



February 2020



WELLNESSWORKS
MIAMI-DADE COUNTY

Wellness Watch

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



MAKE YOUR NEW YEAR'S RESOLUTION STICK THIS YEAR

Have you found when you make a New Year's resolution the first few weeks are easier to stay on track and then the train starts to derail? The number one reason we lose focus on our goals is...you guessed it: stress. It takes a minimum of six weeks to make a new habit. So, how do you stay focused when life happens? Here is some information to help you understand stress, our bodies' response to it and how we can help to combat it.

Stress Management:

Stress is a normal psychological and physical reaction to the demands of life. Your brain comes hard-wired with an alarm system for your protection. When your brain perceives a threat, it signals your body to release a burst of hormones that increase your heart rate and raise your blood pressure. This "fight-or-flight" response fuels you to handle the immediate threat.

A small amount of stress can be good, motivating you to perform well. But multiple challenges daily, such as sitting in traffic, meeting deadlines and paying bills, can push you beyond your ability to cope. Untreated chronic stress can result in serious health conditions including anxiety, insomnia, muscle pain, high blood pressure and a weakened immune system. Research shows that stress can contribute to the development of major illnesses, such as heart disease, depression and obesity. By finding positive, healthy ways to manage stress as it occurs, many of these negative health consequences can be reduced.

Helpful tip: Try box breathing... think of your breath as box in your mind or draw a box on a piece of paper. Trace the edges of the box either with your finger or in your mind as you breathe in and out. Breathe in for five counts and breathe out for five counts following the box down one side, over and up the next side. This exercise slows down your autonomic nervous system which plays a central role in your body's "fight or flight" response. Try practicing this exercise once or twice a day.



If you need help and/or assistance handling stress or feel overwhelmed by daily life. Miami-Dade County has resources to help you get back on track at the Employee Assistance Program at **305-375-3289** or WellnessWorks Program, just email **WellnessWorks@miamidade.gov** for more information.

"Walking is the best possible exercise. Habituate yourself to walk very far."

Thomas Jefferson

February is American Heart Month: 10 Tips for a Healthy Heart

With Valentine's Day just around the corner, many view February as the month of love, but it is also American Heart Month. Heart disease is the leading killer of Americans, taking the lives of 2,200 people each day. In addition, 103 million adults have high blood pressure and 6.5 million are living with heart failure. While genetic factors do play a part in cardiovascular disease, the good news is 80 percent of cardiovascular diseases may be preventable with education and action. Simple lifestyle changes can make a big impact when it comes to heart health. Show your heart some love with these 10 tips.

1. Stop smoking

Quitting smoking is the best thing that can be done for the heart and for overall health. Smoking is the most preventable cause of premature death in the United States, and smokers have a higher risk of developing many chronic disorders including cancer.

2. Know your numbers

Maintaining a healthy weight, blood pressure and total cholesterol play a significant role in maintaining a healthy heart.

3. Screen for diabetes

Untreated diabetes can lead to heart disease, among many other complications. Diabetes can be easily detected through a simple blood test and managed a variety of ways under the care of a physician.

4. Get active

Heart pumping physical activity not only helps to prevent cardiovascular disease but can also improve overall mental and physical health. The American Heart Association recommends five 30 minute moderate exercise sessions each week. It is important to remember that something is always better than nothing.

5. Build some muscle

Strength training compliments cardiovascular exercise by toning muscles and burning fat. The American Heart Association recommends getting in two days of moderate to high-intensity strength training each week.

6. Eat smart

A healthy diet full of heart-smart foods is essential to a healthy heart and lifestyle. Salmon, nuts, berries, and oats are just a few of the heart "superfoods" that may help reduce the risk of atherosclerosis.



7. Limit junk

To reap the full benefits of a heart-healthy diet, it's important to limit intake of nutrient-poor junk foods. Added sugars, saturated fat and excessive sodium can all negatively impact heart health, as well as overall physical health.

8. Stress less

Stress increases cortisol, which leads to weight gain, a key risk factor for heart disease. Stress can also decrease overall happiness and increase the risk for anxiety and depression.

9. Sleep more

Sleeping restores the body, helps decrease stress and increases overall happiness. To reap the full benefits, clocking seven hours each night is key.

10. Smile

A happy heart is a healthy heart. Making time for enjoyable activities and hobbies helps relieve stress and improves the overall mood, providing a great foundation for a heart-healthy lifestyle.

