



June 2019



WELLNESSWORKS
MIAMI-DADE COUNTY

Wellness Watch

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



JUNE IS MEN'S HEALTH MONTH

On average, men die five years younger than women, and die at higher rates from nine of the top 10 causes of death, which include heart disease, cancer, cerebrovascular disease, respiratory disease, influenza and pneumonia, liver disease and cirrhosis, diabetes, kidney disease, and HIV. Men are also less likely than women to be insured. All of this impacts their ability to be involved fathers, supportive partners, and engaged community members.

There are quite a few things you can do to help dad as Father's Day nears—and even more that all of us can do to help men all year.

Get regular check-ups. Most men need to pay more attention to their health. Compared to women, men are more likely to make unhealthy or risky choices and put off regular check-ups and medical care. Certain diseases and conditions may not have symptoms, so check-ups help diagnose issues early. If you can't remember the last time you had a check-up, call and make an appointment.

Sleep matters. Not getting enough sleep is associated with chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity, and depression. Lack of sleep is also responsible for motor vehicle and machinery-related accidents, causing significant injury and disability yearly. The National Sleep Foundation recommends that adults need between 7-9 hours of sleep.

Move more, sit less. June is a great time to start a healthier lifestyle by being more physically active. Research shows exercise helps prevent heart disease and obesity, and lowers blood pressure. Aim for 30 to 60 minutes on most days. You can even spread it out over the course of your day.

Eat healthier. Ways to improve the nutritional quality of your diet include eating a varied diet rich in fruits, vegetables, whole grains and low-fat foods. Especially limit cholesterol intake and avoid saturated fats. Be a healthy role model and encourage others to eat healthy and lead by example.

Toss tobacco. It's never too late to quit. According to the Centers for Disease Control and Prevention, quitting smoking



has immediate and long-term benefits. It improves health and lowers risk of heart disease, cancer, lung disease, and other smoking-related illnesses. Avoid being around secondhand smoke. Inhaling other people's smoke causes health problems similar to those of smokers.

Pay attention to warning lights. When a warning light flashes on the car dashboard, most men take the car to the shop. But when warning lights flash on their body, most men don't (or won't) notice. Examples of flashing lights to look for are changes in bowel or bladder habits, persistent backaches, recurrent chest pains, shortness of breath, excessive thirst and extreme fatigue. Keep track of your numbers for blood pressure, blood glucose, cholesterol, body mass index (BMI), or any others you may have.

Women and men should educate themselves about potential male health problems. Check out www.menshealthnetwork.org for resources and health facts.

GRILLED SALMON WITH HERB AND MEYER LEMON COMPOUND BUTTER



Grilled salmon will make for a light lunch or dinner and help kickoff your summer in a sizzling fashion – let's all prep our grills and enjoy this easy and delicious meal!

INGREDIENTS:

- 1 stick butter, room temperature
- 2 Meyer lemons, zested
- ½ bunch dill, finely chopped
- ½ bunch thyme, picked and finely chopped (lemon thyme is even better)
- 1 small clove garlic, finely chopped
- Kosher salt
- 4 (6-ounce) salmon fillets, skin-on
- Extra-virgin olive oil

Preparation:

1. In a small bowl, combine the butter, zest, herbs and garlic. Mix until everything is well mixed. Season, to taste, with salt. If using right away, keep the butter at room temperature. If making ahead, reserve in the refrigerator and bring to room temperature before using.
2. Preheat grill to medium.
3. Let salmon come to room temperature. Season with salt and coat with olive oil. Brush and oil the grill. Place the salmon, skin side down. After 2 to 3 minutes, rotate the salmon 90 degrees to create cross-hatch grill marks on the salmon skin. Cook for another 3 to 4 minutes.
4. Turn the salmon over and cook for another 2 to 3 minutes. If the salmon starts to burn, or the flames flare up move the fish to a cooler part of the grill.* Remove from the grill and top with the room temperature compound butter.
5. *Tip: It is a general rule to cook fish for 8 minutes per inch of thickness. If you like your salmon cooked to about medium, cook it for a little less.

<https://www.foodnetwork.com/recipes/anne-burrell/grilled-salmon-with-herb-and-meyer-lemon-compound-butter-recipe-1946820>

HEALTHY SELFIE

Mercedes Marrero and Corey Edwards of the Miami-Dade Human Resources Department enjoyed some good friendly competition in the WellnessWorks Combine event at the "Score Big" Spring into Wellness Fair on May 10th at the Steven P. Clark Center.

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.



JUNE EVENTS

Sunday, May 26, 2019 – Saturday, June 22, 2019

Step Up Your Game: Steps Challenge

Friday, June 7, 2019

FIU Kayaking

Florida International University, 3000 N.E. 151 Street, Wellness and Recreation / Room: WUC 160 Miami, FL 33181

Saturday, June 8, 2019

Pawsitive Strides 5K

TY Park, 3300 North Park Road, Hollywood, FL 33021

Sunday, June 9, 2019

3rd Annual Beerfest 5K event

C.B. Smith Park, 900 N. Flamingo Rd., Pembroke Pines, FL 33028

Wednesday, June 19, 2019

Cool Summer Self Care Series

Government Center Lobby, 111 NW 1st Street Miami, FL 33128

Thursday, June 20, 2019

FIU Night Kayaking 2019

Florida International University, 3000 N.E. 151 Street, Wellness and Recreation / Room: WUC 160 Miami, FL 33181

Sunday, June 23, 2019

5K- DOG RUN

Amelia Earhart Park, 401 East 65th Street, Hialeah, FL 33012

SUN SAFETY – PROTECT YOUR FAMILY AND YOURSELF FROM SKIN CANCER



Nearly five million people are treated for skin cancer each year in the United States. Skin cancer can be serious, expensive, and sometimes even deadly. Fortunately, most skin cancers can be prevented.

