



January 2019



**WELLNESSWORKS**  
MIAMI-DADE COUNTY

# Wellness Watch

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



## NEW YEAR NEW YOU!



WellnessWorks is here to help you start your New Year right! By taking these three simple steps you can make your health a priority while also earning yourself entry to the WellnessWorks raffle for \$250.

- 1. Complete your Personal Health Assessment (PHA).** This ten minute questionnaire will give you great information about your current health and how you can make improvements. As a bonus you will earn \$20 for completing your PHA. To get started, log on to Healthyroads at [www.healthyroads.com](http://www.healthyroads.com). Go to Incentives/ Plan Summary/ Personal Health Assessment. If you don't have an account, you can register on the same page.
- 2. Meet with a Health Coach or Nutritionist.** Work with a dedicated health professional to meet your health goals for 2019. This service is completely free for MDC employees and sessions can be conducted in person or over the phone. To schedule your appointment, send an email to [WWOnsiteCoaching@AvMed.org](mailto:WWOnsiteCoaching@AvMed.org).
- 3. Take 3 online classes.** [www.healthyroads.com](http://www.healthyroads.com) offers a variety of short health focused classes ranging from sleep improvement and weight loss to conquering lower back pain and stress management. **Choose** from over 100 hundred videos to select your three classes. To get started, log on to Healthyroads at [www.healthyroads.com](http://www.healthyroads.com) / Health Resources/ Online Classes.

*All WellnessWorks rewards are subject to applicable payroll taxes.*

## JANUARY EVENTS

Date	Event	Location
<b>Sunday, Jan. 13, 2019</b>	<b>4th Annual Rainbow Run</b>	The Pride Center, 2040 N. Dixie Hwy., Wilton Manors, FL 33305
<b>Tuesday, Jan. 15 &amp; Jan. 22, 2019</b>	<b>Food After 40: Nutrition for Smart Women 12pm-1pm</b>	Stephen P. Clark Center Room 18-4, 111 NW 1st Street, Miami FL 33128
<b>Wednesday, Jan. 16, 2019</b>	<b>Is Bariatric Surgery Right for You? 12:30pm-1:30pm</b>	Stephen P. Clark Center Room 18-4, 111 NW 1st Street, Miami FL 33128
<b>Saturday, Jan. 19, 2019</b>	<b>Be a Hero, Run for a Kid 5K</b>	Charnow Park, 300 Connecticut Street, Hollywood, FL 33019
<b>Wednesday, Jan. 30, 2019</b>	<b>Tai Chi Class 5:30 pm-6:30 pm</b>	Aviation Department, 4200 NW 36th Street, Building 5A, Second Floor, Miami, Florida 33142

## SPINACH AND FETA QUICHE WITH A SWEET POTATO CRUST



### INGREDIENTS

- Cooking spray
- 2 medium sweet potatoes, peeled and cut into 1/8-in.-thick slices
- 1 teaspoon canola oil
- 1/2 cup sliced onion
- 1 (5-oz.) bag fresh baby spinach
- 1/2 cup 1% low-fat milk
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon crushed red pepper
- 4 large eggs
- 2 large egg whites
- 1.5 ounces feta cheese, crumbled (about 1/3 cup)

### DIRECTIONS

Preheat oven to 350°F.

Coat a 9-inch pie plate with cooking spray. Layer sweet potatoes in slightly overlapping concentric circles on bottom of plate, cutting slices in half to fit (rounded side up) around the sides. Coat potatoes with cooking spray. Bake in preheated oven for 20 minutes or until potatoes are slightly tender. Place pan on a wire rack. Increase oven temperature to 375°F.

Heat a large nonstick skillet over medium. Add oil and onion; sauté 3 minutes. Add spinach; sauté 3 minutes. Remove from heat; cool.

Combine milk and next 5 ingredients (through egg whites) in a medium bowl; stir with a whisk. Arrange spinach mixture in crust; pour egg mixture over spinach. Sprinkle with feta. Bake at 375°F for 35 minutes or until egg mixture is set. Let stand 5 minutes; cut into 8 wedges.

*Recipe from Cooking Light.*

## HEALTHY SELFIE



WellnessWorks would like to thank everyone that has contributed to the Healthy Selfie article in 2018. The individuals listed below were featured over the year and have each earned a WellnessWorks swag bag! Please contact [wellnessworks@miamidade.gov](mailto:wellnessworks@miamidade.gov) to claim your prize. To be featured in the Healthy Selfie article in 2019, please submit high quality images of yourself participating in your favorite fitness activities.

**Gabriela Caballero, Marilyn Jordan, Sheena Lindsay, Gidget McLean, Frantz Augustin, Kathryn McMillian-White, Carla Cunningham, Cecilia Santiago, Bruce W. Hardaway (previous nine from Finance), Jerrad A. Carter (HR), Yelena Dash (ITD), Catalina Otero (CA), Blanca Morales (AMS), Dan Gonzales (HR), Mariela Alvarez (WASD), Susana Ramirez-Lapp (HR), Ricardo Bran (HR), Ingrid Martinez (HR), Paul Lefrak (MDPLS) and Yusniel Yumar (DSWM).**

## Five Tips to Keep Your Resolution

A new year is a great opportunity to eliminate bad habits and establish new routines that will help you grow psychologically, emotionally, socially, physically, or intellectually. Of course, resolutions are much easier to make than to keep. By the end of January many of us have abandoned our resolve and settled back into our old patterns. So what can you do to make your resolution stick?



- 1. Choose a SMART Goal** (Specific. Measurable. Attainable. Relevant. Time-based). Choosing a concrete, achievable goal also gives you the opportunity to plan exactly how you are going to accomplish your goal over the course of the year.
- 2. Pick Just One Resolution.** Focus your energies on one goal rather than spreading yourself too thin among a number of different objectives.
- 3. Don't Wait Until the Last Minute:** Planning is an essential part of achieving any goal. Experts suggest that you should spend some time thinking about how you will tackle a major behavior change.
- 4. Avoid Repeating Past Failures:** If you do choose to reach for the same goals you've tried for in the past, spend some time evaluating your previous results. Which strategies were the most effective? Which were the least effective? What has prevented you from keeping your resolution in past years? By changing your approach, you will be more likely to see real results this year.
- 5. Remember that Change is A Process:** Those unhealthy habits that you are trying to change probably took years to develop, so how can you expect to change them in just a matter of days, weeks, or months? It may take longer than you would like to achieve your goals, but remember that this is not a race to the finish. Once you have made the commitment to changing a behavior, it is something that you will continue to work on for the rest of your life.

If you would like to work with a professional on goal setting, accountability and behavior change, please contact the WellnessWorks coaching team at [WWOnsiteCoaching@AvMed.org](mailto:WWOnsiteCoaching@AvMed.org). For more details on resolution tips visit: <https://www.verywellfit.com/new-years-resolution-revolution-1231269>.