

November 2015

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Wellness

Miami-Dade County

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

WHEELS: Bike, Walk, Transit and Trails

Join the many activities taking place from November 11 to November 15 to celebrate biking, walking, transit and trails in Miami. From guided bike tours, group runs, a bike-in family festival and street bash — you won't want to miss out on all of the FREE fun! Visit www.wheelsflorida.org for more information.

Take **METRORAIL / METROBUS** to join
TEN THOUSAND
people on bikes • transit • trails
NOVEMBER 11-15
bike rides • group runs • conference • mentoring • street party

Save money. Save time.
Take Miami-Dade Transit.
You can bring your bike
on Metrorail!

WHEELS
2015
BIKE | WALK | TRANSIT | TRAILS

South Miami
November 11-15

East Coast Greenway Alliance
TRIARAIL
TRAX
South Miami
Rapid Health South Florida
The Foundation
Health Foundation

www.wheelsflorida.org
[@wheelsflorida](https://twitter.com/wheelsflorida) [WheelsFL](https://www.facebook.com/WheelsFL)

Citi Bike Now Outside of SPCC

We're happy to announce that a Citi Bike rental station was recently installed on NW 1st Street in between the Main Library and the SPCC. Whether you want to take a midday lunch ride or an after work ride with co-workers, this is just another convenient way to stay active! Check out the citibikemiami.com for more details.



Preventing Diabetes

Type 2 diabetes used to be called adult onset diabetes, and is striking people at younger and younger ages with rates skyrocketing globally. The good news is that it's highly preventable.

- Keeping weight in check and being physically active can help prevent most cases of the disease.
- Choosing a diet rich in whole grains and healthy fats adds even more protection—skip the refined grains and sugary soda.
- Limiting red meat and avoiding processed meat — including bacon, hot dogs, and deli meats — can also help lower diabetes risk.
- Go for healthier protein sources instead, such as nuts, beans, poultry, and fish.

Here are five quick tips to help prevent diabetes:

1. **Put exercise first—and put television last.** Regular exercise by itself can cut diabetes risk. Choose things you enjoy and do them every day. Too much television-watching ups diabetes risk—an increase of 20 percent for every 2 hours you watch. So trade some of your sit-time for fit-time.
2. **Try to keep weight in check.** Being a healthy weight is the best thing you can do to lower your risk of diabetes.
3. **Choose healthy fats and proteins, and skip the red and processed meat.** A diet rich in mono and polyunsaturated fats can help lower your risk of diabetes and heart disease. Canola oil and olive oil are great choices, as are the fats in avocados, nuts, and seeds.
4. **Focus on plant foods.** A diet high in vegetables and whole grains can keep blood sugar and appetite in check. Choose a good variety of whole grain foods prepared in interesting ways.
5. **Cut back on refined carbs and sugary drinks.** White bread, white rice, white pasta and potatoes cause quick increases in blood sugar, as do sugary soft drinks, fruit punch, and fruit juice. Over time, eating lots of these refined carbohydrates and sugar may increase your risk of type 2 diabetes. To lower your risk, switch to whole grains and skip the sugar — especially the sugary drinks

Holiday Wellness Challenge: Maintain Don't Gain

Just because the holidays are coming doesn't mean you should take a break from fitness. Join us for our Maintain Don't Gain holiday challenge. This is a simple competition where participants will be weighed in prior to Thanksgiving and weighed out after the New Year to see if they can maintain or lose weight during the holidays. Those who are able to lose weight during this festive season will be given a prize. Throughout the challenge we will be sending out motivational emails with tips, recipes and workouts to help keep you on track. If you're interested in joining, please email employee-wellnesscenter@miamidade.gov or call us at 305-375-5797.

7 Tips for Staying Fit Through the Holidays

1. Stick to a Routine as Best You Can. Having a solid plan in place, even if you veer off track a little, is a great strategy to stay healthy through the season. Get active at least four times a week, and include protein with your breakfast — both will give your metabolism a boost that lasts all day.

2. Exercise in the Morning. Moving your body first thing in the morning sets the day right and helps your body stay stress-free during this busy season. Plus, getting your workout done and out of the way early in the day ensures nothing comes between you and your fitness goals. A quick, 15-minute toning routine or walk will make a huge difference in your energy levels for the day.

3. Find Balance. Remember this time of year is all about enjoying yourself with friends and family. Definitely don't deprive yourself of the things you love most about the season. Just be sure to stay on track during the days before and after the party. When you stick to a healthy lifestyle and stay consistent, you have wiggle room for a little indulgence here and there."

4. Bring Healthy Treats to the Party. The minute someone invites you to a gathering, offer to bring a dish. While this may not be an option for every gathering, it's always worth offering. This way you know the menu will include at least one waist-friendly dish. It's easy to make healthy swaps when baking, such as using coconut oil instead of butter, natural sugars or stevia instead of sugar, and flour alternatives such as quinoa or almond flour.

5. Eat! Don't make the mistake of not eating all day when you have a dinner party or event that night. Instead, stick to small, nutrient-dense meals throughout the day, including greens, lean protein, fruit and a bit of healthy fats. This ensures you get the fuel you need without going overboard come dinner-time. The same thing goes for skipping meals the day after the event if you had a few too many treats. Don't do it! If you over-indulged, don't stress about it. Let go of any negative feelings, move on and just make healthier choices next time. Oh, and do a full body workout the next day.

6. Drink up ... on the Right Things. If your body is dehydrated it literally cannot function, and it increases cravings too. It's easy to forget to drink the water your body needs with all the holiday bustle, and particularly when the weather outside is chilly. But your body needs half its body weight in ounces daily -- if you weigh 150 pounds, get at least 75 ounces of water each day.

7. Start a New Tradition. Memorable moments are part of what make the holidays special, and the season offers a chance to create something new to look forward to each year, suggests the duo. Whether you rally your friends to run a local 3K race, take your family for a neighborhood stroll after dinner or come up with your own signature dish, this is your chance to reinvent what this time of year means for you.

Active Events: November/December

iRun 10k & 5k 4th Edition

Sunday, Nov. 8 @
5050 Biscayne Blvd.
[Click here for details](#)

Zoo Run 5k

Saturday, Nov. 14 @ 7:00am
Zoo Miami
[Click here for details](#)

The Color Run Miami

Saturday, Nov. 14th @ 9:00am
Sun Life Stadium
[Click here for details](#)



Gran Fondo Miami

Sunday, Nov. 15th @ 7:00am
3500 Pan American Drive
[Click here for details](#)

3rd Annual Jingle Bell Run

Saturday, Dec. 5th
Homestead YMCA Family Center
[Click here for details](#)

Down2earth 5k-Half Marathon trail run

Sunday, Dec. 13th @ 7:30am
Oleta River Park
[Click here 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.