

# Wellness Watch

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



## AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH

Stay-at-home and shelter-in-place orders have resulted in declines in outpatient pediatric visits and fewer vaccine doses being administered, leaving children at risk from vaccine-preventable diseases.

August is National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life. You have the power to protect yourself and your family against serious diseases like whooping cough, cancers caused by HPV and pneumonia through the scheduling of vaccinations in a timely manner.

During NIAM, Miami-Dade County's WellnessWorks program encourages you to contact your doctor or other healthcare professional to ensure you, your child and your family are up to date on recommended vaccines.

As states develop plans for reopening, healthcare providers are encouraged to work with families to keep or bring children up to date with their vaccinations.



For additional information on vaccines during the COVID-19 pandemic, visit <https://www.cdc.gov/vaccines/pandemic-guidance/index.html>

## NAKED FISH TACOS



### INGREDIENTS:

- 1 cup coleslaw mix
- 1/4 cup chopped fresh cilantro
- 1 green onion, sliced
- 1 tsp. chopped seeded jalapeño pepper
- 4 tsp. canola oil, divided
- 2 tsp. lime juice
- 1/2 tsp. ground cumin
- 1/2 tsp. salt, divided
- 1/4 tsp. pepper, divided
- 2 tilapia fillets (6 ounces each)
- 1/2 medium ripe avocado, peeled and sliced

### INSTRUCTIONS:

1. Place first four ingredients in a bowl; toss with 2 teaspoons of canola oil, lime juice, cumin, 1/4 teaspoon salt and 1/8 teaspoon pepper. Refrigerate until serving.
2. Pat fillets dry with paper towels, sprinkle with the remaining salt and pepper. In a large nonstick skillet, heat remaining oil over medium-high heat. Cook tilapia until fish just begins to flake easily with a fork, 3-4 minutes per side. Top with slaw and avocado.

<https://ketolifestyleforbeginners.com/naked-fish-tacos/>

*"Life is like riding a bicycle, to keep your balance, you must keep moving."* - Albert Einstein

# HOW TO BOOST YOUR IMMUNE SYSTEM

Overall your immune system does a remarkable job of defending you against disease-causing microorganisms. But sometimes it fails: A germ invades successfully and makes you sick. Is it possible to intervene in this process and boost your immune system?

## What can you do to boost your immune system?

The idea of boosting your immunity is enticing, but the ability to do so has proved elusive for several reasons. The immune system is precisely that — a system, not a single entity. To function well, it requires balance and harmony. There is still much that researchers don't know about the intricacies and interconnectedness of the immune response. But that doesn't mean the effects of lifestyle on the immune system aren't intriguing and shouldn't be studied. Researchers are exploring the effects of diet, exercise, age, psychological stress and other factors on the immune response, both in animals and in humans. In the meantime, general healthy-living strategies are a good way to start giving your immune system the upper hand.

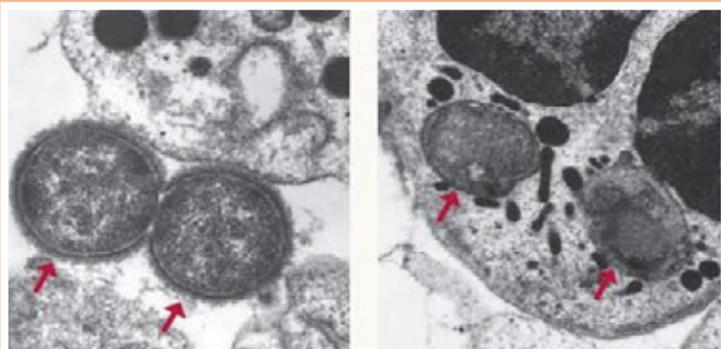
## HEALTHY WAYS TO STRENGTHEN YOUR IMMUNE SYSTEM

Your first line of defense is to choose a healthy lifestyle. Following general good-health guidelines is the single best step you can take toward naturally keeping your immune system strong and healthy. Every part of your body, including your immune system, functions better when protected from environmental assaults and bolstered by healthy-living strategies such as these:

- Don't smoke.
- Eat a diet high in fruits and vegetables.
- Exercise regularly.
- Maintain a healthy weight.
- If you drink alcohol, drink only in moderation.
- Get adequate sleep.
- Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.
- Try to minimize stress.



For more information click the link below: Source: Harvard Health Publishing  
<https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>



## IMMUNITY IN ACTION

A healthy immune system can defeat invading pathogens as shown here, where two bacteria that cause gonorrhea are no match for the large phagocyte, called a neutrophil, that engulfs and kills them (see arrows).

Photos courtesy of Michael N. Starnbach, Ph.D.,  
Harvard Medical School

# THE 9-MINUTE STRENGTH WORKOUT

No matter your age or athletic ability, strength training is the key to flexibility, mobility, improved performance and lower injury risk. Anyone, at any fitness level, can and should strength train. And it does not have to take hours at the gym to see results. We will teach you the basics of strength training in the comfort of your own home. It will take only nine minutes of exertion to complete a full-body strength-building workout. Grab a towel and get ready to feel strong.

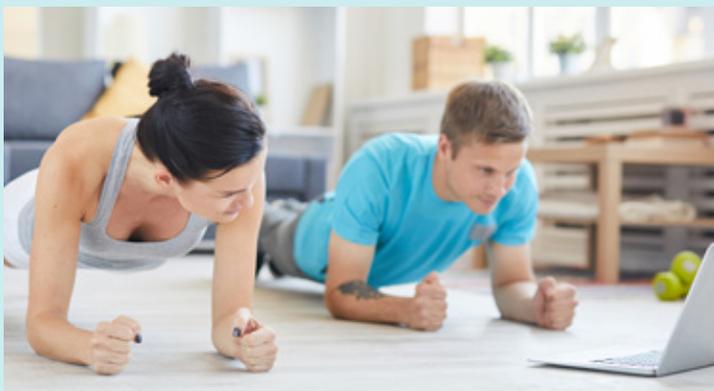
**The following nine moves are strength training exercises that you may have seen before. Alone, they work a set group of muscles, but strung together in one-minute intervals, these nine exercises become a complete, whole-body workout.**

- We've broken down the nine exercises into 3 sets of three.
- Before you begin each set, set a timer (or work out near a watch with a second hand).
- If you are just starting to work out, do each exercise as hard as you can for one minute, followed by the next, until you complete the first set.
- Then, take a one-minute break before moving onto set 2, in which the exercises should also be performed for one minute each.
- Ultimately, you'll complete the whole workout, having completed nine minutes of training with two minutes of breaks in between.
- Do this workout two to three times a week for maximum benefits. Ready to give it a try? Lace up your sneakers and let's do it.

Continue reading at:

<https://www.nytimes.com/guides/well/strength-training-plyometrics>

Source: The New York Times



## HEALTHY SELFIE:



**North Dade Landfill - Facility Maintenance employees received their healthy snack delivery, July 1, 2020. WellnessWorks and the Employee Recognition and Appreciation team deliver healthy snacks to our essential workers. It is such a pleasure to show them appreciation for their continued hard work and dedication to our community.**

### 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. Additional activities that may be considered are healthy self-care and social activities that are good for your overall 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).

## NEXT STEP CHALLENGE: STEP OUTSIDE CHALLENGE

**Registration Opens: July 20**

**Challenge Runs: August 2 – August 29**

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