



August 2019



WELLNESSWORKS
MIAMI-DADE COUNTY

Wellness Watch

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

AvMed



School Is Starting! Are your children – and YOU – up-to-date on vaccinations?

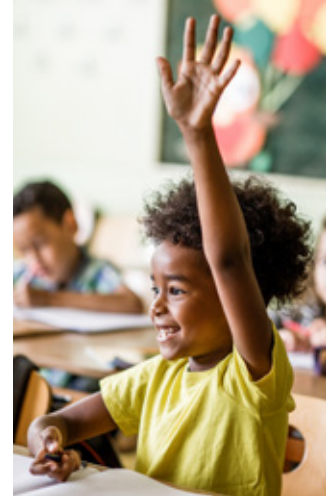
Miami-Dade County Public Schools start on Monday, August 19. Florida law requires certain vaccines to be administered before children may enroll and attend childcare and school. Children can be exempt from vaccinations if the child is unable to be vaccinated for a medical reason or for religious purposes. Vaccines do a great job of keeping people from getting serious diseases like measles. That's why it is important for you and your family to get vaccinated.

Vaccines Are Safe!

- **Vaccines are tested and monitored.** Vaccines go through years of testing before the Food and Drug Administration (FDA) licenses them for use.
- **Vaccine side effects, if any, are usually mild and go away in a few days.** The most common side effects include soreness, redness, or swelling where the shot was given. Severe side effects are very rare.
- **Vaccines are one of the safest ways to protect your health.** Receiving combination vaccines or multiple vaccines during a doctor's visit is safe and ensures children get the best protection.
- **Vaccines do not cause autism in children.** Rigorous scientific studies and reviews continue to show no relationship between vaccines and autism.
- **Vaccines do not cause the disease they prevent.** A vaccine, like your yearly flu shot, is made from a weakened or dead virus or small piece of bacteria. Your immune system responds by destroying it and "learning" to deal with it. So the next time the same virus or bacteria is around, your body can take care of it more quickly.

Who Needs to Be Vaccinated?

Vaccines work best at specific ages or life stages, such as newborns, young children, or adults. Please check with your doctor to ensure you are getting "the right vaccine, at the right time."



All Adults Age 19+ Need:

- **Influenza (flu) vaccine every year.** Did you know that AvMed pays you \$20 to get your yearly flu vaccine? Learn more at www.healthyroads.com or see your WellnessWorks Coach.
- **Diphtheria, Tetanus, Acellular Pertussis (DTaP):** Starting at age 19 one shot, and then a booster shot every 10 years.

Preventable Diseases that still exist in the US

Measles
Pneumonia
Mumps
Whooping Cough (Pertussis)
Polio
Meningococcal Meningitis
Human Papillomavirus (HPV)

Shingles (Zoster)
Flu (Influenza)
Tetanus
Rabies
Hepatitis A & B
Chicken Pox
Diphtheria



HEALTHY RECIPE OF THE MONTH: AUGUST

Garlic Roasted Salmon & Brussels Sprouts



Roasting salmon on top of Brussels sprouts and garlic, flavored with wine and fresh oregano, is simple enough for a weeknight meal, yet sophisticated enough to serve to company. Serve with whole wheat couscous.

- 14 large garlic cloves, divided
- ¼ cup extra-virgin olive oil
- 2 tablespoons finely chopped fresh oregano, divided
- 1 teaspoon salt, divided
- ¾ teaspoon freshly ground pepper, divided
- 6 cups Brussels sprouts, trimmed and sliced
- ¾ cup white wine, preferably Chardonnay
- 2 pounds wild-caught salmon fillet, skinned, cut into 6 portions
- Lemon wedges

1. Preheat oven to 450°F.

2. Mince 2 garlic cloves and combine in a small bowl with oil, 1 tablespoon oregano, ½ teaspoon salt and ¼ teaspoon pepper. Halve the remaining garlic and toss with Brussels sprouts and 3 tablespoons of the seasoned oil in a large roasting pan. Roast, stirring once, for 15 minutes.