<https://www.bioiq.com/10-tips-for-a-healthy-heart/>

Garlic Herb Oven Roasted Chicken

This heart-healthy recipe creates a juicy, delicious chicken dinner in under an hour! It's classic comfort food for a Sunday supper, yet simple enough to make for a weeknight dinner.

Ingredients

- 3 pounds whole chicken, cut into parts
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 3 Tablespoons avocado oil, or extra virgin olive oil
- 40 cloves fresh garlic, peeled
- 4 sprigs fresh rosemary
- 4 sprigs fresh thyme
- 1 large lemon, cut into slices (about 1/8th inch thick)

Instructions:

1. Heat oven to 350 degrees F.
2. Pat chicken pieces dry with paper toweling, then season the skin with salt and pepper.

3. Heat oil in a large, heavy-bottomed pot (such as a Dutch oven) over medium-high heat until it's very hot, but not smoking.
4. Place chicken pieces skin side down into oil and cook 3-4 minutes, or until chicken releases easily from the pan and is golden brown. You may need to do this in batches so as not to overcrowd the chicken.
5. Transfer browned chicken pieces temporarily to a platter; Reduce burner heat to medium and add garlic cloves to the pan. Cook 2-3 minutes, stirring occasionally to prevent garlic from burning.
6. Turn off burner heat and place chicken pieces skin side up on top of the garlic. Place sprigs of rosemary and thyme and slices of lemon on and around the chicken, cover the pot with a lid and place onto the middle rack of the hot oven.
7. Cook for 40 minutes, or until cooking thermometer inserted into the thickest part of a breast reads 163 degrees F. Remove pot from the oven and transfer the chicken pieces and garlic cloves to a serving platter. Tent platter with aluminum foil and allow the chicken to rest for 5-10 minutes before serving.

<https://www.itsyummi.com/garlic-herb-oven-roasted-chicken/>



CORONAVIRUS OUTBREAKS



WHAT IS CORONAVIRUS?

- Coronavirus is a large family of viruses that cause a variety of diseases including colds to serious illnesses such as SARS and MERS-CoV.
- Coronavirus is a new strain of the virus that has never been detected or detected in the human body.

SIGNS & SYMPTOMS



Fever



Cough



Hard to breathe

HOW CAN I PROTECT MYSELF?

- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose or mouth with unwashed hands
- Avoid close contact with people who are sick

The **WELLNESSWORKS** Program invites you to participate in our **QUARTERLY STEPS CHALLENGE**

TAKE STEPS FOR YOUR HEART

THE CHALLENGE

HELP YOUR HEART BE HEALTHY!
Take 5,000 Steps Per Day To Reach 140,000 Steps Over 4 Weeks

ENROLL

AvMed members visit www.healthyroads.com to enroll

- Select Challenges
- Click "Take Steps For Your Heart Challenge"

REGISTRATION OPENS

FEBRUARY 3

CHALLENGE RUNS

FEBRUARY 16 THROUGH MARCH 14

EARN POINTS

Upon completion of the challenge, you will receive 25 points toward your 75 point goal for the quarter. For each quarter in which you earn 75 points you will be entered to win one of the many \$250 wellness rewards (subject to payroll taxes.)

MORE INFO

For more information contact WellnessWorks@miamidade.gov

Presented by Human Resources and the Benefits and Employee Support Services Division

HEALTHY SELFIE: FEBRUARY HIGHLIGHT

Jaime Campo- Internal Services Department (ISD)

WellnessWorks would like to thank everyone that has contributed to the Healthy Selfie articles in 2019. To be featured in a Healthy Selfie article in 2020, please submit high quality images of yourself participating in your favorite fitness activities to WellnessWorks@miamidade.gov.



FEBRUARY ACTIVE EVENTS AND STEP UP OPPORTUNITIES:

February 08, 2020	Terrain Race - Miami - FREE	Amelia Earhart Park, 401 E 65th St., Hialeah, FL 33013
February 08, 2020	Haulover 5K-10K-Heart Run	Haulover Beach park, 10800 Collins Avenue, Miami Beach, FL 33154
February 15, 2020	8th Annual Bike to Build	First Presbyterian Church of Fort Lauderdale, 401 SE 15th Ave., Fort Lauderdale, FL 33301
February 22, 2020	Allstar Classic present Sistrunk 5K	Delevoe Park, 2520 NW 6th Street, Fort Lauderdale, FL 33311
February 29, 2020	5K-10K- Cross Country Run	Amelia Earhart Park, 401 E 65th St., Hialeah, FL 33013

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