



January 2020



WELLNESSWORKS
MIAMI-DADE COUNTY

Wellness Watch

Providing Miami-Dade County Employees with the Latest Wellness News, Programs and Events

AvMed



SMALL CHANGES FOR BIG IMPACT

Don't make being healthy in 2020 a challenge. Keep it simple. A great first step could be to schedule a visit with your family doctor for your annual or yearly check-up. At the check-up, you can talk with your doctor about ways to help you accomplish your health goals and any other concerns you may have. The New Year is also a good time to take a look at what your diet and health have been like for the last 12 months and think of how you can make improvements. It's important to take an honest look at your health and dietary habits so you can set goals for the New Year. After thinking how you can make changes, write down some of the improvements you would like to make in a notebook. Every week or each month, look back at what you wrote as a reminder to help keep you on task and make updates to help you better accomplish your goals.

Try one of these:



Eat a fruit a day to get necessary nutrition



Eat 2 vegetables a day to help with weight maintenance



Drink more water (and less sugary drinks) to help with digestion



Take more steps each day to meet your 30 minutes of activity/day recommendation



Take the stairs to help your circulation and heart function



Walk 10 minutes at lunch to get sunlight and fresh air



Go to bed 20 minutes earlier each night to help boost your immune system



Bring your lunch to work to eat healthier, save time and save money

What to Consider When Making a Motivational Workout Playlist

With so many benefits of music, you'd be crazy not to create the ultimate playlist for your next workout. But remember to always listen responsible and remain aware of your surroundings.

Why Tune in

- Some refer to music as a legal performance enhancing drug due to its proposed stimulus effects.
- Research shows that listening to tunes while working out improves performance! Some results have shown a 15% increase in endurance when people listened to music compared to working out in silence. Science also shows perceived exertion (how hard you think you're working) can decrease about 10% when listening to music.
- Music can motivate you to feel upbeat, energized and to keep going!

What to Play

- If you don't like working out to music, try listening to a pump-up song while stretching or lacing up your shoes to provide some upbeat stimulation.
- Workout tunes should be roughly 125 to 145 beats per minute, the sweet spot for matching pace. Higher bpm are popular but have no additional benefits while songs below 120 beats can slow you down.
- Workout playlists should be individualized. Try having multiple playlists for different types of workouts. Your yoga mix should be different than your running mix.
- Upbeat songs are more positively distracting than sad or slow songs.
- Mantra songs! The Rocky theme song, Kanye's Stronger or Taylor Swift's Shake It Off are all tunes that have a key phrase or lyric that sticks in your head, keeping you mentally motivated.
- Design your playlist to support your specific race or workout. For example, if you're running a marathon, put some seriously motivating songs around miles 18 to 22 when the race tends to feel the hardest. If there's a tough climb in your ride, have



a song on hand to help you through it. Similarly, play slower music during the cool down of a workout to help you relax.

When to Tune out

- Listening to something too fast or slow for your intended pace could work against you.
- Some races ban headphones, so always check the rules.
- Athletes who train for long hours might want to spend some time in silence to protect their hearing health.
- Busy roads, city streets, technical trails and steep descents might not be the best time to focus on music.
- If you're injured, running with loud music can keep you from correctly tuning in to how your body is feeling, and you could potentially overdo it.
- Group activities generally discourage headphones; keep the volume low, use only one ear or skip it entirely and try talking to the person next to you instead.

JANUARY EVENTS

January 31, 2020, 7 am	Big Score For Hope: Proceeds for Youth Homelessness & Human Trafficking	Crandon Park Beach, Key Biscayne, FL Miami.purposerun.com
February 02, 2020	15th Annual Run Through Central Park	Central Park, 9151 NW 2nd Street, Plantation, FL 33324
February 08, 2020	Terrain Race - Miami - FREE	Amelia Earhart Park, 401 E 65th St., Hialeah, FL 33013

Do you know of an event for health and wellness happening in January? Please email Laura.Klein@MiamiDade.gov to get it on the WellnessWorks Newsletter Calendar!

HEALTHY RECIPE OF THE MONTH: JANUARY

Vegetarian Reuben with Russian Dressing

This exceptional sandwich originated at Penny Cluse Cafe in Burlington, Vermont. The spinach, mushroom and onion filling is so satisfying, you won't even miss the corned beef.

