



LiveWELL  
April 2018



# Spring Awakening WELLNESS

Spring is the season when life is alive in everything.



Health and wellness means living life fully with vitality and meaning. Wellness looks different for each individual and evolves as our lifestyles change.

Spring is the season of renewal. Just as the flowers bloom, so can you! It is the perfect time to assess personal growth and change. The Spring Awakening newsletter delivers ideas to promote health and happiness in all areas of your life.

[www.WellnessAtoZ.org](http://www.WellnessAtoZ.org)



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## Five ways to improve your work-life balance this spring

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Spring has sprung and the days are getting longer. With more daylight hours and beautiful weather we feel empowered to be more productive in our lives. Spring is a great time to evaluate your first quarter successes and set new goals for the rest of the year. Here are five ways to harness the joy of spring to cleanse, renew and grow in your personal and professional lives:

- **Set intentions**—setting intentions and creating goals that are meaningful and attainable can help you **visualize what you want to accomplish** over the next few weeks, months or year. Write them down and put them in places you'll see them daily. This will reinforce the intention and allow you to move toward those goals.

- **Declutter your physical space**—spring cleaning can be a wonderfully empowering thing if you have a plan. Start with one room in your house or one drawer in your office. Visualize how you want the space to look and feel, and **begin removing the items that no longer suit you**. Donate things you can to help bring light to someone in need.

- **Declutter your mental space**—Focus on those intentions you set and remove the feelings and ideas that no longer suit who you want to become. **Try starting a mindfulness practice** by dedicating five minutes each day to quiet reflection.

- **Tackle your to-do list**—we all have these lists on our refrigerator or in our phones. Some just keep them bottled up in their mind. Write down your to-do list and create a plan for checking those boxes. Tackle one or two items per week and soon you'll have **more clarity and focus for the new and exciting things** that you want to accomplish.

- **Find a mentor, and be one yourself**—mentors are important in all areas of life. Find someone who inspires and motivates you and ask them to coffee or lunch. Find out what they're doing to build their professional careers and personal lives. Do you want to **make a positive impact** on someone's life? Sign up to be a mentor to youth or adults and help inspire them.



**Spring Cleaning**  
**Making space for what matters most.**

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## SIGN UP FOR THE SPRING WELLNESS WONDERS OF AZ TODAY!

[www.WellnessAtoZ.org/playwell](http://www.WellnessAtoZ.org/playwell)

Are you ready for another fun six-week activity-based challenge? The Spring Wellness Wonders of AZ challenge is back and better than ever! With seven activities to challenge you to get outside and discover Arizona, the Wellness Wonders of AZ offers something for everybody. Complete all seven wonders for the chance to win amazing prizes like gift cards from Fox Restaurant Concepts, Southwest Airlines, Whole Foods and more. Join the ranks of previous Wellness Wonders Champions! See the tips below to enhance your chances of winning a great prize:

- **Compete as a team.** Gather your coworkers and schedule a time to hike a trail at Piestewa Peak, Camelback or South Mountain. Or, create fun competition between departments by scheduling a kickball or softball tournament.
- **Post to social media.** Tag us @GoWellnessAtoZ on Facebook, Twitter and Instagram and use the hashtag #WellnessAtoZ. The more you post, the greater your chances of winning our DAILY social media prizes, and you and your company will be featured on our page!
- **Challenge your local competitors.** Is your local competitor participating in the Wellness Wonders of AZ? Challenge them to a friendly competition to see who can get more participation. Details on our website!
- **Invite others to play.** Your friends and family members are welcome and encouraged to join in on the fun! They can sign up under your company name to help increase the participation of your business!



## WorkWELL What Does Wellness Mean to You?



### What Does Wellness Mean To You?

Wellness means a life-long commitment to learning ways to keep the body, mind and spirit healthy and balanced.

### How long have you been at Vanir Construction Management?

I'm a boomerang employee. I worked for Vanir from 2010-2012 and returned in December 2016. I've always appreciated the fact that this is a woman/minority-owned firm. Though we're over 370 employees strong, the firm's culture is more of a very diverse family business.

### Do you have a wellness goal?

Three things consistently appear on my New Year's resolutions list: drink at least 64 ounces of water per day, work out at least an hour a day and take time to relax in the evening so sleep is less of an issue. These objectives help with the ultimate goal of maintaining balance and longevity.

### Which challenges do you face in achieving your goal?

Time has always been my biggest challenge. Because of work and home life, juggling schedules to create a sense of balance on a daily basis is not always achievable. I've learned to manage my expectations.

### How has your workplace helped you in achieving your goal?

Our firm feels a sense of obligation to take care of its own. This year, Vanir introduced The Vitality Program, a firm-wide employee incentive plan designed to track and suggest changes to your health and well-being. In addition, I'm the Wellness Coordinator in the office. I send out the LiveWELL newsletters and ask for feedback at our monthly staff luncheons. These newsletters are very well done and the staff appreciates the reminders to think WELL.



**Gregoria "Gigi" Moran,  
Marketing and Business  
Development Manager, Vanir  
Construction Management**

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By this time of year, winter has been long gone here in the Valley of the Sun and most of us are already looking to cool off. When planning your family meals, find recipes you can make that are quick and healthy and may not heat up the house as much. Try spiralized veggie noodles instead of pasta, lettuce wraps instead of bread, and cold grain salads over traditional stir frying. Try these Chicken Lettuce Wraps as a healthy springtime option that's quick and full of flavor!

## CHICKEN LETTUCE WRAPS

Photo and recipe adapted courtesy of Children's Health website.



### INGREDIENTS FOR THE LETTUCE WRAPS

- 1 tablespoon EVOO
- 1 pound ground chicken
- 2 garlic cloves, minced
- 1 onion, diced
- ¼ cup hoisin sauce
- 2 tablespoons soy sauce, reduced sodium
- 1 tablespoon rice wine vinegar
- 1 tablespoon freshly grated ginger
- 1 teaspoon Sriracha, or more, to taste
- 1 8 ounce can of whole water chestnuts, drained and diced
- 2-3 green onions, chopped
- 1 head butter lettuce

### INSTRUCTIONS:

1. Heat EVOO in a saucepan over medium high heat. Add ground chicken and cook until browned, about 3-5 minutes, drain excess fat.
2. Stir in garlic, onion, hoisin sauce, soy sauce, rice wine vinegar, ginger and Sriracha for 1-2 minutes. Once onions are translucent, stir in water chestnuts and green onions, and cook an additional 2 minutes.
3. Break off large pieces of the butter lettuce and spoon several tablespoons of the chicken mixture into the center of each lettuce leaf.

### NUTRITION INFORMATION PER SERVING:

#### SERVINGS: 4

Total calories: 271	Total Sugars: 8g
Protein: 21g	Total Fat: 13g
Carbs: 19g	Sodium: 650mg
Fiber: 3g	

## WELLCommunity

Do something that benefits everyone.



"He that plants trees loves others besides himself."

Do something good for your community and plant a tree! We all know that the shade from trees provides much needed relief in the hot, hot summer. Trees create a healthy community by providing a habitat and food for animals and also cleaning the air from pollutants such as sulfur dioxide and carbon monoxide. **Arbor Day is on Friday, April 27<sup>th</sup>**, so gather a group and find or plan an event in your community!

<https://www.arborday.org/takeactionvolunteer>



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