



September 2019



WELLNESSWORKS
MIAMI-DADE COUNTY

Wellness Watch

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



September Is National Yoga Awareness Month

Your Health Coach says Yoga is good for you—and science proves it!



Yoga is an ancient practice that unifies mind and body. It combines breathing exercises and poses to encourage relaxation while improving inner and outer strength. The practice varies in levels from “restorative” (gentle Yoga) to “power” (athletic Yoga) and comes in many forms with names such as Ashtanga, Vinyasa and Hatha.

Science has shown that practicing Yoga comes with many benefits for both mental and physical health, such as:

1. Can reduce the chronic pain in conditions such as osteoarthritis and carpal tunnel syndrome.
2. Can diminish stress by lowering levels of cortisol, and can decrease anxiety, fatigue and depression.
3. Diminishes inflammation that can lead to illness and diseases, such as heart disease, diabetes and cancer.
4. Reduces the risk of heart disease by lowering blood pressure and cholesterol.
5. Enhances overall Quality of Life by improving sleep quality, spiritual well-being and, in group Yoga, developing social connections.

The Miami-Dade Parks, Recreation and Open Spaces Department offers free yoga classes at some locations. Benefits for Miami-Dade County employees also include low rates at many gyms and fitness centers, including the Stephen P. Clark Center Employee Wellness Center and the Downtown Public Library (<https://www.miamidade.gov/wellness/>).

HEALTHY SELFIE

Wieland Uchdorf of the Miami-Dade Solid Waste Department and Vivian Uchdorf of the Miami-Dade Human Resources Department demonstrate the importance of spousal support and encouragement through their participation in the Biggest Winner Challenge together. Both are pictured here with Wellness Coach, Jalessa Brandon, at a scheduled challenge weigh-in.

Send us a picture showing how you make Wellness work for you and you will be entered in a raffle to win a prize. Whether you are exercising, attending presentations or learning something new, please share! Email photos to: WellnessWorks@MiamiDade.gov.



HEALTHY RECIPE OF THE MONTH: SEPTEMBER

Healthy & Hearty Lentil Soup



Welcome Fall with this easy and comforting recipe that's healthy & hearty – and quick enough to make after work for a comforting family dinner.

INGREDIENTS

- 1 tbsp. olive or canola oil
- 2 carrots, peeled and diced
- 2 celery stalks, diced
- 1 small onion, diced
- 1 14-oz. can diced tomatoes, with juices
- 10 oz. dry lentils

- 3 cloves garlic, minced
- 2 tsp. cumin
- 2 tsp. thyme (fresh or dried)
- 1 tsp. coriander
- 1/4 tsp. crushed red pepper flakes (more if desired)
- 1 tsp. kosher salt
- Freshly ground black pepper
- 4 cups vegetable broth
- 4 cups baby spinach

DIRECTIONS

In a large pot over medium-high heat, heat olive oil. Add carrots, celery, and onion, and cook until beginning to soften, 5 minutes. Add garlic, cumin, coriander, and red pepper flakes, and cook 1 minute, stirring constantly, then season with salt and pepper.

Add tomatoes, lentils, thyme, and vegetable broth and bring to a boil. Reduce heat, cover partially, and simmer until lentils are tender and soup has thickened, 20 minutes. (If most of liquid has been absorbed, add in ½ to 1 cup more water.)

Stir in spinach and continue cooking until wilted, 2 minutes, then season with salt and pepper.

FIVE STEPS TO MAKE SIMPLE CHANGES TO YOUR HEALTH

1. Find your personal Motivation. The “secret” to making – and keeping – healthy habits is to be and stay motivated. Think about what motivates you to be healthy or become healthier: Is it for your family? To avoid diseases and adverse conditions? Maybe to look better and feel more vibrant? Keep your motivation close, as in a photo of your family on your desk or in your wallet to remind yourself of WHY you want to be – and stay! – healthy or healthier.

