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Wellness

Miami-Dade County

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

CPR Myth: Americans are prepared to act in an emergency

The American Heart Association is the nation's oldest, largest voluntary organization devoted to fighting cardiovascular diseases and stroke. Before the American Heart Association existed, people with heart disease were considered to be doomed to complete bed rest – or worse.

Their Mission: Building healthier lives, free of cardiovascular diseases and stroke.

What They Do: To improve the lives of all Americans, we provide public health education in a variety of ways.

Many don't realize the importance of learning cardiopulmonary resuscitation (CPR) because they think they'll be around someone who is prepared should an emergency happen. You never know when CPR will be needed. You have to know how to help.

Watch this short and educational "Hands –Only CPR" video below, so that you too can be prepared should CPR be needed.

In English: <http://bit.ly/1v5rVOJ> (1 minute and 08 seconds long).

In Spanish: <http://bit.ly/1vkQ5DI> (1 minute and 12 seconds long).



CPR

TAKE THE PLEDGE FOR A HEALTHIER HEART



The American Heart Association wants everyone to understand the threat – and to know that cardiovascular diseases are largely preventable. Risks can be lowered by adhering to what we call Life's Simple 7: not smoking, being physically active, maintaining a healthy body weight, eating a healthy diet, controlling blood pressure, controlling cholesterol and controlling blood sugar. *One easy way to help control blood pressure is to reduce sodium consumption.*

"I love you salt, but you're breaking my heart."

Pledge to break up with excess sodium and start living healthier!

The Pledge can be found on www.heart.org/sodium

SIGN UP TODAY: THE MERCEDES-BENZ CORPORATE 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!

[Click Here to Register!](#)



A Marathon of Sitting

Upon awakening one may sit to have coffee or breakfast before sitting to drive to work. When arriving at work the corporate employee will often sit at a desk or in meetings until lunch. Lunch involves more sitting, before sitting at the desk to finish the workday. Then of course there is the commute home and another sit-down meal. Exhausted from a long day of sitting at the office one may choose to sit on the sofa to watch television to unwind.

If we look at it from an anatomical standpoint we realize the hamstring muscles and the iliopsoas muscles are shortened from the many hours of sitting and this causes strain on the lower back. Additionally, any weight-bearing sport or exercise that involves running, jumping, or rapid dynamic movements also produces tension on the lower back. When these activities are repeated over time without properly stretching and releasing these tight muscles overuse injuries may occur.

Follow the poses below to heal your back pain and prevent future discomfort.

Heal Your Lower Back Pain With These 5 Yoga Poses

For lower back relief you can do the following poses daily or after your workout. Breathe deeply in and out of the nose while doing these poses.

1. Supine Hamstring Stretch

Lying on your back, bend your right knee into your chest and place a strap or rolled-up towel around the ball of your foot. Straighten your leg toward the ceiling. Press out through both heels. If the lower back feels strained, bend the left knee and place the foot on the ground. *Hold for 3-5 minutes and then switch to the left leg for 3-5 minutes.*

2. Two-Knee Twist

Lying on your back, bend your knees into your chest and bring your arms out at a T. As you exhale lower your knees to ground on the right. Keep both shoulders pressing down firmly. If the left shoulder lifts, lower your knees further away from the right arm. *Hold for 1-2 minutes each side.*

3. Sphinx

Lying on your stomach, prop yourself up on your forearms. Align your elbows directly under your shoulders. Press firmly through your palms and the tops of your feet. Press your pubic bone forward. You will feel sensations in your lower back, but breathe through it. You are allowing blood flow into the lower back for healing. *Hold for 1-3 minutes.*

4A. Pigeon

From all-fours, bring your right knee behind your right wrist with your lower leg at a diagonal toward your left hip. Square off your hips toward the ground. Bend forward. Widen the elbows and place one hand on top of the other as a pillow for your forehead. *Hold 2-3 minutes and then switch to the left side for 2-3 minutes.*

If pigeon pose bothers your knees, then do Thread the Needle below.

