

# Wellness Watch

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



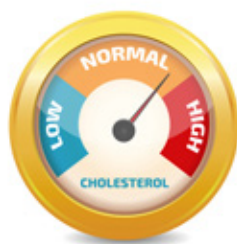
## SEPTEMBER IS NATIONAL CHOLESTEROL EDUCATION MONTH

### WHAT IS CHOLESTEROL?

Cholesterol is a waxy, fat-like substance found in your body and many foods. The body makes the required amount of cholesterol to function normally. Too much cholesterol can build up in your arteries and cause narrowing in your arteries. That can put you at risk for heart disease and stroke.

### HOW DO YOU KNOW IF YOUR CHOLESTEROL IS HIGH?

High cholesterol symptoms are not usually prevalent and many people do not know their cholesterol levels are elevated. That's why it is important to visit your doctor annually and have a simple blood test done to check your cholesterol. High cholesterol can be controlled through lifestyle changes or, if that is not enough, through medications. It's important to check your cholesterol levels. High cholesterol is a major risk factor for heart disease, the leading cause of death in the United States.



### DESIRABLE CHOLESTROL AND LIPID LEVELS FOR ADULTS

TOTAL CHOLESTEROL	LESS THAN 170MG/DL
LOW LDL "BAD" CHOLESTEROL	LESS THAN 110MG/DL
HIGH HDL "GOOD" CHOLESTEROL	170MG/DL OR HIGHER
TRIGLYCERIDES	LESS THAN 150MG/DL

MDC WellnessWorks program health coaches are available to assist employees in helping them prevent, lower and manage their cholesterol by making healthy lifestyle improvements.

For more information or to schedule an appointment to speak with a WellnessWorks Coach email: [WellnessWorks@miamidade.gov](mailto:WellnessWorks@miamidade.gov)

To read full article visit:

[https://www.cdc.gov/cholesterol/cholesterol\\_education\\_month.htm](https://www.cdc.gov/cholesterol/cholesterol_education_month.htm)

Source: National Center for Chronic Disease Prevention and Health Promotion, Division for Heart Disease and Stroke Prevention

***"Strength doesn't come from what you can do.  
It comes from overcoming the things you once thought you couldn't."***

***- Rikki Rogers***

# TURKEY MEDALLIONS WITH TOMATO SALAD

## INGREDIENTS:

- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1/2 teaspoon sugar
- 1/4 teaspoon dried oregano
- 1/4 teaspoon salt
- 1 medium green pepper, coarsely chopped
- 1 celery rib, coarsely chopped
- 1/4 cup chopped red onion
- 1 tablespoon thinly sliced fresh basil
- 3 medium tomatoes
- 1 large egg
- 2 tablespoons lemon juice
- 1 cup panko breadcrumbs
- 1/2 cup grated Parmesan cheese
- 1/2 cup finely chopped walnuts
- 1 teaspoon lemon-pepper seasoning
- 1 package (20 ounces) turkey breast tenderloins
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons olive oil
- Additional fresh basil

## INSTRUCTIONS:

1. Whisk together first 5 ingredients. Stir in green pepper, celery, onion and basil. Cut tomatoes into wedges; cut wedges in half. Stir into pepper mixture.
2. In a shallow bowl, whisk together egg and lemon juice. In another shallow bowl, toss breadcrumbs with cheese, walnuts and lemon pepper.
3. Cut tenderloins crosswise into 1-in. slices; flatten slices with a meat mallet to 1/2-in. thickness. Sprinkle with salt and pepper. Dip in egg mixture, then in crumb mixture, patting to adhere.



4. In a large skillet, heat 1 tablespoon oil over medium-high heat. Add a third of the turkey; cook until golden brown, 2-3 minutes per side. Repeat twice with remaining oil and turkey. Serve with tomato mixture; sprinkle with basil.

### Nutrition Facts:

1 serving: 351 calories, 21g fat (3g saturated fat), 68mg cholesterol, 458mg sodium, 13g carbohydrate (4g sugars, 2g fiber), 29g protein.

<https://www.tasteofhome.com/recipes/turkey-medallions-with-tomato-salad/>



To read full article visit:

<https://www.healthcorps.org/september-yoga-awareness-month/>

<https://www.youtube.com/watch?v=v7AYKMP6rOE>

## SEPTEMBER IS YOGA AWARENESS MONTH

The goal of Yoga Awareness Month is to encourage everyone to live a healthy lifestyle and to promote the health benefits of yoga. Yoga has been featured in a number of clinical trials that have looked at its impact on risk of breast cancer, obesity, hypertension, heart disease, chronic back pain, asthma, carpal tunnel syndrome, and arthritis, and its impact on minimizing uncomfortable symptoms associated with menopause.

Certain types of vigorous yoga performed for 90 minutes five days a week can help with weight management and weight loss. Many yoga studios offer FREE trial classes this month.

There are many types of yoga and it's recommended to try different classes, instructors, and different approaches so you can find a yoga discipline that you like. Kids and adults can enjoy yoga.

Sources: YogaHealth Foundation, American Osteopathic Association

## 4<sup>TH</sup> ANNUAL WELLNESSWORKS VIRTUAL 5K STAYING WELL TOGETHER



Employees will have 2 weeks to complete their Virtual 5K (V5K).

Bring your family along on the day of your choice and choose between two parks – Amelia Earhart Park and Tropical Park.

**Registration Opens:** Monday, August 17, 2020  
**Event Date:** Run/Walk October 3-17, 2020

To register or for more information visit:  
[www.miamidade.gov/wellnessvirtual5k](http://www.miamidade.gov/wellnessvirtual5k)

## THE WELL-BEING CHALLENGE MIND & MOOD PRACTICING STRESS MANAGEMENT



**The Challenge:** Complete one of the three stress management activities for 20 days in the month of September and earn 25 Wellness Points towards the quarterly 75 point goal.

Drawings are conducted every quarter for \$250.

Employees who reach the 75 point goal every quarter also have a chance for annual drawings of \$500.

**Registration Opens:** August 20, 2020  
**Challenge Runs:** September 1-28, 2020

To register or for more information visit:  
[www.HealthyRoads.com](http://www.HealthyRoads.com)

## HEALTHY SELFIE:



**Solid Waste Management, Norwood Site, employees Jerry Thomas and Marie Bernadin staying safe and healthy while wearing their WellnessWorks department issued face mask.**

### Submit a Healthy Selfie for a chance to be featured in our monthly newsletter.

What makes a selfie healthy? Activities such as swimming, running, walking, biking, hiking, and yoga may be submitted. You may also share what you're eating, too. Additional activities that may be considered are healthy self-care and social activities that are good for your mental wellbeing such as meditation, reading, quality time with friends and family, downtime relaxing, learning a new skill, etc.

To be featured in the Healthy Selfie article in an upcoming newsletter, please submit high quality images to  
[WellnessWorks@MiamiDade.gov](mailto:WellnessWorks@MiamiDade.gov).

## GET IN EXTRA STEPS AT HOME Take 10 for Your Health Virtual Break

### THIS VIRTUAL BREAK INCLUDES:

Stretching, low- Impact aerobics and nutrition tips.

**WEDNESDAY 10:30 AM - 10:45 AM**

### Join Zoom Meeting:

<https://us04web.zoom.us/j/79460751909?pwd=WkN0dEw4VVAyNmVlVG0waVM4aThDUT09>

**Meeting ID:** 794 6075 1909

**Passcode:** Wellness

To stay up to date with all WellnessWorks offerings visit the WellnessWorks Website: <https://secure.miamidade.gov/employee/wellness-works/home.page>