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Wellness *Miami-Dade County*

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

Lace Up Yours Sneakers to End Breast Cancer



Throughout October, thousands of people will be helping to fight to end breast cancer. Whether they walk, run, donate or support someone in need people everywhere will be playing a role in battling against breast cancer.

Be a part of the fight by [lacing up your sneakers or donating to the cause](#). On Saturday, October 11 you can participate in the American Cancer Society's Making Strides Against Breast Cancer Walk. [Join the Miami-Dade County Wellness Works team](#) at this event which takes place at Marlin's Park at 9:00am.

Fall Season is Flu Season

Flu season is almost upon us. To help prevent you from getting sick, AvMed will be providing all County employees with the flu vaccine. All throughout October AvMed representatives will be visiting several County buildings to administer flu shots for employees of Miami-Dade County. Take a look at the [schedule of events](#) to see when your department or building will be able to receive a flu shots.



I workout and eat healthily but my weight just plateaus. Why?

This is a very common occurrence when trying to lose weight. Fortunately, a weight loss plateau can be overcome with a few simple changes to your routine.

A weight loss, or fat loss, plateau is generally accepted by fitness professionals as NO change in body weight for three consecutive weeks. There are many reasons for plateaus, but the most common include:

:: Miscalculating your calories intake. Predominantly, weight loss plateaus are related to “calorie creep”, or eating more calories than you think you are eating. Tracking your calories in a food journal is a surefire way to avoid this problem; there are many journals online and phone apps available to track calorie consumption on-the-go. Along with miscalculating calories, when you decrease your calorie intake your metabolism slows down. This is because your body enters “starvation mode” and spares fat along for survival. Never eat less than 1,200 calories per day, as your body requires at least that much to function normally. To keep your metabolism steady and to remain feeling satiated longer, eat six small meals per day and increase your water consumption.

:: Same old workout routine. There is a common misconception that long cardio sessions burn the most fat.

Actually, weight training can burn more calories, and high intensity training (H.I.T.) burns the most calories. H.I.T.’s short, intense bursts of cardio or complexes of strength-based movements require more energy to recover from, and therefore burn more TOTAL calories than steady state cardio. Building muscle mass requires great amounts of energy (calories) and muscle needs more energy to maintain its mass. Also, the body has an impressive ability to adapt to the stresses (resistance training) put upon it and will always find a way to burn less and less energy for the same exercises. Most people adapt in 6-8 weeks, so change your workout regularly to challenge yourself, spur on more weight loss and build lean body mass.

:: Lack of sleep and too much stress. Sleep deprivation causes the release of cortisol, the fight-or-flight hormone that catabolizes muscle and promotes the storage of fat. As a significant amount of muscle repair occurs during deep sleep, try to get 7-8 hours of sleep per night. Inadequate amounts of shut-eye hinder your ability to recover from exercise, making plateaus more likely. Stress comes in many forms, but all sources of it cause the body to produce cortisol and increase your chances of “emotional eating”. Seek out ways to reduce stress like taking periodic walks out of the office and practicing yoga, Pilates or meditation.

Tips for a Healthy Halloween

Procrastinate

Purchase Halloween candy the day of trick or treat to avoid temptation. Buy less than what you think you will need to avoid leftovers and purchase candies that you do not like, if you still have leftovers place them out of sight.

Eat Before You Trick or Treat

Serve a healthy family dinner before the fun begins, this way the kids will not be tempted to eat candy along the way. After trick or treating, offer a cup of warm, low fat milk with just one treat to ensure that blood sugar is stable before bedtime.

Stay Active

Take a long walk around your neighborhood while trick or treating and enjoy all the decorations and costumes that kids have on.

Practice Portion Control

After trick or treating sort the candy, inspect them and then set boundaries on an amount to be eaten over a period of time. You can easily reach 100 calories with just one or two snack size treats.

Always choose “fun size” candy bars based on the least amount of fat and calories per serving. Lastly always choose healthier dark chocolate versions. Most candy has a long shelf-life. Put the “stash” out of reach and limit candy to two pieces per day. Larger treats, such as full chocolate bars, can be cut into smaller pieces and frozen.

Eating Right when Money is Tight

Eating well can fit well within anyone's budget. Just like anything, all it takes is a little advance planning. Try some of these top strategies for healthful eating on a lean budget.

Pre-Game Plan

Go for a green thumb. To save green, cultivate some of your own vegetables, fruits, or herbs. Ask a garden center expert for tips on what grows best in your region. Choose at least three seed packets, seedlings, or plants.

Steer clear of a ravenous appetite. When you're over-hungry, you may wind up over-eating—and over-spending. Have a plan of a snack so that you don't make a bad investment in foods that lack sufficient nutrients.

Land a good deal. Know how to buy low and clip coupons. Just be sure to use coupons only on foods that you need.

At the Market

Satisfy before you shop. Shopping on an empty stomach can lead to "grocery goggles" ... where everything looks good and you ultimately buy excess unhealthful items—or too much, period! Enjoy a grab-and-go snack, like an apple and string cheese, about 20 to 30 minutes before your shopping trip, to help signal your brain that you're stomach is satisfied forgo buyer's remorse.

Peruse the perimeter. Most foods for a health- and cost-

conscious eating plan are found by shopping the supermarket's boundary. Then, with your shopping list in tow, visit just the aisles you need to balance fresh selections.

At Work and at Play

Get sacked. Though it's possible to eat out and eat right, the sure bet for savoring a right-priced, right-sized lunch is to prepare your own often and take it to work. Always include at least one serving of veggies and fruits in it.

Unzip when zapped. Don't get caught with an appetite and without a healthful snack on hand when stuck in traffic, in a meeting, or unexpectedly away from home. Carry a small zip-top bag containing an energetic snack, like roasted edamame or a mixture of high fiber cereal and nuts.

Out and About

Be slow about fast food. You can selectively enjoy budget-friendly fast food and still have a fit physique. Many quick-service restaurants now offer some better-for-you foods. Check nutrition facts online.

Maneuver the menu. Decide that your tactic is to not stick with the tried and true. Ask the server questions and make requests, like "hold the gravy" or "steamed vegetables instead of fries, please." Also, check if right-portioned or healthful options are highlighted—then choose one.

Active Events: October/November

Healthy Choices Clinic by Walgreens

Thursday, October 2 @ 10:00am-12:00pm

Arcola Lakes Park, Miami, FL

[Click here for more details.](#)

SEEK Inc. 2nd Annual Get Hip and Fit Fair

Saturday, October 4 @ 12:00-4:00pm

Williams Park, Miami, FL

[Click here for more details.](#)

Lecture on Breast Cancer

Thursday, October 16 @ 6:00pm

North Shore Medical Center, Miami, FL

[Click here for more details.](#)

Halloween Half Marathon

Saturday, October 25 @ 6:30am

Jungle Island, Miami, FL

[Click here for more details.](#)

Waterford 5K

Friday, November 7 @ 6:45pm

Blue Lagoon, Miami, FL

[Click here for more details.](#)

Zoo Run 5K

Sunday, November 16 @ 7:00am

Zoo Miami, Miami, FL

[Click here for more 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 Denny 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.