3. Add wine to the remaining oil mixture. Remove the pan from oven, stir the vegetables and place salmon on top. Drizzle with the wine mixture. Sprinkle with the remaining 1 tablespoon oregano and ½ teaspoon each salt and pepper. Bake until the salmon is just cooked through, 5 to 10 minutes more. Serve with lemon wedges.

<http://www.eatingwell.com/recipe/252493/garlic-roasted-salmon-brussels-sprouts/>

Is this recipe healthy? YES!

Per serving: 334 calories; 15 g fat(3 g sat); 3 g fiber; 10 g carbohydrates; 33 g protein; 75 mcg folate; 71 mg cholesterol; 2 g sugars; 0 g added sugars; 990 IU vitamin A; 64 mg vitamin C; 115 mg calcium; 2 mg iron; 485 mg sodium; 921 mg potassium

Nutrition Bonus: Vitamin C (107% daily value), Vitamin A (20% dv)

Carbohydrate Servings: ½

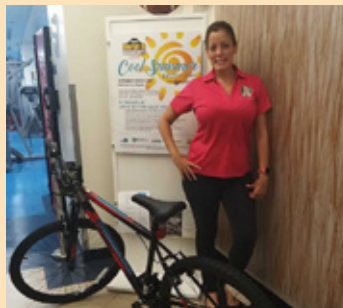
SPOTLIGHT!

COOL SUMMER SELF CARE SERIES

Miami-Dade County employees participated in the Summer Smoothie Challenge and Tricycle Hunt on July 17.



The Internal Services Department team, comprising Maria Lomeli, Tameka Lewis, and Doris Hercules, won the smoothie challenge.



Dayami Corella from Parks, Recreation and Open Spaces, won the tricycle scavenger hunt.

HEALTHY SELFIE



Blanca Morales of the Miami-Dade Audit and Management Services Department enjoyed some weight training.

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.



You Say You Don't Have Time to Go to the Gym? Think Again!



Here are eight creative ways to keep moving throughout the day! You'll get the benefits of an active lifestyle without having to set aside time to hit the gym.

1. Take your lunch break. Take regular breaks to stretch and walk around the office, and go on a walk after eating lunch to help with digestion and clear your mind for better focus.

- 2. Bike or walk to work.** If you normally drive or take public transportation to work, bike or walk instead. By getting in some activity before you get to work, you'll jumpstart your metabolism and have more energy and a sharper focus to get tasks done.
 - 3. Do short bursts of activity.** You don't have to work out for 30 minutes. Short bursts of activity throughout the day can be just as effective. Take a break every hour or two and do a set of push-ups, crunches, squats or stairclimbing for a few minutes to get your metabolism revved up again.
 - 4. Clean house.** Choosing to do everyday chores such as cleaning the house, mowing the lawn, or walking the dog is a great way to stay active throughout the day.
 - 5. Take the stairs.** Instead of taking the elevator or escalator, hit the stairs. You'll burn calories and tone at the same time.
 - 6. Park farther away.** Instead of looking for the closest parking spot, go for one that's farther away. Not only will you find a parking place much quicker, but you'll also get in some brisk walking that will help you stay in shape.
 - 7. Dance.** When hanging out with friends, find some place with good music and get out on the dance floor. You'll be twisting and turning, torching calories, and toning your abs without even feeling like you're working out.
 - 8. Exercise your mind!** Too much stress can lead to weight gain and other serious health conditions. Find a quiet space and take 5 to 15 minutes in the morning and evening to close your eyes, clear your thoughts, and breathe deeply in through your nose and out through your mouth.
- Whatever you choose, make it fun! When you're doing fun things that are active, you won't feel as pressured to set aside additional time to hit the gym.

