



December 2018

W WELLNESSWORKS
MIAMI-DADE COUNTY

Wellness Watch

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



HEALTH COACHING WORKS!



The WellnessWorks program offers FREE health coaching to Miami-Dade County employees and their families who are enrolled in AvMed. Health coaches provide personalized guidance to MDC employees so they can reach their health goals. To learn more about the program or to set up an appointment, email WVOnsiteCoaching@AvMed.org.

"Lara has been instrumental in my weight loss these past few months. Her positive and caring attitude provided me with the motivation I lacked to begin exercising again. She provides me with weekly exercise routines combining cardio and strength training. In addition, she monitors my food intake with weekly logs. She has provided tips on how my eating could improve with healthier alternatives, recipes etc. Meeting with her for weigh-ins and measurements continues my motivation. The benefit of having a Wellness Coach accessible has given me the opportunity to make lifestyle changes. Although I consider myself a work in progress, I have Lara to thank for her continued guidance" - **Idania Barroso**



Idania Barroso
Real Estate Officer
Miami-Dade County Internal Services
Department

Weight loss: 19lbs
Inches lost: 71 inches
BMI: Decreased 2.5 points

WINTER EXTRAVAGANZA

Join the WellnessWorks and Employee Discount Programs on Friday, December 14th, from 10am-2pm in the SPCC lobby to celebrate a stress-free holiday season! You can shop for deals from the discount merchants and take a picture with Santa. De-stress at 12 WellnessWorks holiday stations including massages, healthy holiday recipes, beauty treatments and more. For more information, contact WellnessWorks@MiamiDade.gov.



CINNAMON WALNUT PORRIDGE



INGREDIENTS

- 1 ripe pear
- 2/3 cup rolled oats
- 1 cup almond milk
- 1 teaspoon of cinnamon
- 1 tablespoon of maple syrup
- Handful of roasted walnuts, chopped

DIRECTIONS

Preheat oven to 350°F.

Cut your pear into slices and place them on a baking tray with a tablespoon of maple syrup and a teaspoon of cinnamon. Roast in the oven for 15-20 minutes until golden, adding the walnuts right at the end to toast.

While your pear is baking in the oven, make your porridge; place your oats, milk, a teaspoon of cinnamon and a tablespoon of maple syrup in a pan over a medium heat. Cook for about 5-8 minutes until smooth and creamy. Once your pears are cooked, place them on top of your porridge with the chopped walnuts and enjoy!



HEALTHY SELFIE

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DSWM - Waste Enforcement Officer

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.

December is Safe Toys & Gifts Month

When it comes to toys and gifts, the excitement and desire to get your children their favorite toys may cause shoppers to forget about safety factors associated with them. Before you make these purchases, it is critical to remember to consider the safety and age range of the toys.

Prevent Blindness America has declared December as Safe Toys and Gifts Awareness Month. The group encourages everyone to consider if the toys they wish to give suit the age and individual skills and abilities of the child who will receive it, especially for infants and children under age three.



This holiday season (and beyond), please consider the following guidelines for choosing safe toys for all ages:

- Inspect all toys before purchasing. Avoid those that shoot or include parts that fly off. The toy should have no sharp edges or points and should be sturdy enough to withstand impact without breaking, being crushed, or being pulled apart easily.
- When purchasing **toys for children with special needs** try to: Choose toys that may appeal to different senses such as sound, movement, and texture; consider interactive toys to allow the child to play with others; and think about the size of the toy and the position a child would need to be in to play with it. Consult the "AblePlay" website at <http://www.ableplay.org/> for more information.
- Be diligent about inspecting toys your child has received. Check them for age, skill level, and developmental appropriateness before allowing them to be played with.
- Look for labels that assure you the toys have passed a safety inspection – "ATSM" means the toy has met the American Society for Testing and Materials standards.
- Gifts of sports equipment should always be accompanied by protective gear (give a helmet with the skateboard)

For more safety tips, visit <https://www.healthtradition.com/december-issafe-toys-and-gifts-month/>.

DECEMBER EVENTS

Date	Event	Location
Sunday, Dec. 9, 2018	2018 Joe DiMaggio Children's Hospital "Run for Tomorrow" Half Marathon, 5K and 1-Mile walk	Cypress Bay High School, 18601 Vista Park Blvd., Weston, FL 33332
Sunday, Dec. 9, 2018	The 4th Annual Breanna Vergara 5K & Color Run	Miami Lakes Park West, 15101 NW 82nd Avenue, Miami Lakes, FL 33016
Saturday, Dec. 15, 2018	5K-Dog Run	Amelia Earhart Park, 401 east 65th Street, Hialeah, FL 33012
Saturday, Dec. 16, 2018	MIA 5K iRun x LuluLemon	Upper Buena Vista, 184 NE 50th Terrace, Miami, FL 33137