



March 2020



WELLNESSWORKS
MIAMI-DADE COUNTY

Wellness Watch

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

AvMed



MARCH IS HEALTHY NUTRITION MONTH

EAT RIGHT



BITE BY BITE

National Nutrition Month®
March 2020

eat right. Academy of Nutrition
and Dietetics

Good nutrition is one of the keys to a healthy life. You can improve your health by keeping a balanced diet. You should eat foods that contain vitamins and minerals. This includes fruits, vegetables, whole grains, dairy, and a source of protein.

Ask yourself the following questions:

- Do you have a health problem or risk factor, such as high blood pressure or high cholesterol?
- Did your doctor tell you that you can improve your condition with better nutrition?
- Do diabetes, cancer, heart disease, or osteoporosis run in your family?
- Are you overweight?
- Do you have questions about what foods you should eat or whether you should take vitamins?

- Do you think that you would benefit from seeing a registered dietitian or someone who specializes in nutrition counseling?

If you answered yes to any of them, talk to your doctor about your health and a Registered Dietitian on ways to improve your nutritional health.

Doctors and dietitians suggest making healthy eating habits a part of daily life rather than following fad diets. Nutrition tips and diets from different sources can be misleading. Keep in mind the advice below, and always check with your doctor first.

- Secret diets aren't the answer. Fad or short-term diets may promise to help you lose weight fast. However, they are hard to keep up with and could be unhealthy.
- Good nutrition doesn't come in a pill. Try eating a variety of foods instead. Your body benefits most from healthy whole foods. Only take vitamins that your doctor prescribes.
- Diet programs or products can confuse you with their claims. Most people in these ads get paid for their endorsements. They don't talk about side effects, problems, or regained weight.

Key questions to ask your doctor and a registered dietitian:

- How many servings should I eat from each food group?
- If I'm on a strict diet, such as vegetarian or vegan, how can I improve my health?
- Are there certain eating habits I should follow for my health condition?

If you have any questions or would like to speak with a WellnessWorks Registered Dietitian or Health & Wellness Coach, to begin improving your lifestyle and Nutrition, email WellnessWorks@MiamiDade.gov or contact 305-375-2258.

<https://familydoctor.org/nutrition-tips-for-improving-your-health/>

"A healthy outside starts from the inside."

-Robert Ulrich

Healthy Selfie:

Saray Herrera- Benefits Representative in Human Resources (HR), serving up a healthy bowl of fruit.

Submit a Healthy Selfie for a chance to be featured in our monthly newsletter. What makes a selfie healthy? Activities such as swimming, running, walking, biking, hiking, and yoga may be submitted. You may also share what you're eating, too. Additional activities that may be considered are healthy self-care and social activities that are good for your mental wellbeing such as meditation, reading, quality time with friends and family, downtime relaxing, learning a new skill, etc.

To be featured in the Healthy Selfie article in an upcoming newsletter, please submit high quality images to **WellnessWorks@MiamiDade.gov**.



Free Biometric Screening

**Screening includes: Blood Pressure-Cholesterol-Blood Sugar-BMI-Massages
Plus Earn Incentives for your participation: \$20 and 25 wellness points**

MDC March 2020 Biometric Schedule

Note: AvMed Insurance Card ID is required to participate in screening.

MDC Seaport 1015 North America Way, Miami, FL 33132 Wednesday, March 11, 12 pm – 4 pm	ITD 1015 North America Way, Miami, FL 33173 Friday, March 13, 10 am – 2 pm	MLK 2525 NW 62nd Street, Miami, FL 33147 Tuesday, March 17, 10 am – 2 pm	MDC Medical Examiner's Office 1851 NW 10th Ave., Miami, FL 33136 Wednesday, March 18, 10 am – 2 pm
MDC Police HQ 9105 NW 25th Street, Doral, FL 33172 Friday, March 20, 10 am – 2 pm	William Lehman Center Facility, Rail Maintenance Division 6601 NW 72nd Ave., Miami, FL 33166 Wednesday, March 25, 11 am – 3 pm	OTV Training Room 701 NW 1st Ct, Miami, FL 33136 Thursday, March 26, 10 am – 2 pm	Coral Way Garage 2775 SW 74 Ave., Miami, Florida 33155 Friday, March 27, 10 am – 1 pm

Thai Tuna Salad Bowl

If you think tuna salad always involves mayonnaise, prepare to have your mind blown! Canned tuna, or salmon if you prefer, is the perfect match for a light, bright lime and chili dressing. Tangy, meaty, chewy, and spiked with crunchy sweet pickles, this will wake up your palate and fuel you through a productive afternoon. This is a good lunchbox bowl—just toss it when you're ready.