Strategies to Stay Sun Safe Outdoors

- 1. Shade** – Seek shade, especially during midday hours. This includes 10 am to 4 pm, March through October, and 9 am to 3 pm, November through February. Umbrellas, trees, or other shelters can provide relief from the sun.
- 2. Reflecting surfaces** – Be extra careful around surfaces that reflect the sun's rays, like snow, sand, water, and concrete.
- 3. Hat** – Wear sun protection gear like a hat with a wide brim and sunglasses to protect your face and eyes.
- 4. Sunglasses** – Sunglasses protect your eyes from UV rays and reduce the risk of cataracts and other eye problems. Wrap-around sunglasses that block both UVA and UVB rays offer the best protection by blocking UV rays from the side.
- 5. Clothing** – Wear a long-sleeved shirt and pants or a long skirt for additional protection when possible. If that's not practical, try wearing a T-shirt or a beach cover-up.

- 6. Sunscreen** – Apply a thick layer of broad spectrum sun- screen with an SPF of 15 or higher at least 15 minutes before going outside, even on cloudy or overcast days. Reapply sunscreen at least every 2 hours and after swimming, sweating, or toweling off.

Did you know?

- Ultraviolet (UV) rays—from the sun or from artificial sources like tanning beds—are known to cause skin cancer.
- Damage from exposure to UV rays builds up over time, so sun protection should start at an early age.
- Broad spectrum sunscreen with an SPF of 15 or higher is important, but it shouldn't be your only defense against the sun. For the **best protection**, use shade, clothing, a hat with a wide brim, and sunglasses, as well as sunscreen.

To learn more about the Centers for Disease Control and Prevention (CDC) recommendations to help protect yourself and your family, visit <https://www.cdc.gov/cancer/skin/>

Skin Cancer Factsheet: https://www.cdc.gov/cancer/skin/basic_info/sun-safety-tips-families.htm



Cool Summer

Self Care Series

GOVERNMENT CENTER LOBBY
9:30 a.m. to 1:30 p.m.

from  **WELLNESSWORKS**
MIAMI-DADE COUNTY

This summer, WellnessWorks and Discount Ninja team up to help get you in touch with your mind, body and spirit.

ATTEND EVENTS ON
JUNE 19, JULY 17 AND AUGUST 7, WHERE YOU WILL...

- Experience Yoga, three different types will be offered to work the body, stretch muscles and center your mind.
- Sample healthy snacks and juices, learn about food choices that help you feel satisfied.
- Have some fun, bring your team to engage in wellness-focused challenges.
- Learn something new about yourself and wellness by taking part in a new version of Wellness Bingo.
- Get moving, there will be options to keep your exercise and workout routines fresh and fun.
- Reduce your stress, mindfulness and other options are available to alleviate burn out.
- Demonstrations and activities planned include chair massages, discussion groups and more.
- Opportunities to earn Wellness Points too!



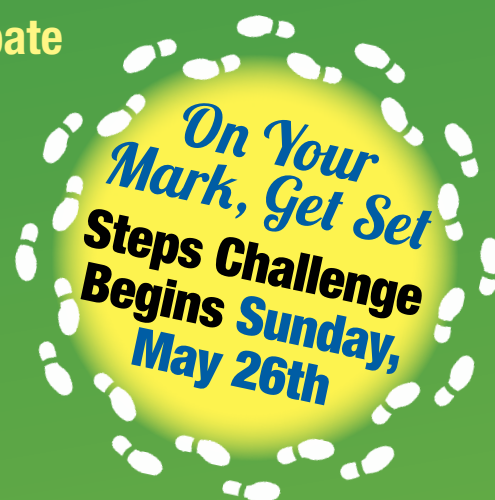
Presented by the Employee Discount Program, Benefits and Employee Support Services Division of the Human Resources Department.
Questions: Discountninja@miamidade.gov

step UP your game

Steps Challenge

The Wellness Works Program invites you to participate in our 2nd Quarter Health Challenge.

This competition will challenge everyone to reach 150,000 in 4 weeks.



What are the benefits of trying to walk 10,000 steps a day?

- Boost your energy
- Aid relaxation and clear your mind
- Improve confidence and mood
- Help manage your weight
- Promote healthier cholesterol and blood pressure
- Build stronger bones and muscles
- Reduce your risk of heart attack

Join us! Registration Opens May 13th

HOW TO ENROLL IN THE CHALLENGE

- Visit www.healthyroads.com and log in to your account
- Click on **Challenges**
- Select **"Step Up Your Game Steps Challenge"**

NEED TO CONNECT A DEVICE?

Once logged into www.healthyroads.com, click the **"My Health"** tab at the top of the page, followed by **"Connected!"**

Employees that received a Free Fitbit through the Wellness Works program in the past are not eligible for another free Fitbit. 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.)

For additional information contact the WellnessWorks team by emailing WWOnsiteCoaching@AvMed.org.



Human Resources...Matters!