

August 2015

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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](mailto:employeewellnesscenter@miamidade.gov).



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 August 12, 2015 AvMed will be hosting the workshop:

## **Diabetes on the Rise: What You Need to Know**



At the Stephen P. Clark Government Center  
18th Floor, Room 18-4  
11AM to 12PM

Seminar highlights:

- New trends in diagnosis of Diabetes.
- How to reduce risk through diet and nutrition.
- Tips on how to maintain a healthy diet.
- Participants will be entered into a prize drawing.



# Eating to Recover:

## How and What to Eat Post Workout

For years the most important meal of the day has been said to be breakfast, but now most of the athletes could agree that with all the effort put into their training that post-workout nutrition just may be more important than breakfast. In a hard workout, you can use up all your stored glycogen, easily sweat over two liters of water, and break down both muscle and red blood cells. This is why what you, as an athlete, consume in the minutes and hours after your training or competition is so crucial to both performance and recovery.

It has been determined that the body's cells are most receptive to replenishment, particularly glycogen stores (depleted by exercise), within the first thirty minutes after intense training. Essentially the clock starts ticking for an athlete as soon as they enter their cool down. This is just one part of the equation as recovery nutrition can be broken into two stages - stage one occurs within thirty minutes of the workout and stage two occurs one to two hours after exercise.

### Replenishing the Body's Glycogen Stores

Ingesting carbohydrates after training is critical in replenishing glycogen stores and initiating muscle glycogen synthesis. If we don't replenish these stores an athlete's training performance can be compromised in future sessions.

It is recommended that 1.2g per kilogram of bodyweight of carbohydrates be consumed post exercise. Sometimes it is not practical for an athlete to consume such a large quantity of carbohydrates straight after exercise, as they may have difficulties tolerating food or drink. Ingesting protein (0.2-0.4g/kg) and a smaller amount of carbohydrates together (around 0.8g/kg) can result in a similar effect, stimulating an endogenous insulin release that actually replenishes glycogen stores at a similar rate as ingesting 1.2g/kg of bodyweight of carbohydrates does.

### Building and Repairing Muscle

Muscle protein is broken down due to high intensity or prolonged exercise. Once the recovery phase begins the catabolic processes reduce while anabolic processes increase and continue on for at least 24 hours after training. The ingestion of essential amino acids from quality protein sources has been shown to help with the muscle-building process. Athletes who do either endurance or resistance type training will get the desired benefit by consuming 20-30g of high quality protein within the first hour post exercise.

### Rehydrating the Body

Most athletes will finish a competition or training session in some kind of fluid deficit. If this deficit is not corrected it can have a significant impact on future training sessions. In order to rectify this deficit an athlete should aim to consume 125-150% of the estimated fluid lost over a four to six hour period post exercise. Including sodium into recovery fluid can assist in replacing the electrolytes lost through excessive sweating.

### Supporting the Immune System

Intensive training can suppress the immune system. This suppression occurs while training is in progress and can continue to affect the efficiency of the immune system for hours afterward. This is obviously a concern for athletes as these hours of decreased immune function could allow an athlete to pick up an infection. Vitamins C and E, zinc, glutamine, and probiotics have all been touted to aid in the protection and support of the immune system. None have been proven to provide a bulletproof defense. There has been research, though, stating that if adequate glycogen stores are maintained pre and post exercise that this can reduce the disturbance of immune system markers as the consumption of carbohydrates can help reduce the body's stress hormone response to exercise.

### Using Supplements or Whole Foods to Meet Your Goals

These days there is a supplement for everything and for some athletes this means that they can get lazy and become totally reliant on sports supplements to meet their recovery goals. Unfortunately this can mean that some athletes end up doubling up on specific nutrients. While inherently this not a bad thing, some minerals taken in excess can cause toxic symptoms, so an athlete needs to be aware of what is in his or her supplements.

Athletes are generally advised to obtain real food options to aid in recovery unless constrained for time. This is because it also allows an athlete to meet the daily nutritional needs of essential vitamins and minerals, and also stock up on much needed antioxidants like vitamins C and E that help reduce oxidation caused from the stress of exercise.

Practical considerations of recovery nutrition also need to be taken into account. Issues like a lack of appetite, unavailability of food, and being unprepared can all play a part in an athlete failing to meet recovery goals. With a little planning these challenges can be nothing more than bumps in the road. Once an athlete notices the benefits, these bumps should be even further minimized, making for a consistent and competitive athlete through something as simple as eating the right foods at the right time.



# Tips for Better Sleep

1. **Eight is enough**– Strive for eight hours of sleep every night.
2. **On schedule**– Try to wake up and go to sleep at the same times every single day, even on weekends.
3. **Unplug**– Stop interacting with screens (televisions, tablets, phones, etc.) at least one hour prior to going to bed. Give your brain a rest.
4. **Let there be night**– All of those lights in your bedroom are tricking your body into thinking it's daytime, preventing restful sleep. Take all those chargers, power strips, and digital clock displays and put them in a completely different room of the house.
5. **Fitness**– Exercise regularly to burn off the extra energy you've got stored from sitting in front of a computer all day and you'll be amazed how quickly you fall asleep at night.
6. **The nightcap myth**- Drinking alcohol, especially in excess, actually makes it harder to gain restful sleep. A drink with dinner is fine, but that should be the cutoff point for optimum sleep health.
7. **Beware of OSA**- Obstructive Sleep Apnea, or OSA, is a dangerous sleeping disorder in which breathing gets severely reduced during sleep. If you smoke, are overweight, or your spouse insists that your snoring is out of hand, get tested for Obstructive Sleep Apnea.
8. **Be cool**- Dropping the thermostat a couple of notches can aid sleep.
9. **Read**- Books can help you get into sleep more.
10. **Don't force it**- Can't sleep? Then stop trying. Get up, read, do something that relaxes you. Take your mind off sleeping and sleep will come more naturally.
11. **Beds are for sleeping**- Don't let the bed become the place you check emails, watch television, and fold laundry. A bed is for sleeping.

## Active Events: August/September

### 6K Military Run

Saturday, August 15 @ 8:00am-1:30pm

Ives Estates Park, Miami, FL

[Click here for details](#)

### The Big Fitness and Health Expo 5K

Sunday, August 16 @ 8:00am

10901 SW 24th St, Miami, FL

[Click here for details](#)

### Mack Cycle Trilogy III Triathlon

Sunday, August 16 @ 6:45am

Crandon Park, Key Biscayne, FL

[Click here for details](#)

### 5K-10K Trail Run

Sunday, August 23 @ 7:30am

Oleta River State Park, North Miami Beach, FL

[Click here for details](#)

### UPS 5K for United Way

Saturday, September 12 @ 7:30am

405 Biltmore Way, Coral Gables, FL

[Click here for details](#)

### Mack Cycle Bonus Round

Sunday, September 13 @ 6:45am

Crandon Park, Key Biscayne, 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](mailto:wellnessworks@miamidade.gov) for more information.