



October 2019

**W** WELLNESSWORKS  
MIAMI-DADE COUNTY

# Wellness Watch

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



# OCTOBER

## Breast Cancer Awareness Month



This year, nearly 250,000 women in the U.S. will hear those words – that’s 1 out of every 8 women who will be diagnosed with breast cancer. One in 36 women will actually die from the disease. The risk for having breast cancer is associated with increased age, hereditary factors, obesity and alcohol use.

But there is a hopeful side to breast cancer: Since 1990, breast cancer death rates have declined progressively due to advancements in treatment and detection. The survivor ranks are actually growing and now number about 2.5 million, according to the American Cancer Society (ACS). More survivors are, in part, due to a routine screening test – mammography – for breast cancer. MRI and ultrasound tests can also help find the disease early, when the odds of survival are best.

Breast Cancer Awareness Month (BCAM) is an annual health campaign organized by ACS and other breast cancer charities

every October to increase awareness of breast cancer and to raise funds for research into its cause, prevention, diagnosis, treatment and cure. The campaign also offers information and support to women – and men – affected by breast cancer.

Miami-Dade County employees are strong supporters of the fight against breast cancer and participate every year in ACS’ “Making Strides Against Breast Cancer,” the largest local walk to raise funds for research, prevention and treatment.

This year’s Making Strides Against Breast Cancer Walk will be held on Oct. 26 at Marlins’ Park. Join one of the County’s 30 teams and help save lives from breast cancer!

Source: [https://secure.acsevents.org/site/SPageServer?fr\\_id=94477&pagename=strides\\_company&company\\_id=243711](https://secure.acsevents.org/site/SPageServer?fr_id=94477&pagename=strides_company&company_id=243711)



# HEALTHY RECIPE OF THE MONTH: OCTOBER

You can have both tasty & nutritious in a healthy recipe the family will love! With only eight ingredients, this recipe takes just 15 minutes to prepare, and has 17 g of protein, only 260 calories and half the fat of regular nachos. Plus, it's vegetarian friendly. Soy crumbles are used instead of ground beef, but no one will be able to tell the difference!

## Easy Nacho Skillet Dinner



(Adapted From "The Mayo Clinic Diet | Weight Loss Diet Plan To Lose Weight")

Serving size: 1 cup; serves 5

### INGREDIENTS

- 2 cups ground soy crumbles
- 2 cups frozen corn
- 2 teaspoons chili powder
- 1 can no-salt-added kidney beans, (15 1/2 ounces), drained and rinsed
- 2 cans no-salt-added tomato sauce, (8 ounces each)
- 1/4 cup water
- 1 cup baked tortilla chips, slightly broken
- 3/4 cup reduced-fat cheddar cheese, shredded

### Instructions

1. Place meatless ground crumbles, corn, chili powder, kidney beans, tomato sauce, and water in a 10-inch skillet over medium-high heat.
2. Simmer for 10 minutes, stirring occasionally.
3. Sprinkle with tortilla chips and cheese. Cover and let sit for about 5 minutes until the cheese is melted.

## STEP UP TO BETTER HEALTH

Fit Bits, Steps Challenges, 5K Walks and Runs, Making Strides Against Breast Cancer, walking groups, walk buddies: What do they ALL have in common? STEPS! Most of us walk as a natural way to be mobile and get around, but walking is also the easiest, cheapest, and most accessible exercise we can do. (Even people with physical disabilities can get outside for fresh air and to connect with their surroundings.)

Many of us want to start walking for our health, but may not know how to start a walking program. It's easy! Put one foot in front of the other for 4 weeks ... like this:

**Week 1:** Start with a daily 15-minute walk at an easy pace. Walk five days the first week. Spread out the rest of your days, such as making day 3 and day 6 a "rest day." Weekly total goal: 60 to 75 minutes.

**Week 2:** Add five minutes a day so you are walking for 20 minutes, five days a week. Weekly total goal: 75 to 100 minutes.

