



November 2018



WELLNESSWORKS
MIAMI-DADE COUNTY

Wellness Watch

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



NATIONAL DIABETES AWARENESS MONTH!



Holidays can be a time of great anxiety for people with diabetes because it's so focused on food. So plan ahead, here's how you can sail through the season with less stress. Don't let questions about what to eat, how much to eat and meal timing dampen your holiday. Plan in advance, so you can fend off stress and fully enjoy the day and keep your diabetes management on track.

Think About the Timing of Your Meal

Many families eat large meals at odd times on holidays. For example, Thanksgiving dinner may be served in the middle of the afternoon. Plan in advance for how you will handle making changes if your meal does not line up with your regular meal schedule. If you take insulin injections or a pill that lowers blood glucose, you may need to have a snack at your normal meal time to prevent a low blood glucose reaction. Check with your health care team about this.

Be Physically Active

The best way to compensate for eating a little more than usual is to be active. Start a new tradition that involves moving around and away from the food. Ideas include taking a walk with the whole family or playing

Frisbee, soccer, or touch football with your children, grandchildren, or the neighborhood kids.

Try Healthier Versions of Your Favorite Holiday Foods

Be creative and make your favorite recipes lower in calories. Can you steam green beans instead of sautéing them in butter? Use a little less sugar in your fruit pie. The natural sweetness of the fruit doesn't require a lot of added sugar.

Nibble

Have foods to nibble on while you are cooking or waiting to eat. Make sure the foods you choose won't sabotage blood glucose levels before the meal. Bring a platter of raw or blanched veggies with your favorite low-calorie dip or have a few small pieces of low-fat cheese

Eat Smaller Portions

If you can't decide on one or two carbohydrate foods to eat, take very small portions or "samples" of several dishes. Don't feel like you have to sample everything on the table. Have a reasonable portion of your favorites and pass on the rest.

For more healthy eating tips, visit <http://www.diabetes.org/fo>

BEATING HOLIDAY STRESS



Our tidings of comfort and joy can so easily be devoured by the insatiable stress to do it all, be it all, and buy it all. And that stress is nothing to ho, ho, ho about, it increases your risk of illness. It is possible to survive the holiday frenzy without feeling frantic -- if you know how. Here are top tips from some of the nation's leading stress experts.

Strategy: Eat to stave off tension as well as hunger.

Tip 1. Carbo-charge your body.

It's 4 p.m. on Dec. 23, and you're stuck in an interminable line at the post office. It's time for a snack, but not just any snack. Wurtman says the secret is choosing carbohydrates with low or no fat -- maybe a handful of pretzels or, if you crave something sweet, a few Tootsie Rolls or jellybeans (just 30 grams).

Tip 2. Eat mini-meals.

If you're up against chronic holiday stress, try eating several small meals or snacks throughout the day instead of a couple of big ones. Just be careful to keep your total intake of calories about the same.

Tip 3. Zero in on stress points and fix them.

The holidays often generate a vicious cycle: Stress causes people to eat more and richer foods, which causes them to gain weight, which makes them feel even more stressed. Plan ahead with meals and give yourself 10 guilt-free minutes of time-out to relax.

Source: Nutritional biochemist Judith Wurtman

Strategy: Put whatever's stressing you in perspective.

Tip 1. Ratchet down stress by lowering expectations.

Remember, those Norman Rockwell families are strictly two-dimensional -- don't expect them to bear much resemblance to your own family gatherings. Expect some irritations and imperfections, then relax and have a good time in spite of them.

Tip 2. Don't go it alone.

Holidays can be a lonely time for some. Connect with family, friends, even others who face similar isolation.

Tip 3. Remember the reason for the season.

Take the time and effort to reaffirm what this season really means to you, whether it is about family, community, religion.

For more tips, visit <https://www.webmd.com/balance/stress-management/features/beating-holiday-stress#1>

Source: Robert Sapolsky, professor of biological sciences and neurology

BUTTERNUT SQUASH SOUP



INGREDIENTS

- One 2 -to 3 -pound butternut squash, peeled and seeded
- 2 tablespoons unsalted butter
- 1 medium onion, chopped
- 6 cups chicken stock
- Nutmeg
- Salt and freshly ground black pepper

DIRECTIONS

Cut squash into 1-inch chunks. In large pot melt butter. Add onion and cook until translucent, about 8 minutes. Add squash and stock. Bring to a simmer and cook until squash is tender, about 15 to 20 minutes. Remove squash chunks with slotted spoon and place in a blender and puree. Return blended squash to pot. Stir and season with nutmeg, salt, and pepper. Serve.

HEALTHY SELFIE



Paul Lefrak,
Miami-Dade Public Library System

**Have you made
fitness part of your lifestyle?**

Send us a picture
showing you participating
in your favorite type of
exercise and you will be
entered in
a raffle to win a prize.

Email photos to:
WellnessWorks@MiamiDade.gov.

NOVEMBER EVENTS

| Date | Event | Location |
|--------------------------------|--|---|
| Saturday, Nov. 10, 2018 | 41st Annual Key Biscayne Lighthouse Run | Bill Baggs State Park, 1200 S Crandon Blvd., Key Biscayne, FL 33149 |
| Sunday, Nov. 20, 2018 | Honor Our Veterans 5K | TROPICAL PARK, 7900 SW 40th St., Miami, FL 33155 |
| Saturday, Nov 17, 2018 | 5K-10K-Whiskey Creek Run | John U. Lloyd Beach State Park, 6503 North Ocean Drive, Dania Beach, FL 33004 |
| Friday, Nov. 23, 2018 | 5K - Nite Trail Run | Amelia Earhart Park, 401 East 65th Street, Hialeah, FL 33012 |
| Saturday, Nov. 24, 2018 | 5K-10K-half marathon Cross Country Run | Amelia Earhart Park, 401 East 65th Street, Hialeah, FL 33012 |