AUGUST EVENTS TO STAY ACTIVE

Sunday, August 4, 2019	La Rooottaaa Xc MTB # 3 Bike Race	Amelia Earhart Park, 401 East 65th Street, Hialeah, FL 33012
Monday, August 5 - Friday, August 16, 2019	Quarter 3 FitBit Distributions	Various Miami-Dade County locations
Wednesday, August 7, 2019	Cool Summer Self Care Series	Government Center Lobby and West Lawn 111 NW 1 st Street, Miami, FL 33128
Thursday, August 8, 2019	FIU Night Kayaking 2019	Florida International University 3000 N.E. 151 Street Wellness & Recreation Room WUC 160 , Miami, FL 33181
Saturday, August 10, 2019	Love Serving Autism Family 5K	Tradewinds Park 3600 W. Sample Road, Coconut Creek, FL 33066
Sunday, August 18 - Saturday, September 14, 2019	Step into Fall Steps Challenge	Visit www.HealthyRoads.com to join

step into FALL

STEPS CHALLENGE



Are you ready to beat the heat and make fall the perfect time to maintain or restart your fitness goals?

From **August 18 – September 14**, challenge yourself to reach a goal of 175,000 steps in four weeks and make a positive impact on your health for the fall.

Registration Starts August 5th



HOW TO ENROLL IN THE STEPS CHALLENGE

- Visit www.HealthyRoads.com
- Log in to your account
- Click on “Challenges”
- Select “Step into Fall Steps Challenge”

TO TRACK YOUR PROGRESS

- Simply use one of the devices compatible with MDC's **WELLNESSWORKS** Connected program.
- Contact your Wellness Liaison to find out how to receive a **FREE*** Fitbit Flex 2™ activity tracker if you have not already received one.

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 **WELLNESSWORKS** 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!



Cool Summer Self Care Series

August 7

**Government Center Lobby
and West Lawn
9:30 a.m. to 1:30 p.m.**

from **W** WELLNESSWORKS
MIAMI-DADE COUNTY

Activities Include

- Catch the fun at the **Making Strides Rubber Duck Races**. Cheer your favorite or sponsor a duck for a chance at prizes. Help raise money and support **Making Strides Against Breast Cancer (MSABC)** with your donation.
- Try **Restorative Yoga** and step away from daily life. Signup at WellnessWorks@miamidade.gov. Classes take place at 9:30 a.m. or 11:30 a.m. in the coolness of the east lobby and include a free Yoga mat.
- Enjoy a picnic lunch outdoors from **Reggae Beets** and other food trucks or delicious healthy grilled chicken by the BBQ Chefs at SWM. They are also raising funds for **MSABC**.
- Your favorite, Chef Alex, from **Temple Street Eatery**, returns to join the grillers outdoors. He will be making special sauces and sides at 11 a.m. and noon. These will be added to the grilled chicken for an additional charge to benefit **MSABC**.

- The first 100 employees who signup for a free one-on-one **WellnessWorks (WW) Coaching Session** will receive a branded WW gift.
- Loosen up with a relaxing **5-minute chair massage**.
- Learn how having a pet can improve longevity and reduce stress. Bring one home from the **Animal Services Department**. They are adorable and good for you.
- **Demonstrations, samples, giveaways, contests**, and more surprises from sponsors and participating merchants.
- SWM will have its signature pink truck outside to support **MSABC** with the Book Mobile from MDPLS. Indoors, HR and others will have items for sale in support of **Making Strides**.

Stop By And Meet...

4Elementum
AAA / Auto Club Group
Animal Services Department
Barry University
BJs Wholesale Warehouse
Brightline
Caballero Rivero
Care Florida

Chamberlain University
Conchman
Dade County Federal Credit Union
Dream Vacations
Drive Safe Palmetto Express
Eyes on the Job
Florida Center for Allergy & Asthma Care
FIU Graduate Admissions
Healthy Xpress
Icestasy - The real Italian Ice

ICMA RC
Lux Lifestyle Chiropractic
Miami-Dade County Library
MDC Transportation and Public Works
RER - Air Quality and Your Health
T-Mobile
Toyota of North Miami
Two2Guys
Volunteer Ambassador Program/ MDC
Aviation Department