**Week 3:** Add five minutes a day so you are walking for 25 minutes, five days a week. Weekly total goal: 100 to 125 minutes.

**Week 4:** Add five minutes a day to walk for 30 minutes, five days a week. Weekly total goal: 125 to 150 minutes.

Graduate – and keep walking! Once you are able to walk for 30 minutes at a time comfortably, you are ready to use a variety of different workouts to add intensity and endurance. A weekly walking workout plan includes walks with higher-intensity intervals, speed-building walks, and longer walks.



**NEWS FLASH!** Did you know you could "Walk Around the World"? Join your co-workers in an exciting walking event starting in January 2020 that includes virtual "Stepping Stops" in major cities such as Cairo, Hong Kong, Madrid, etc. The first Miami-Dade County Team to reach 65 million steps – 25,000 miles – wins! If you want to be a Team Captain, please email [WWOnsiteCoaching@AvMed.org](mailto:WWOnsiteCoaching@AvMed.org).



**Note:** You will note the subject above is bending her knees as she walks and in order to do this properly she is basically rolling her heel to toe motion

# OCTOBER

## HEALTH & WELLNESS EVENTS FOR THE WHOLE FAMILY

<b>Saturday, Oct. 5</b>	<b>Zoo Run 5K &amp; ZooKids Dash</b>	<b>7:30 am</b> Zoo Miami 12400 SW 152 <sup>nd</sup> St., Miami, FL
<b>Saturdays, Oct. 12 &amp; 19</b>	<b>Sunset Kayak &amp; Paddleboard Adventures</b>	<b>6 pm</b> Virginia Key Outdoor Center, 3801 Rickenbacker Causeway, Miami FL 33149
<b>Thursday, Oct. 17</b>	<b>Building an Emotionally Healthy Family — Stop Parenting Alone</b>	<b>7:30 – 8:30 pm</b> 1221 SW 27 <sup>th</sup> Ave., 3rd Floor, Miami, FL
<b>Saturday, Oct. 19</b>	<b>The County's SUPER FAMILY FUN DAY!</b>	<b>7 am – 1:30 pm</b> Miami Seaquarium, 4400 Rickenbacker Causeway, Miami, FL 33149 (Please note that you MUST have pre-registered for the race by Sept 27; there will be no on-site registrations)
<b>Saturday, Oct. 19</b>	<b>Step-Out Walk to Stop Diabetes</b>	<b>7:30 am</b> 32 E. Las Olas Blvd., Fort Lauderdale, FL
<b>Saturday, Oct. 12</b>	<b>Restore the Ecosystem Event</b>	<b>9 am</b> Simpson Park, 5 SW 17 <sup>th</sup> Rd., Miami, FL 33129
<b>Saturday, Oct. 26</b>	<b>Making Strides Against Breast Cancer Walk</b>	<b>7 am</b> Marlins Park, 501 NW 16 <sup>th</sup> Ave., Miami, FL 33125
<b>Saturday, Oct. 26 &amp; Sunday, Oct. 27</b>	<b>Peacock Park Pumpkin Patch Festival</b>	<b>10 am</b> 2820 McFarlane Rd., Miami, FL
<b>Sunday, Oct. 20</b>	<b>Women of Tomorrow 10K Walk &amp; Run</b>	<b>6 am</b> Emmanuel Sanon Soccer Park, 6301 NE 2 <sup>nd</sup> Ave., Miami, FL 33138

Do you know of an event for health and wellness happening in November? Please email [islara.souto@AvMed.org](mailto:islara.souto@AvMed.org) to get it on the WellnessWorks Newsletter Calendar!



The 3<sup>rd</sup> Annual  
Miami-Dade County WELLNESSWORKS

**\$5**  
PER PERSON UNTIL  
**Sept 15**

**REGISTRATION  
Now Open!**

# 5K "SUPER" FAMILY FUN DAY



**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](http://miamidade.gov/FamilyFunDay)**

**PARKING**

Before 9:30 AM

Complimentary

After 9:30 AM

\$10 (No exceptions)

