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Wellness *Miami-Dade County*

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

Employee Fitness Discounts

Would you like to join a gym close to work or home*? Take a look below for discounts to LA Fitness and 24 Hour Fitness.

Contact employeehealthcenter@miamidade.gov for the 24 Hr Fitness discount. For LA Fitness, click [here](#) to choose one of two membership discount offers. (eNet login will be required.)

*Both LAFitness and 24 Hr Fitness have facilities throughout Miami-Dade and Broward County.



SAVE THE DATE: FLU SHOTS

Thursday, October 1, 2015

10:00am-3:00pm

Stephen P. Clark Government Center

18th Floor, Conference Rm 18-4

[Click here to find out when flu shots will be available in your building/department](#)





1. Pass on that last call for alcohol

Studies have determined that women who drink alcoholic beverages develop cancer at a higher rate. How much is too much? Based on studies, ladies who consume 2 to 5 drinks daily have about 1½ times the risk of women who don't consume alcohol.

2. Quitters DO prosper -

when it comes to smoking. Although there has not been a direct link between smoking and breast cancer, studies suggest that smoking at an early age can increase a woman's risk. Not only can it be a risk for breast cancer, smoking is a definite risk factor for lung cancer.

3. Get physical

Physical activity may reduce your risk of breast cancer. Studies by the Women's Health Initiative found that women who walked briskly 1.25 to 2.5 hours per week reduced a woman's breast cancer risk by 18%. Exercise doesn't always mean traditional gym exercises either.

4. Be aware of your family breast cancer history.

Having a family or personal history of breast cancer may increase your risk. If an immediate woman in your family has had breast cancer, it is important to let your doctor know. Studies have shown that breast cancer can be genetic. Genetic testing and counseling is available for those concerned with their risk. Keep in mind, that just because your mother or sister had breast cancer, it does not mean you will definitely develop breast cancer.

5. Avoid hormone replacement therapy if possible

Studies have shown a link between long time hormone replacement therapy and breast cancer. This link suggests that combined HRT's (estrogen and progesterone) raise the risk factor. Five years after discontinuing HRT's the risk factor drops. HRT's also make mammograms less effective. If you need to take hormone replacement therapy, talk to your doctor about the risk and your personal condition.

6. Check your breasts every month

Checking your breasts every month may not reduce your risk of developing breast cancer, but it may help detect breast cancer early. The earlier breast cancer is found, the less aggressive the treatment.

7. Try to keep a low fat diet

A diet low in fat not only decreases the risk of obesity, it can reduce your risk of breast cancer. We know that estrogen plays a major role in the development of breast cancer. Fat tissue contains small amounts of estrogen and may increase your risk. There have been conflicting studies about fat intake and breast cancer risk, however all studies have concluded that obesity plays a big part in breast cancer development.

8. Don't forget to get a mammogram - it's not a choice. Like the breast self exam, a mammogram won't prevent the development of breast cancer, but it can detect cancer. Sometimes it can be difficult to feel a lump in the breast, and a mammogram is likely to detect any lumps that cannot be felt.

9. Have children earlier in life, if possible

Having no children or having your first child in your mid-thirties or later increases the risk.

10. Consider breastfeeding instead of formula feeding

Researchers believe that the months without a period during pregnancy and breast feeding may reduce a woman's risk of breast cancer. If you can teach yourself to relax, you may be able to rev up your immune system. There's evidence that when you put your relaxation skills into action, your interleukins - leaders in the immune system response against cold and flu viruses - increase in the bloodstream. Train yourself to picture an image you find pleasant or calming. Do this 30 minutes a day for several months. Keep in mind, relaxation is a learnable skill, but it is *not* doing nothing. People who try to relax, but are in fact bored, show no changes in blood chemicals.

Beware the Calories in Halloween Candy

For anyone trying to watch his or her weight, the scariest part of Halloween is not ghosts and goblins but the ever-abundant Halloween candy. Sugar and mostly empty calories is what you get in candy, and the truth is that most of us don't exercise enough to warrant those extra calories. Here are 10 expert tips to help you avoid the temptation of Halloween goodies, at home and at the office.

1. Buy candy you don't love. If the candy in your pantry is stuff kids like but that you don't enjoy, it will be easier to resist opening those bags and diving in. For most of us, that means anything but chocolate.

1. Savor one piece of your favorite candy a day. Decide what time of day you most relish the sweet stuff, and save your special treat for that time. Then sit back and slowly savor the taste sensation. Indulge your sweet tooth on occasion, because denying yourself completely could lead to an all-out binge.

4. Chew gum. Sugarless gum gives your mouth a burst of sweet sensation for very few calories. "Studies have shown that gum chewing can help satisfy a sweet tooth, overcome the urge to eat candy, and help manage hunger pangs to hold you over until your next meal," says Sandon.

5. Replace the candy with better choices. Make the see-food diet work in your favor by putting out a bowl of colorful fruit or veggies in place of the candy.

6. Move the candy jar. "If you have to get up to get a piece of candy, it is not always worth the effort, whereas when the candy is convenient, consumption is higher," says Wansink.

7. Count the empty wrappers. It's so easy to pop fun-size candy bars into your mouth that you can lose track of how quickly the calories are adding up. "If you keep the wrappers on your desk, it will remind you of how many you ate and hopefully inspire you to exercise moderation and stop after one or two," says Sandon.

8. Take a walking break. Getting away from your desk for a breath of fresh air can invigorate you and help you get over the mid-morning or mid-afternoon slumps that are often mistaken for hunger.

9. Manage your hunger. Eat breakfast before coming to work and plan for a few healthy snacks along with a satisfying lunch. Your preplanned meals will keep you feeling satisfied and make you less likely to raid the candy bowl.

10. Sip on a low-calorie beverage. Keep your hands and mouth busy by drinking a zero-calorie cup of hot tea (rich with disease-fighting antioxidants) or big glass of water. And light hot chocolate can satisfy your sweet tooth for few calories than most fun-size chocolate bars.

Active Events: October/November

Making Strides Of Miami

Saturday, Oct. 3 @ 9am

Marlins Park

[Click here for details](#)

Weight Watchers Info Session

Tuesday, Oct. 6 @ 12pm

SPCC Conference Rm. 18-3

[Click here to RSVP](#)

Burger King Beach Run 5K/10K

Saturday, Oct. 10 @ 7:30am

Lummus Park, Miami Beach, FL

[Click here for details](#)



Miami Beach Halloween Half/4-Miler

Saturday, Oct. 24 @ 6:30am

Jungle Island, Miami, FL

[Click here for details](#)

Zoo Run 5k

Saturday, Nov. 14 @ 7:00am

Zoo Miami

[Click here for details](#)

iRun 10k & 5k 4th Edition

Sunday, Nov. 8 @

5050 Biscayne Blvd.

[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.