2. Set a firm, “do-able,” Goal. Make your goal specific, measurable and realistic. Write down your goal and also keep it close, maybe in your wallet or pocket. Examples of a goal could be “I will walk 10,000 steps around my office building during my lunch break every day,” or, “I will stop smoking by Nov. 25 by cutting back five cigarettes each day until I quit and stay smoke-free.” Think about your personal motivation and pull out your written goal statement frequently to keep you on track.

3. Take Small Steps that lead to big results. As you pursue your healthiest



self, take small, but incremental action steps towards your goal. For example, if you are starting a walking program, begin with small action steps. At first, that 175,000 Step Challenge might sound daunting, but if you start walking 2,000 steps a day, then 3,000 and onward, you will soon be walking much more than you thought you could! Little steps lead to big results when you do them consistently and incrementally.

4. Make the process Fun! Making simple changes to your health are more fun when you reward yourself along the

way. Lost 5 pounds? Treat yourself to a manicure or a football game. Cut back on smoking to ½ pack a day? Reward yourself with a nice (and healthy!) meal.

5. Be Accountable to someone else.

Being accountable to someone else helps many people stay motivated to make a healthy change. For example, when you agree to meet a co-worker for a walk around the building, you are more likely to keep your “walking date.” Sharing healthy potluck lunches or having a lunch buddy can make it more fun than eating alone.

Do you need some help in making a healthy change? Don't know how or where to start getting healthier? Come see a Health & Wellness Coach – a free, personal and confidential benefit to Miami-Dade County employees under AvMed health plans. The Health & Wellness Coaches are on the 20th floor of the Stephen P. Clark Building (Government Center downtown). To make an appointment, please email WWOnsiteCoaching@avmed.org



The Challenge Begins August 18th

Make FALL the Perfect Time to Achieve Your Fitness Goals

step into FALL

STEPS CHALLENGE

AUGUST 18 – SEPTEMBER 14

CHALLENGE YOURSELF...
Complete 175,000 Steps in Four Weeks

Registration Now Open

How to Register for Steps Challenge

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

AvMed WELLNESSWORKS MIAMI-DADE COUNTY

Human Resources...Matters!



The 3rd Annual Miami-Dade County WELLNESSWORKS

REGISTRATION Now Open!

5K "SUPER" FAMILY FUN DAY

\$5 PER PERSON UNTIL Sept 15

SATURDAY, OCT 19
7:00 AM - 1:30 PM
(Seaquarium closes at 6 PM)

MIAMI SEAQUARIUM

Registration Open through September 27

Early Registration (Until Sept 15) \$5.00
Late Registration (Sept 16 - Sept 27) \$10.00

TO REGISTER and for more information visit
miamidade.gov/FamilyFunDay

PARKING
Before 9:30 AM Complimentary
After 9:30 AM \$10 (No exceptions)

AvMed WELLNESSWORKS MIAMI-DADE COUNTY

SEPTEMBER EVENTS TO STAY ACTIVE

Saturday, September 7, 2019	Beach Take-Over and Coastal Clean-Up	Virginia Key Outdoor Center, 3801 Rickenbacker Causeway, Miami, FL 3314
Sunday, September 8, 2019	Runner's Depot Fire Hero 5K Run/Walk (Broward County)	Hollywood Beach Boardwalk, Charnow Park 300 Connecticut Street, Hollywood, FL 33019
Sunday, September 8, 2019	Miami Iron Kids Event	FIU Biscayne Bay Campus, 3000 NE 151 ST Street, Miami, FL 33181
Friday, September 13, 2019	Employee Recognition Fair, Biometric Screenings & Flu Shots	MLK - Waste/Corrections (10 am - 2 pm) 2525 N.W. 62nd Street Miami, FL 33147
Saturday, September 21, 2019	5K-10K - Half Marathon Cross Country Run	Amelia Earhart Park, 401 East 65th Street, Hialeah, FL 33012
Saturday, September 21, 2019	FIU Kayaking 2019	Florida International University, 3000 N.E. 151 ST Street, Wellness and Recreation/Room WUC 160, Miami, FL 33181