

Wellness Watch

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



Happy Holidays

STAYING SAFE DURING THE HOLIDAY'S

According to the Centers for Disease Control and Prevention (CDC), the country is experiencing a resurgence of COVID-19 infections. Small, household gatherings are being named as one of the primary causes, and experts warn the increase in cases will continue as temperatures drop and people will spend more time indoors.

This leaves many wondering whether there's a way to make the holidays celebratory or if we will have to settle for something simple, even solitary.

Understanding the Risks and Following Precautions

It is important to note the CDC warns that in-person gatherings pose varying levels of risk based on the location and duration of the gathering, number of people in attendance, behaviors of attendees, and other important factors. In general, the more people from different households at a gathering, the closer the physical interactions are, and the longer the interactions last, the greater the risk that someone who has COVID-19 — with or without symptoms — may spread it to others.

The CDC also notes that people who are at high-risk of severe COVID-19 or flu illness, such as older adults or those with medical conditions, should not attend any in-person holiday celebrations. The same advice also applies to people who live with or spend time with high-risk individuals and people who feel sick; have been diagnosed with or are showing symptoms of COVID-19; or have recently been exposed to someone with COVID-19.

<https://www.sharp.com/health-news/the-possibility-of-happy-holidays-during-a-pandemic.cfm>

10 TIPS FOR HEALTHY HOLIDAY DINING

1. Don't skip meals. Skipping a meal with the goal of saving calories prior to a holiday event can often backfire and lead to overeating due to a ravenous appetite. Having a filling snack, such as fruit, string cheese, yogurt or a small handful of nuts, can help to curb your hunger and prevent overeating.
2. Contribute a healthy dish. Ensure at least one nutritious choice is available at potlucks by contributing a healthy dish.
3. Choose your splurges. Scan the buffet or dinner table and choose a couple holiday favorites to splurge on instead of foods that you can have any other day of the year.
4. Think Color. Make a plate look festive by including fruits and veggies. Aim to cover half the plate.
5. Stick to calorie-free drinks, such as water, tea or seltzer, instead of high-calorie festive drinks. Alcoholic beverages contribute empty calories and can cause you to make poor judgments with food. If you do choose to drink alcohol, do so in moderation, and alternate each alcoholic drink with a glass of water.
6. Visit the people, not the food. Move socializing away from the buffet or appetizer table to prevent mindless eating.
7. Say no to food pushers (politely).
8. Savor seasonal treats. Having treats once a year will not make or break your weight. Make sure you take time to really taste and enjoy that special treat when you have it.
9. Eat until you are satisfied, not stuffed. No one likes that icky, stuffed feeling after a meal. Eat slowly and check your fullness levels while you're eating. Remember—there are always leftovers!
10. If you did overindulge, don't beat yourself up. Just make sure your next meal is healthy and incorporate exercise into your routine.

<https://newsnetwork.mayoclinic.org/discussion/10-healthy-holiday-nutrition-tips/>

"The greatest weapon against stress is our ability to choose one thought over another."

-William James

World Aids Awareness



The National AIDS trust observes World AIDS Day annually the first day of December to increase awareness, break the stigma, and enhance education about HIV/AIDS.

It is a known fact that many sexually transmitted infections (STIs) are preventable, however there are more than 20 million estimated new cases in the United States each year and rates continue to increase.

What is HIV?

HIV stands for human immunodeficiency virus – the virus that causes AIDS. There's no cure yet for HIV/AIDS, but there are treatments that can help people live longer, healthier lives.

How do people get HIV?

HIV spreads through body fluids, like blood, semen,

vaginal fluids, and breast milk. For example, HIV can be passed from one person to another by:

- Having sex (vaginal or anal) without a condom with a person who has HIV.
- Sharing needles with someone who has HIV.
- Breastfeeding, pregnancy, or childbirth if the mother has HIV.

How often do I need to get tested for HIV?

Everyone, ages 15 to 65, needs to get tested for HIV at least once. All pregnant women also need to get tested. People at higher risk for HIV infection may need to get tested more often. Talk to your doctor or nurse about how often you need to get tested.

For more information, visit:

<https://health.gov/myhealthfinder/topics/health-conditions/hiv-and-other-stds/get-tested-hiv>

HEALTHY SLEEP HABITS TO KEEP IN MIND

Many people are unaware that their daily behaviors can have a major impact on their sleep. The choices you make throughout the day can either lead to a healthy sleep or contribute to a sleepless night. What you digest, the medications you take, your daily schedule and how you spend your evening can have some of the most significant impacts on your sleep.

