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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 employeewellnesscenter@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



8 Natural Tips to Help Prevent a Cold

There are no known cures for colds and flu, so cold and flu prevention should be your goal. A proactive approach to warding off colds and flu is apt to make your whole life healthier. The most effective way for preventing the flu is to get the flu shot. It works better than anything else. But there are other strategies you can employ as well. Here are 8 tips you can use to help prevent colds and the flu naturally:

#1 Wash Your Hands

Most cold and flu viruses are spread by direct contact. Someone who has the flu sneezes onto his or her hand and then touches the telephone, the keyboard, a kitchen glass. The germs can live for hours only to be picked up by the next person who touches the same object. So wash your hands often. If you can't get to a sink, rub an alcohol-based hand sanitizer onto your hands.

#2 Don't Cover Your Sneezes/Coughs With Your Hands

Because germs and viruses cling to your bare hands, muffling coughs and sneezes with your hands often results in passing along your germs to others. When you feel a sneeze or cough coming, use a tissue, then throw it away immediately. If you don't have a tissue, cough or sneeze into the inside of your elbow.

#3 Don't Touch Your Face

Cold and flu viruses enter your body through the eyes, nose, or mouth. Touching their faces is the major way children catch colds and a key way they pass colds on to their parents.

#4 Do Aerobic Exercise Regularly

Aerobic exercise speeds up the heart to pump larger quanti-

ties of blood; makes you breathe faster to help transfer oxygen from your lungs to your blood; and makes you sweat once your body heats up. These exercises help increase the body's natural virus-killing cells.

#5 Eat Foods Containing Phytochemicals

"Phyto" means plants, and the natural chemicals in plants give the vitamins in food a supercharged boost. So put away the vitamin pill, and eat dark green, red, and yellow vegetables and fruits.

#6 Don't Smoke

Statistics show that heavy smokers get more severe colds and more frequent ones. Even being around smoke profoundly zaps the immune system. Smoke dries out your

nasal passages and paralyzes cilia. These are the delicate hairs that line the mucous membranes in your nose and lungs, and with their wavy movements, sweep cold and flu viruses out of the nasal passages. Experts contend that *one* cigarette can paralyze cilia for as long as 30 to 40 minutes.

#7 Cut Alcohol Consumption

Heavy alcohol use suppresses the immune system in a variety of ways. Heavier drinkers are more prone to initial infections as well as secondary

complications. Alcohol also dehydrates the body -- it actually causes more fluid loss from your system than it puts in.

#8 Relax

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.



6 WAYS TO EAT MORE FRUITS AND VEGETABLES

Start early

To get in the recommended five servings of fruits and vegetables a day, start eating them early, with your morning meal, Mangieri said. This could mean adding bananas to your cereal, berries to your yogurt or vegetables to your omelet, she said.

Don't hide the fruit

Make fruits and vegetables visible to encourage everyone in your family, including yourself, to eat them, Mangieri said. Set out a fruit bowl in the kitchen or have carrot sticks available for snacking. Take some time to prepare the fruits or vegetables, if needed, so they are ready to eat.

Frozen is good

Frozen vegetables, such as peas and carrots, are a great way to make sure you always have vegetables in the house, Mangieri said. They are easy to prepare and keep for a long time. Mangieri recommended steaming them and adding them to casserole dishes. And frozen vegetables are usually just as nutritious as fresh ones, according to Keri Gans, who is a spokeswoman for the American Dietetic Association.

At mealtime, think of the veggies first, not the protein

The new guidelines recommend half of your plate be filled with fruits and vegetables. Try to approach your meals by basing them on what vegetables you'll have, and then think of the grains and protein to go with it, Mangieri said.

You can drink your fruits and veggies, to a point

Look for labels that say "100 percent" fruit or vegetable juice, because those can be a way to get a serving of fruit, according to the USDA. However, you have to be cautious about portion size and make sure you know how much a serving is. You don't want to end up consuming extra daily calories from juice.

Have fruit with your sweets

"Fruits are nature's natural candy," Mangieri said. She recommended pureeing berries and adding them as a sauce to desserts such as ice cream. While the ice cream is not good for you, a fruit sauce without added sugar is better than something else you might add to your sundae, such as chocolate sauce, she said. Portion control is key with desserts, she said. Desserts are OK now and then if you're meeting your nutritional needs from other foods and exercising to make sure your calories in equal your calories out.

You can also use fruits to make a smoothie. Mangieri recommended using yogurt and no added sugar. "We have this heightened sense of sweetness just from overdoing it on sugars," Mangieri said. We should try to get back to basics and let fruit be sweet enough for our taste buds, she said.

Active Events: September/October

UPS 5K

Saturday, Sept. 12 @ 7:30am
City Hall, Coral Gables, FL
[Click here for details](#)

Bubble Run Miami 5K

Saturday, Sept. 26 @ 9:00 am
Homestead Miami Speedway
[Click here for details](#)

Sole Runners, Down2Earth 5K/10K

Sunday, Sept. 27 @ 7:30am
Zoo Miami, Miami, FL
[Click here for details](#)



Men's Fitness City Challenge Race

Sunday, Oct. 4 @ 9:00am
Sun Life Stadium, Miami, FL
[Click here for details](#)

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](#)

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.