouth (not the taste), then you haven't chewed enough. For instance, if you are chewing a Brussels sprout and you can still tell with your tongue that the sprout has some leaves on the outside, don't swallow. You need to keep on chewing until you can't distinguish the leaves from the base of the sprout. If you are chewing a piece of chicken, and it's still in solid form, continue to gnaw on it, until it's soft and mush-like. As gross as that may sound, your body (and your gut) will thank you.

Active Events: June/July

Virginia Key 50 Miles

Sunday June, 7 @ 9:00am

Virginia Key Beach Park, Miami, FL

[Click here for details](#)

Mack Cycle Triathlon and Duathlon

Sunday June 21 @ 7:00am

Virginia Key Beach Park, Miami, FL

[Click here for details](#)

Foam Glow 5K

Saturday June 27 @ 8:45pm

Sun Life Stadium, Miami Gardens, FL

[Click here for details](#)



DOWN2EARTH 5K-10K-Half Marathon Trail Run

Sunday June 28 @ 7:30am

Oleta River State Park, North Miami Beach, FL

[Click here for details](#)

Vuelta a Miami

Sunday July 26 @ 7:45am

14300 SW 8th Street Miami, FL

[Click here for details](#)

24th Annual Huntington's Disease Triathlon 2015

Sunday July 26 @ 7:00am

Larry And Penny Thompson Park, 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.