Quick Sleep Tips

Follow these tips to establish healthy sleep habits:

- Keep a consistent sleep schedule. Get up at the same time every day, even on weekends or during vacations.
- Set a bedtime that is early enough for you to get at least 7 hours of sleep.
- Don't go to bed unless you are sleepy.
- If you don't fall asleep after 20 minutes, get out of bed.
- Establish a relaxing bedtime routine.
- Use your bed only for sleep and sex.
- Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
- Limit exposure to bright light in the evenings.
- Turn off electronic devices at least 30 minutes before bedtime.
- Don't eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.
- Exercise regularly and maintain a healthy diet.
- Avoid consuming caffeine in the late afternoon or evening.
- Avoid consuming alcohol before bedtime.
- Reduce your fluid intake before bedtime.

<http://sleepeducation.org/essentials-in-sleep/healthy-sleep-habits>

Live Webinars

"Let Wellness Come to You"

A glance at December webinar topics:

- 3-Dec-20 [Healthy Menu Planning](#)
- 8-Dec-20 [Your Liver: A Most Misunderstood Organ](#)
- 9-Dec-20 [Eating for "All-Day" Energy](#)
- 10-Dec-20 [Live from the kitchen: Healthy Breakfast Ideas](#)
- 15-Dec-20 [Depression and Your Health](#)
- 16-Dec-20 [Blue Zones: Longevity Secrets](#)
- 17-Dec-20 [Keep Those New Year's "Eat Better" Resolutions](#)

Live webinars are available weekly at noon. To register to attend a webinar this month visit <https://secure.miamidade.gov/employee/coronavirus/wellness-works-resources.page>

or scan QR code:



GRILLED CALIFORNIA AVOCADO CHICKEN



Ingredients:

- **Balsamic vinegar:** This is the acidic ingredient that will act as a tenderizer.
- **Honey:** Adds flavor and keeps the chicken super juicy.
- **Garlic:** Cloves, minced.
- **Olive oil:** The oil will penetrate the meat, and bring the other flavors of the marinade along with it.
- **Italian seasoning:** The perfect blend of flavors for most things, but especially this avocado chicken!
- **Salt and pepper:** To taste.

- **Chicken:** Boneless skinless breasts will grill best.
- **Mozzarella:** I love how fresh sliced mozzarella pairs with the tomato and basil, but any good melting cheese will work to smother the chicken.
- **Avocados:** Diced to bite size perfection.
- **Roma tomatoes:** Any tomato will work, just be sure to cut into bite sized pieces.
- **Basil:** Fresh chopped basil is perfect on this chicken.

DIRECTIONS:

1. **Marinate chicken:** In a medium sized bowl, whisk the balsamic vinegar, honey, garlic, olive oil, Italian seasoning, and salt and pepper. Add the chicken breasts and coat. Marinate for 30 minutes.
2. **Mix avocado topping:** Meanwhile, in a small bowl add the avocado, tomato, basil and salt and pepper to taste. Set aside.
3. **Grill:** Heat the grill to medium high heat. Grill the chicken on each side about 6 minutes or until cooked throughout and no longer pink.
4. **Dress chicken and serve:** Top with mozzarella cheese and avocado, tomato basil mixture. Drizzle with balsamic vinegar and serve immediately. This dish can be served with a side of your favorite veggies, a side salad and/or white or brown rice.

<https://therecipecritic.com/grilled-california-avocado-chicken/>

Healthy Selfie: Healthy Holiday Recipe Edition

Blueberry Peach Cobbler

Ingredients:

- Pastry for 10-inch, two crust pie
- ½ to ¾ cup sugar
- 2 tablespoons all-purpose flour
- 5 cups slices, fresh or frozen peaches
- ¼ teaspoon ground nutmeg
- ½ teaspoon vanilla extract
- 1 cup fresh or frozen blueberries
- 1 tbs. butter cut in small pieces

Instructions:

- Heat oven to 400 degrees.
- Roll one pastry to fit 9x9 inch baking dish.
- Line a baking dish with pastry.
- Combine the sugar and flour.
- Gently mix peaches, sugar mixture, nutmeg and vanilla.
- Gently fold in blueberries and butter.
- Pour peach mixture into 9x9-inch baking dish.
- Roll second pastry and cover each mixture.
- Seal and flute.
- Sprinkle lightly with sugar if desired.
- Bake until crust is brown and juice begins to bubble through slits in crust, about 40-50 minutes.



Yields: 8 servings -

Calories: 326

Total Fat 14 g, Cholesterol 4 MG, Carbohydrates 49G, Protein 4G, Sodium 307 MG

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.