



November 2019



WELLNESSWORKS
MIAMI-DADE COUNTY

Wellness Watch

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

AvMed



Weight Gain and the Holidays: Steps to Prevent

How to avoid holiday weight gain

It seems to happen every holiday season.

You attend parties and office gatherings to share a few festive moments with family, friends, colleagues and lots and lots of food. But when the holiday season is finally over, the bathroom scale reveals that you've gained some weight again, much to your chagrin.

Research studies show most adults gain some weight over the holidays. But don't despair because this year can be different.

How can you try to maintain your weight and heart-health during such a tempting time? We've conjured up these tips to surviving the holiday hoop-la that is sure-fire success – this season and in the future ones to come.

1. Get moving

One of the most effective ways to maintain or lose body weight is to engage in regular, sustained aerobic activity (*). To burn off those extra calories, kick up your exercise. If you exercise for 30 minutes a day, increase it to 45 minutes. If you exercise three times a week, move it up to five times a week.

Exercise is a great way to burn those extra calories you may be taking in this time of year (remember those iced reindeer cookies you had with lunch?). Here are some ideas to get you moving:

- If you have a stationary bicycle or treadmill at home, dust it off and put it in front of the television or radio for some background entertainment while you're exercising. Why not watch your favorite television show and exercise at the same time?
- Go to the library and get a book on tape or CD, listen to it and read (so-to-speak) as you exercise.
- Haven't used your gym-pass in a while? Hire a personal trainer to teach you effective calorie-burning techniques, or join that kick boxing class you've always wanted to try.
- Go for a morning or evening walk alone or with a friend.
- Put a little kick in your cleaning technique. Fire up some music and dance while you clean. Who ever knew cleaning could be so fun?



- Have bad knees or other joints? Don't worry – water aerobics or swimming is your answer! The water prevents your weight bearing down on the joints and is an effective way to burn calories.

(*) If you haven't exercised in at least 6-months, check with your doctor first before starting.

2. Aim for 7 a day

Making sure you eat seven or more servings of fruits and vegetables each day is a great way to help fill-up your stomach but not your calorie level. When compared to other snack foods like chips, crackers and cookies, gram for gram, fruits and vegetables contain fewer calories and tons more nutrients. What's more – the fiber in fruits and vegetables fill you up faster than traditional snack foods. Pack your refrigerator with bags of cut-up vegetables and whole or cut-up fruits. Grab a bag while on the go or at work. Make a pact with yourself that you'll eat your seven-a-day before you snack on any cookies or other holiday treats. You're sure to take in fewer calories overall.

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3. Control the risk for temptation

Controlling even the slightest chance of coming in contact with ‘tempting’ foods is one way to effectively reduce your intake. While you won’t be able to control all situations, focus on the many ones you can. For example, do you keep candy or cookies at your desk or workspace? Do you frequent the dining room table or pantry where you store all your holiday goodies? Make a mental note of tempting places and try to control them. For example, make a pact with co-workers that goodies will be kept solely in the break room, not at the front desk or in various offices. Mentally plan out how you will avoid tempting situations. If you can’t avoid them entirely, see number 4.

4. Limit to one-a-day

While you can’t control every situation, you can control how much food goes into your mouth. If you are constantly bombarded with holiday parties and displays of desserts or candies you can still effectively help prevent overeating and weight gain. One way is the one-a-day method. Allow yourself one small serving of a cookie or piece of candy each day during the holiday season. Remember that you may have to compensate for it later in the day by reducing your total caloric intake or by burning a few extra calories while exercising. If you aren’t confronted with holiday foods that day, just skip your one-a-day – but don’t compensate and double-up on your serving the next day.

5. Always plan ahead – Never go to a party hungry

Before you go to a holiday party, eat a healthy snack such as a serving of your favorite fruit, fat-free yogurt or a low-fat, whole grain granola bar. When you arrive at the party, you won’t be craving hors d’oeuvres.

“If you’re going to a potluck dinner, bring a healthy dish to share such as a salad, veggie or fruit tray, or a low-fat pudding, Jell-O or fruit dessert,” says Julia Renee Zumpano, RD, LD, registered dietitian, Preventive Cardiology and Rehabilitation. “That way, you’ll know you have at least one healthy item on the table spread.”

6. Be in charge of your party choices

• Small plate, please

Be wise when choosing appetizers – a small portion of some appetizers may help you from overeating at dinner.

“Pick up a small plate, and stick with vegetables, but limit or avoid the creamy dips,” advises Zuman. “Restrict your intake of butter crackers, chips, cheese and meats. If you must have a deep-fried appetizer, eat only one small serving. Never go back for seconds. For dinner, fill half of your plate with salad and vegetables, one quarter with meat, and the final quarter with starch,” Zuman says.