Ingredients

- 1/4 cup fresh lime juice
- 2 tablespoons sugar
- 2 tablespoons soy sauce
- 1 medium red jalapeño, seeded and chopped
- 4 (5-ounce) cans tuna in oil (save the juices)
- 2 medium scallions, chopped and divided
- 4 cups cooked brown rice
- 2 cups finely shredded cabbage
- 12 small sweet pickles
- 1/4 cup cilantro leaves, torn



Instructions:

First, make the dressing. In a cup, stir the lime juice, sugar, soy sauce, and red jalapeño. Reserve 2 tablespoons of the tuna liquid and drain the tuna. Incorporate the liquid into the dressing and stir.

Put the tuna in a medium bowl and break it up, if needed, and drizzle with 1/4 cup of the dressing. Add half the scallions, and toss to mix.

In each bowl, place 1/4 of the rice, drizzle with remaining dressing, and arrange the prepared tuna, cabbage, and sweet pickles on top. Garnish with the remaining scallions and cilantro leaves. Serve.

<https://www.splendidtable.org/recipes/thai-tuna-salad-bowl-with-sweet-pickles-and-lime-chili-dressing>

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.healthroads.com
to enroll

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

CONNECT

Connect a compatible device
to track your progress:

- Select **My Health Tab**,
followed by **Connected**

**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

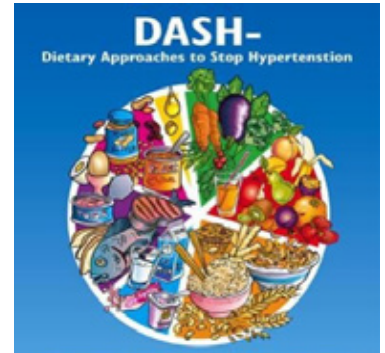


Presented by Human Resources and the Benefits and Employee Support Services Division

Improving Your Health and Lowering Your Blood Pressure with DASH

Did you know?

Your daily food choices affects your chances of developing high blood pressure (hypertension). Research suggest that high blood pressure can be prevented and lowered by following the Dietary Approaches to Stop Hypertension (DASH) lifestyle plan, which includes eating less sodium and increasing your daily intake of fruits and vegetables.



Quick steps to take to get started:

- Talk to your healthcare provider and a Register Dietitian.
- Maintain a healthy weight.
- Be moderately physically active for at least 2 hours and 30 minutes per week.
- If you drink alcoholic beverages, do so in moderation.

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https://www.nhlbi.nih.gov/files/docs/public/heart/dash_brief.pdf

UPCOMING EVENTS AND STEP UP OPPORTUNITIES:

March 07, 2020	American Lung Association present Fight for Air Climb	One Biscayne Tower, 2 S. Biscayne Blvd., Miami, FL 33131
March 08, 2020	2020 City Bikes Las Olas Triathlon	Fort Lauderdale Beach Park, 1100 Seabreeze Blvd., Fort Lauderdale, FL 33136
March 21, 2020	Haulover 5k-10k-RUN	Haulover Beach park, 10800 Collins Avenue, Miami Beach, FL 33154
March 28, 2020	5K-10K- Cross Country Run	Amelia Earhart Park, 401 East 65th Street, Hialeah, FL 33012
April 11, 2020	2020 Egg Hunt Triathlon	CB Smith Park, 900 North Flamingo Road, Pembroke Pines, FL 33028
April 04, 2020	Prostyle Games	Pal Stadium, 1000 NW 70th Ave., Plantation, FL 33313
April 23, 2020	Mercedes-Benz Corporate Run – Miami	Bayfront Park, 301 North Biscayne Blvd., Miami, Fla.
April 25, 2020	2nd Annual Love Serving Autism 5K	Tradewinds Park, 3600 W. Sample Road, Coconut Creek, FL 33066

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