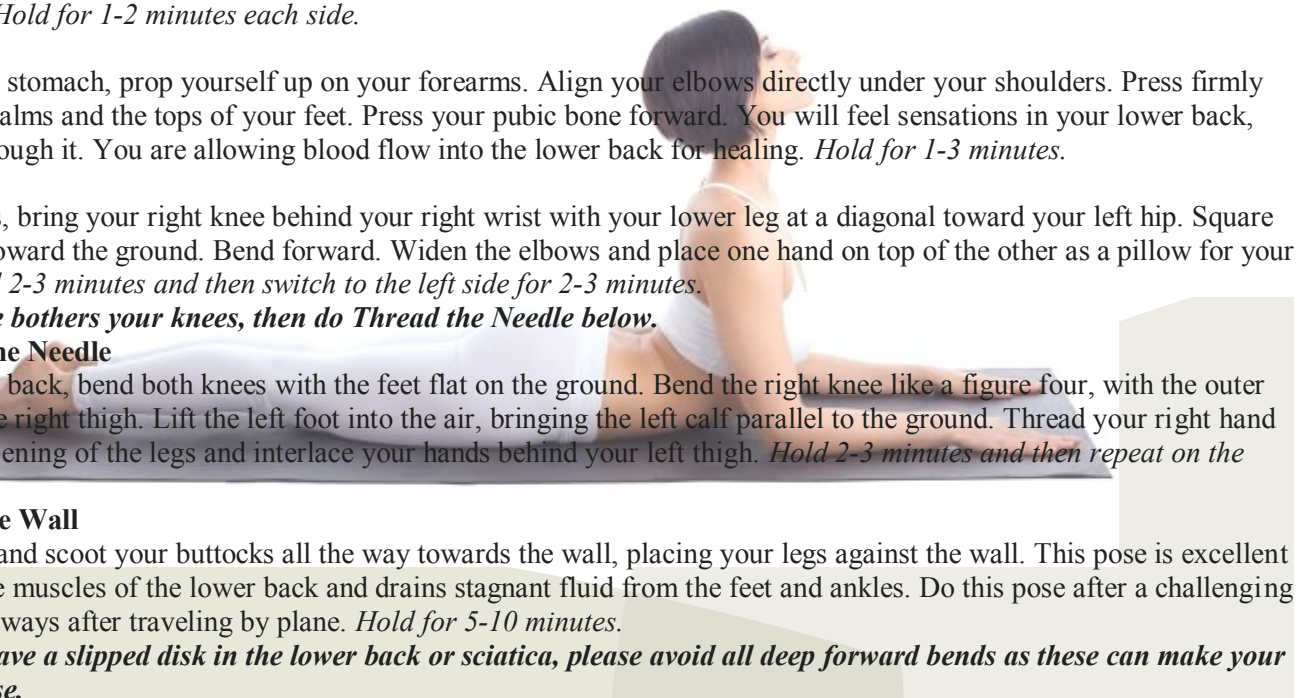
4B. Thread the Needle

Lying on your back, bend both knees with the feet flat on the ground. Bend the right knee like a figure four, with the outer left ankle to the right thigh. Lift the left foot into the air, bringing the left calf parallel to the ground. Thread your right hand between the opening of the legs and interlace your hands behind your left thigh. *Hold 2-3 minutes and then repeat on the other side.*

5. Legs Up the Wall

Lie facing up and scoot your buttocks all the way towards the wall, placing your legs against the wall. This pose is excellent for relaxing the muscles of the lower back and drains stagnant fluid from the feet and ankles. Do this pose after a challenging workout and always after traveling by plane. *Hold for 5-10 minutes.*

Note: If you have a slipped disk in the lower back or sciatica, please avoid all deep forward bends as these can make your condition worse.



Body Fat, Losing Fat, and Eating Fat

Attempting to alter your physique goes beyond simple calories in versus calories out. The key is to elevate your resting metabolic rate, or the amount of calories burned at rest, to promote better post-workout fat burning and muscle building. And yes, diet is important here. The calories in versus calories out faction run into issues. Over-the-top aerobic exercise coupled with a large reduction of calories consumed leads to decreased muscle tissue (the muscle gets used as energy) and the tendency to store more body fat as a survival mechanism.

For optimal fat loss and lean tissue gains, go in this order of priorities:

1. Diet
2. Strength training
3. Cardio - interval training
4. Cardio - long, steady state

Brief repeated sessions of high-intensity interval exercise garner changes that are elicited by traditional endurance training. So, if the benefits of a forty-minute training session can be obtained from a twenty-minute higher-effort training session, why would you not opt for the more time-efficient session?

- Over the years that humans have reduced the intake of animal fat and cholesterol, numerous diseases have increased. Currently, we are experiencing a worldwide endemic of obesity, metabolic syndrome, and type 2 diabetes.
- Over the past few decades, studies conclusively showed the

culprit of heart disease is neither saturated fat nor dietary cholesterol.

- The low-fat recommendations were based on specious studies that have been thoroughly proven wrong.
- Europeans consuming the most saturated fats have the lowest risk of heart disease.
- In 1977, the low-fat diet was promoted to all Americans. The obesity epidemic started at almost the exact same time these low-fat guidelines were revealed.

Many large studies have concluded low-fat diets do not cause weight loss and have a negligible effect on long-term cardiovascular disease. Women who ate a high-fat and low-carbohydrate diet until satiated actually lost twice as much weight as compared to those who ate a restricted low-fat diet. Additionally, all major risk factors for heart disease and diabetes declined.



Active Events: February

FIU Panther Paddle (Stand Up Paddle Boarding)

Saturday, February 7 @9:30am, 11:15am, 1:00pm

FIU Biscayne Bay Campus, Miami, FL

[Click here for details](#)

RunWild 5K 2015 Run/Walk event

Saturday, February 14

Zoo Miami, Miami, FL

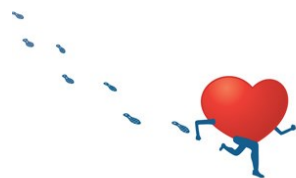
[Click here for details](#)

6th Annual SunSmart 5K Run/Walk

Saturday, February 21 @7:30am

Crandon Park South Beach, Key Biscayne, FL

[Click here for details](#)



4th Annual 5K For The Kids

Sunday, February 22 @7:30am

Tropical Park, Miami, FL

[Click here for details](#)

Miami Corporate Run

Thursday, April 23 @6:45pm

Bayfront Park, Miami, FL

[Click here for details](#)

Carnaval Miami Run

Sunday March 1 @7:30am

Calle Ocho and SW 27 Ave

[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.