• Avoid the sauce

Avoid sauces made from cream, half-and-half or meat drippings. For salads, use oil and vinegar, vinaigrette or low-fat dressings. Broth-based or vegetable sauces are fine.



• What about desserts?

The best low-calorie choices are fruit, Jell-O, pudding, an unfrosted mini muffin, shortbread cookies, ginger snaps or angel food cake. If you must have a dessert with frosting, butter cream, cream cheese, or chocolate chips, limit yourself to one small cookie or one thin slice of cake.

• Watch the drinks

“Besides restricting your alcohol to one or two servings, you also need to restrict the type of alcohol,” says Zuman. “For example, instead of high-fat eggnog, have a light beer or wine. After that, stick with calorie-free drinks such as water, unsweetened ice tea, hot tea or coffee.”

7. Say no politely

Many times you feel forced to eat foods because people keep putting it in front of you. Learn to say no politely, such as “No thank you, I’ve had enough. Everything was delicious”, or “I couldn’t eat another bite. Everything tasted wonderful”. You’ll find saying no isn’t so hard to do after all.

8. Focus on socializing

Don’t stand around the food table when you are at a party – focus your energies on making conversation with others instead of focusing on foods. Conversation is calorie-free.

Remember, the holidays are meant to celebrate good times with family and friends. Enjoy the holidays and plan effective strategies to help you achieve your weight loss goals. Achieving what you sought out for will give you one more good reason for holiday cheer! Happy Holidays!



5 Ways to Stay Active during the Holiday Season

It's a challenge to eat healthy and squeeze in a workout when you have work parties and family gatherings, but it can be done. Tim Ferris, author of *The 4-Hour Workweek*, says, "Lack of time is just a lack of priority." Even during a challenging time of the year, you have to make your health a priority in your life.

Change your mindset and look at this additional family time as an opportunity to bond with your relatives and exercise in group settings.

If you're traveling and unable to get to your regular gym or perform your typical routine, the holidays provide you with a reason to change things up and maybe even try something new. Here are a couple of ideas to help you, and your loved ones, stay active and healthy this holiday season.

1. Plan in advance

If you are traveling to another city or state, hop online and do a little research. Inquire about temporary gym memberships or see if you can be an "add-on" to your family member's existing membership.

If you would rather be outdoors and are traveling somewhere warm, look up running routes and hiking trails in the area. There are many resources online to help you with your search.

2. Participate in a holiday-themed run

Most cities and towns now offer Turkey Trots, Rudolph Runs or Santa 5Ks. Preparing for a run, walk or obstacle course race will help you stay motivated to work out. Invite your friends and family members to participate, this way you all are held accountable to show up.

3. Make family time

Traditionally, the holiday season means spending time with family. It's also a time to eat, drink and be merry with loved ones. Why not move together as well?

Play simple games like tag or hide-and-go-seek with your young nieces and nephews. There are countless games you can find with a quick Google search.

Or, after every meal, encourage a 30-minute family walk around the neighborhood. This way you will squeeze in a light workout and bond with family members. The walk may not burn 1,000 calories, but it sure beats going back for more pumpkin pie.

4. Head out in the snow

Snow is a favorite piece of "fitness equipment" during the holiday season. If you are going to be surrounded by snow this year, take advantage of it.

Go skiing, snowboarding, snowshoeing or ice-skating. Perhaps have a friendly snowball fight. Or build a snowman. It beats sitting on the couch all afternoon. If those activities don't interest you, then grab a shovel and start clearing the driveway—it's a great full-body workout.

5. BYOE (Bring your own equipment)

If you know that you won't have access to a gym then bring portable fitness equipment such as tubing, Val slides, a TRX suspension trainer or the TRX RIP trainer. These are all small, simple solutions that will fit right into your suitcase or carry-on bag.

If you have access to a suspension trainer and a RIP trainer, here's a quick workout for you to try. It involves four full-body moves. Perform 10 to 15 reps of each exercise for 2 to 3 sets. You'll get a great workout in that will only take about 15 to 20 minutes.

Beat the weight-gain battle. These low-cost, simple solutions will help you maintain an active and healthy holiday season.

<https://www.active.com/fitness/articles/5-ways-to-stay-active-during-the-holiday-season>

HEALTHY SELFIE

Sandra Mendez and Manny Ruano of the Property Appraiser, and Jose Badel of the ITD department completed the Dry-Tri Challenge at the Wellness Center at the Stephen P. Clark Center. A "dry" triathlon that included 10 minutes on the bike at level 14 resistance, a 300 rep workout, and finished with a 3.1 mile run on the treadmill at 1% incline.

Congratulations on finishing this challenge Sandra, Manny and Jose!



