January 2016

Wellness Watch

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

Berry Oatmeal in a Jar

Ingredients

* 3 cups rolled oats
* 1 tablespoon ground cinnamon
* 1 1/2 teaspoon ground ginger
* 3 cups frozen mixed berries

Directions

In a bowl, combine oats, cinnamon and ginger, then stir in berries. Divide oat mixture between 6 lidded jars or other containers and top each with 1/2 cup water. Cover the jars and refrigerate overnight. To serve, heat oatmeal or enjoy it cold.

Nutritional info

Per Serving: 190 calories (25 from fat), 2.5g total fat, 0g saturated fat, 0mg cholesterol, 0mg sodium, 34g carbohydrates, (6g dietary fiber, 4g sugar), 8g protein.

http://www.wholefoodsmarket.com

New Year's Inspiration

Exercise to be fit, not skinny. Eat to nourish your body. Always ignore the doubters and unhealthy examples that were once feeding you. You are worth more than you realize.

HEALTHY GOALS FOR THE NEW YEAR

Lose Weight
This year make a strategic plan for weight loss. You want to lose weight, but how is that achieved? Will you have to wake up early to make it to the gym? Do you need to buy a lunchbox so that you can bring your food to work? Think about what you have done in the past that wasn't successful. Prepare for the obstacles that you've faced in the past so that you can be successful this year. This is your year. Weight loss is linked to better health and better quality of life.

Start Weight Training
Weight lifting is extremely beneficial to your health. In addition to increasing your muscle tone, it is crucial for bone health, prevention and control of diabetes, and increasing lean body mass.

Stand up
Sitting is the new smoking. Most of us sit all day at work. This is somewhat unavoidable due to the nature of our job. To offset this somewhat, set a reminder on your phone to stand up every hour. It doesn't seem like much but you can get lost in your work and end up sitting for 4 hours straight. Take it one step further and purchase a pedometer. Every 1500 steps equals 1 mile. Gradually increase your steps to 10,000 for a low cost way to greatly impact your health.

ORGANIC PRODUCE DELIVERED TO YOUR OFFICE

Happy New Year! Have your resolved to eat healthier in 2016? Miami-Dade County Wellness will make it a little easier to reach your goals. The Stephen P. Clark Center will now be a host location for Endlessly Organic, an organic produce buying club offering a variety of pre-selected organic produce box subscriptions. Simply go online and order your produce and every other week your purchases will be delivered to the SPCC for you to pick up. Fresh and organic fruits and veggies without the hassle of going to the store! For more information please contact wellnessworks@miamidade.gov. Also, your DPR's will have details and discount codes.

Prevention is the Best Medicine

Did you know that you're covered at 100 percent – that means no copays, no cost sharing, and no coinsurance – for preventive services when you get them from within a participating network? Services include, but are not limited to:

Make your health a priority.

- Well-woman exam, including pap smears
- Annual physical examinations
- Well-child care and immunizations
- Colorectal cancer screening, including colonoscopies
- Mammograms
- Blood pressure, diabetes and cholesterol testing
- Obesity screenings
- Counseling on quitting smoking
- Osteoporosis screening
- Depression screening
- Tests to screen for HIV and other sexually transmitted disease

For a complete list of covered preventive care services please visit AvMed.org. For assistance, simply call AvMed's Member Engagement Center at the number listed on your AvMed Member ID card.

Wondering About Wellness - Ask Desiree

Question: What are blood pressure numbers and what exactly do they mean?

Answer: When your heart beats, it pumps blood round your body to give it the energy and oxygen it needs. As the blood moves, it pushes against the sides of the blood vessels. The strength of this pushing is your blood pressure. If your blood pressure is too high, it puts extra strain on your arteries (and your heart). The first number of a blood pressure reading is the systolic pressure, which is measured when the heart is pumping. The second or bottom number is the diastolic blood pressure, which is measured when the heart is relaxed between beats. Here are the blood pressure categories:

- Normal: A systolic measurement of less than 120 *and* a diastolic measurement of less than 80
- Prehypertension: A systolic measurement of 120 to 139 *or* a diastolic measurement of 80 to 89
- Stage 1 HBP: A systolic measurement of 140 to 159 *or* a diastolic measurement of 90 to 99

Do you have a question about wellness? *Submissions welcome. Please submit your questions to Wondering About Wellness to wellnessworks@miamidade.gov*

UPCOMING EVENTS

Mercedes Benz Corporate Run

Quite possibly Miami's biggest annual office get-together, the Mercedes-Benz Corporate Run returns to shake things up in Downtown Miami on Thursday, April 28, 2016. Register with the Miami-Dade County team and you'll get a T-shirt, snacks, beverages, a spot under our tent and a great time! Family and friends are welcome to participate. The 5K race (3.1 miles), which has been promoting fitness and friendship since 1985, kicks off at 6:45pm at Bayfront Park in Miami. See you at the finish line!

Click here to register!

ACTIVE events

Miami Marathon & Half Marathon
Sunday, Jan. 24 @ 6:00am
American Airlines Arena
Click here for details

Survival Beach Adventure Race
Saturday, Jan. 30 @ 9:30am
Haulover Beach Park
Click here for details

Run2Wyn 5K
Sunday, Feb. 21 @ 7:30am
Wynwood Art District
Click here for details

The Voices for Cerebral Palsy – Bows & Bowties 5k
Sunday, Feb. 28 @ 8:00am
Coral Reef Park, Palmetto Bay
Click here for details

Surfside Beach 5k Run
Sunday, Feb. 21 @ 8:00am
Surfside Beach
Click here for details