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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 July 15, 2015 AvMed will be hosting the workshop:  
**Healthy Strides in 2015: Ways to Get Active**

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

Seminar highlights:

- \* How to incorporate activity into your everyday life.
- \* Being active does not mean becoming a superhuman athlete, learn how to set goals that work for you.



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

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HEALTH & FITNESS SOLUTIONS



# 4 TIPS FOR ACHIEVING YOUR GOAL PHYSIQUE

## 1. *Know Your Genetics*

Your genetic make-up - your body type - impacts your intentions. Often it can be unkind. If you're naturally tall and skinny, it will be a steep climb to build a lot of muscle mass. If you're wide at the lower torso and narrow at the shoulders, you can probably rule out the V-shape in your upper body. If you're a long femur/short torso person, good luck with safely squatting through a full range of motion. You may be tall, short, or average in height. You may possess a pear-, apple-, cucumber-, or hour glass-figure. Whatever you have, you can alter your body composition (muscle-to-fat ratio), but only within the confines of the genetically inherited factors noted above.

## 2. *Shore Up Your Nutritional Intake*

What you eat and drink is huge. Some of it is calories in versus calories out. Some of it is the proper balance of the macronutrients carbohydrates, fats, and proteins consumed. Some of it is the type of calories consumed: High glycemic versus low glycemic carbs. Saturated, polyunsaturated versus unsaturated fat. Whey versus casein protein. All of those can impact your training goals. We live in world where calories are plentiful and economically available in the free world. Add to that the food manufacturers' goal of producing products that are tasty and addicting, but nutritionally questionable, and overconsumption of calories can become the rule. The end result of this low-nutrient calorie hoarding over time is excess adipose fat storage. If your goal is to become muscular and leaner concurrently, it's a steep climb near the end. The closer you approach minimal body fat (males < 5% and females < 12%), the more your body rejects weight loss. The natural instinct is to burn muscle and preserve some body fat for the future.

## 3. *Have a Plan for Your Goal*

Do you want to get stronger? There is a plan for that. Improve your cardiovascular endurance? There is a plan for that. Eliminate body fat? There is a plan for that.

Don't just aimlessly "work out." Have a structured plan aimed directly at your goal.

Ask yourself these questions:

- Am I training consistently?
- Am I training hard and resting hard?
- Am I methodically increasing the difficulty of my workouts over time?
- Am I eating and sleeping properly to recover from my workouts?
- Am I documenting all my numbers for future planning?

## 4. *Understand Rest Days Are Important*

You created a demand on your body. That was the goal. Now, to allow something to happen from this demanding session, time must be given for it to occur. Yes, this means resting your body to let the previous stresses heal. It's human biology, pure and simple. It's like a common flesh wound. You accidentally cut your finger with a knife chopping mushrooms. It bleeds like crazy. You immediately apply compression and elevation. You apply a Band-Aid. You now need to keep this bandage on for a number of hours. We are talking 24 hours plus. Biology must be allowed to take its course. Peel the bandage off too early and the cut fails to heal. Similarly, your demanding workouts that damage and compromise your muscles must be allowed ample time to fully heal.



# 8 Signs You're Sleep Deprived

## Time for bed

You know you're supposed to get seven to nine hours of sleep a night, but sometimes, you stay up for a night out on the town, to finish a project at work, or even just to watch reruns. Here are some of the most common signs of sleep deprivation that often get overlooked. Power naps can help complement the lack of sleep at night to bring your total time to that desired range.

### You're always hungry

"If the brain is not getting the energy it needs from sleep it will often try to get it from food," says Chris Winter, MD, owner of Charlottesville Neurology and Sleep Medicine in Virginia.

### You've gained weight

With an increased appetite comes another unpleasant symptom of sleep deprivation: weight gain.

### You're more impulsive

People tend to act without thinking when they're exhausted, says Gail Saltz, MD, Health's contributing psychology editor.

### Your memory's shot

Can't remember what movie you saw last weekend or where you put your car keys again? Before you panic about having a serious memory problem, know that your brain is probably fine.

### You're having trouble making decisions

If you've been finding it harder than usual to manage projects at work and home, lack of sleep could be the culprit. "Sleep deprivation can affect speed and higher-level cognitive processing," Baron says. That means essential functions, like problem solving or time management, become even more difficult to carry out.

### Your emotions are all over the place

You might feel like your emotions are out of control when you're sleep deprived. "You become over-reactive to emotional stimuli," Baron says.

### You get sick often

Another thing that can suffer with poor sleep is your immune system. "If you're not sleeping properly there can be significant issues in terms of your body's ability to fight off infections," Dr. Winter says. In particular, you might find that it's harder to shake off a cold.

### Your skin isn't looking good

They call it "beauty sleep" for a reason. While you're out, your skin works to repair any damaged cells, so not getting enough rest can disrupt the process.

## Active Events: July/August

### 5k Boot Camp Obstacle Run

Saturday, July 18 @ 7:30am  
Oleta River State Park, North Miami Beach, FL  
[Click here for details](#)

### Mack Cycle Triathlon and Duathlon Trilogy

Sunday, July 19 @ 7:00am  
Virginia Key, Key Biscayne, 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](#)

### The Big Fitness and Health Expo 5K

Saturday, August 16 @ 8:00am  
10901 SW 24th St, Miami, 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](#)

**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.