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.



Flu Shot and Biometric Screening Events for 2019

All participants will receive two free movie tickets for completing your annual flu shot. Don't forget to self-attest on www.healthyroads.com to earn 25 wellness points. Please remember to bring your AvMed ID Card to the screening day!



11/1/19	Biometric and Flu/Employee Appreciation Fair	MD Police HQ • 10am-2pm 9105 NW 25 St., Cafeteria, Doral, FL 33172
11/1/19	Biometric and Flu	Animal Services • 10am-2pm 3599 NW 79th Ave., Doral, FL 33122
11/19/19	Flu Shots Only	SPCC • 10am-2pm 111 NE 1st St. Rm. 18-2, Miami, FL 33128
11/21/19	Biometric and Flu	WASD Virginia Key • 1pm-4pm Admin. Building Conference Room 3989 Rickenbacker Causeway, Miami, FL 33149

HEALTHY RECIPE OF THE MONTH: NOVEMBER

Sweet Potato Pommies Anna (Layered Potato Casserole)

This multicolored galette is a fun twist on the classic dish made with white sweet potatoes. Don't worry if you only have one type of potato, the result will still be beautiful. The bottom bakes to a potato-chip crisp with a "caramelly" sweetness, while the interior becomes melt-in-your-mouth rich.

Ingredients

- 3 tablespoons, unsalted butter, melted
- 2 tablespoons, extra-virgin olive oil
- 12 ounces, purple sweet potatoes, peeled
- 12 ounces, orange sweet potatoes, peeled
- 12 ounces, white sweet potatoes, peeled
- 1 teaspoon, chopped fresh thyme
- 1 teaspoon, salt
- 1 teaspoon, ground pepper

Preparation

- Preheat oven to 400°F.
- Combine butter and oil in a small dish. Liberally brush the bottom and sides of an 8-inch cast-iron skillet with some of the mixture.

- Using a mandoline, thinly slice sweet potatoes about 1/16 inch thick. Arrange one-fourth of the potatoes in concentric circles in the pan, overlapping the slices and alternating colors. Brush with some of the butter mixture and sprinkle with ¼ teaspoon each of thyme, salt and pepper. Repeat to make three more layers.



- Heat the pan over high heat until the sweet potatoes start sizzling, about 3 minutes. Cover the pan with foil and transfer to the oven. Bake for 30 minutes.

- Uncover and continue baking until the sweet potatoes in the center are easily pierced with a skewer and the bottom is golden brown and slightly crispy, 20 to 25 minutes more.

- Let cool for 10 minutes. Run a small sharp knife around the edge of the pan to loosen the potatoes, then invert the galette onto a serving plate. Cut into 8 wedges.

<http://www.eatingwell.com/recipe/268753/sweet-potato-pommies-anna-layered-potato-casserole/>

NOVEMBER

HEALTH & WELLNESS EVENTS FOR THE WHOLE FAMILY

Saturday, November 9

Soldier Rush 2019

Parkland Equestrian Center
8350 Ranch Road
Parkland, FL 33067

Saturday, November 9

Flock Walk & Run

Holiday Park
1150 G. Harold Martin Drive
Fort Lauderdale, FL 33304

Saturday, November 16

**MDC Making Strides Against Breast Cancer
3 on 3 Basketball Tournament**

Tamiami Park
10901 SW 24th Street
Miami, FL 33165

Saturday, November 16

7th Annual Run 4 Life 5K

TY Park
3300 North Park Road
Hollywood, FL 33021

Saturday, November 23

**5K-10K
Half Marathon Cross Country Run**

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

Saturday, November 28

Turkey Trot 10K/5K Run

Tropical Park
7900 SW 40th Street
North Miami, FL 33128

Do you know of an event for health and wellness happening in November? Please email Islara.Souto@AvMed.org to get it on the WellnessWorks Newsletter Calendar!

Human Resources and *WELLNESSWORKS*



Saturday, November 16, 2019 starting at 12 Noon

Adult (co-ed) and Kid's Brackets

High School, Middle School and Elementary School Divisions must sign-up as a team with an adult sponsor. Minors must have waivers and be accompanied by parent/guardian.

Location: Tamiami Park -10901 SW 24 Street

Registration per Team: \$100 or \$20/player (maximum of 5 players per team)

Registration Deadline: November 1st

Jerseys and refreshments will be provided to players

Raffles for Miami HEAT tickets and Autographed Basketball planned

Spectator Fee: \$5 donation to *Making Strides*

Contact Ingrid Martinez to register: 305-375-1334 / Ingrid.Martinez@miamidade.gov

Payment can be made in CASH or Cash App (\$IngridMS) in person at SPCC drop off— Human Resources 21st Floor