Ingredients

Russian dressing

- 2 tablespoons reduced-fat mayonnaise
- 2 teaspoons ketchup
- 2 teaspoons chopped capers
- 1 teaspoon chopped pickle, or relish

Sandwiches

- 3 teaspoons extra-virgin olive oil, divided
- 1 small red onion, thinly sliced
- 1 cup sliced mushrooms
- 5 cups baby spinach
- Freshly ground pepper, to taste
- 4 slices rye bread
- ½ cup shredded reduced-fat Swiss cheese, such as Jarlsberg Lite or Alpine Lace (2 ounces)
- ½ cup sauerkraut

Preparation

1. **Russian dressing:** Whisk mayonnaise and ketchup in a small bowl until smooth. Stir in capers and pickle (or relish).



Sandwiches: Heat 2 tsp oil in a large skillet over medium heat. Add onion and mushrooms; stirring until the onion is softened. Add spinach until it has wilted, 1 to 2 minutes. Transfer the mixture to a plate.

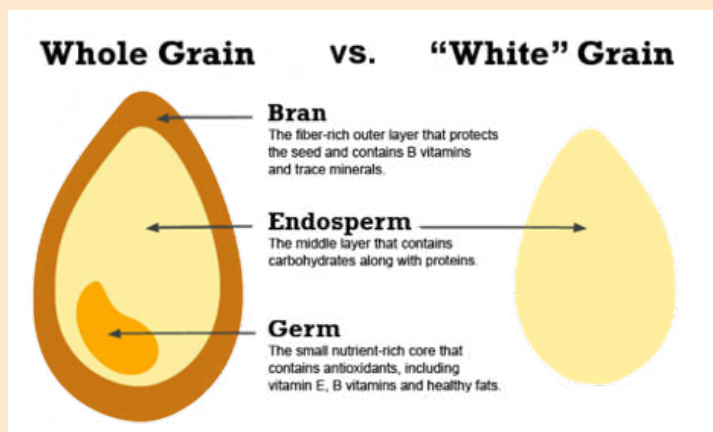
2. Coat the pan with the remaining 1 teaspoon oil and return to medium heat. Add the bread; divide cheese equally among the slices. Divide sauerkraut & spinach between 2 slices cook until the cheese has melted and the bread is golden brown, 4 to 6 minutes. Transfer sandwich halves to a cutting board. Divide the dressing between the spinach halves. Carefully place the sauerkraut halves on top. Cut sandwiches in half and serve.

- **Make Ahead Tip:** The dressing will keep, covered, in the refrigerator for up to 2 days.

<http://www.eatingwell.com/recipe/252899/vegetarian-reubens-with-russian-dressing/>

Super Nutrition

Grains and whole grains are the seeds of grasses cultivated for food. They come in many shapes and sizes, from large kernels of popcorn to small quinoa seeds.



Nutrient Comparisons

	Bran: fiber & B vitamins	Germ: vitamin E, B vitamins & antioxidants	Endosperm: energy, carbohydrates & protein
Whole grain	X	X	X
Refined grain			X

Whole grains are better sources of fiber and other important nutrients, such as selenium, potassium and magnesium, than refined grains ("White Grain"). Whole grains are either single foods, such as brown rice and popcorn, or ingredients in products, such as buckwheat in pancakes or whole wheat in bread.

The benefits of whole grains most documented by repeated studies include:

- reduced risk of stroke
- reduced risk of type 2 diabetes
- reduced risk of heart disease
- better weight maintenance
- less inflammation
- lower risk of colorectal cancer

1ST ANNUAL WELLNESSWORKS AWARDS

Wellness Under the Stars

Nova Wellness Warrior

1st Place: Eddie Abreu, Internal Services Department

2nd Place: Jerrad Carter, Human Resources

3rd Place: Elena Napolez, Juvenile Services

Zenith Wellness Liaison

1st Place: Sandra Jackson, Aviation Department

2nd Place: Jennifer Acosta, Fire Rescue

3rd Place: Ruelynn LaFortune, Solid Waste Management

Galaxy Wellness Worksite

1st Place: Miami-Dade Aviation Department

2nd Place: Miami-Dade Library System

3rd Place: Miami-Dade Parks & Recreation



Send us a picture showing how you make Wellness Work for you and you will be entered in a raffle to win a prize. Whether you are exercising, attending presentations or learning something new, please share! Email photos to: WellnessWorks@MiamiDade.gov.