


Back to School WELLNESS

Encouraging a healthy start to a new year

LiveWELL
August 2018



Take charge of your health to put yourself on the path to wellness. Health and wellness means living life fully with vitality and meaning. Wellness looks different for each individual and evolves as our lifestyles change.

Don't let the post-summer blues get the best of you and your kiddos. Check out our Back to School Wellness newsletter for simple tips and reminders to ensure everyone has a successful year!

www.WellnessAtoZ.org

LiveWELL

Three simple tips for a healthy transition

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It's hard to believe that summer break is almost over. While some of us are longing for that secure feeling of a "routine" again, others have found comfort in the lazy days of summer. If you and your family need help getting back into the swing of things, check out these three tips to make the transition easy and healthy.

1. Get enough sleep. It's easy to let those bed times creep later and later in the summer when you know you don't have to wake up early. Start the school year off with a restful night's sleep by creating a calm environment starting at dinner. For example, you should have meaningful conversations, listen to music, and turn off the TV during dinner time. You'll not only be more present, but you'll be able to release any anxiety or stresses from your day that may keep you up at night by talking with your loved ones. Make a house rule to not use any electronics an hour before bed and no devices in the bedroom. Invest in a simple alarm clock to eliminate the need for your cell phone to be at your bedside. Finally, even though summer vacation is over, the sun sticks around. Use darkening shades to minimize light exposure that may interfere with a deep sleep.

2. Schedule check-ups. Once school begins it's easy to get bogged down with practices, games, and other activities that can postpone calling the doctor to schedule annual check-ups. Make a list of annual health screenings such as getting your eyes checked, sports physicals, and dental appointments for you and the kids and get them scheduled.



Children ages 6-12 should get between 9-12 hours of sleep a night, teens should get between 8-10 hours.

3. Engage with your kids. Depression and anxiety are a growing problem and a huge health risk in our society. Social media has brought us all closer together, but can also make us feel a false sense of reality. Bullying can cause these issues to become even worse. Taking time to talk to your kids can help alleviate anxiety about an upcoming test, game, or new activity. Learning who their friends are can help you connect with them and regularly talking with their teachers gives you a great insight into their school day. Being open and honest and sharing your personal experiences with them can also be a great way to connect. If you suspect your child may need additional counseling, your pediatrician can be a great resource.



PlayWELL

Unique ways to stay active

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The Valley offers so many great and creative ways to be active without melting in the summer heat.

Walking tours are the perfect way to get your 10,000 steps in while being inspired. There are many museums, cultural centers, and shopping malls across the valley that will keep you on your feet all day long. These activities also double as educational experiences with the kiddos!

Is it exercise if it's fun? Try going out for a night of bowling (sans unhealthy food and beverages, of course), check out a silent disco, or take a new fitness class with a friend. Have some fun while being active! Did you know that 15 minutes of laughter can burn up to 40 calories?

Have a pool party. Challenge your friends and family to races, cannonball contests, and Marco Polo. Get moving and stay cool in the water. What's a party without food? Make it a healthy potluck and everyone can bring their favorite healthy snack or dish!

Wait until the sun goes down. Night-time hiking tours and trail runs are an exciting way to get fit while avoiding the blazing sun. Seeing the desert at night is beautiful and peaceful. Be sure to do these activities as a group and take caution when viewing wildlife. Try waiting until the moon is full so you have the most night-light as possible!



Interested in a night run/walk?
Check out this summer's events!
www.aravaiparunning.com/network/insomniac



WorkWELL

What Does Wellness Mean to You?

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What Does Wellness Mean To You?

Wellness means living a healthy lifestyle so I can **be active with my children** and live a long life.

How long have you been at Equality Health?

I have been with Equality Health for a little over 13 months. My children and I **moved to Arizona from Denver, CO** so I could work for this amazing company! I've enjoyed the opportunity that was presented to me with building a new department.

Do you have a wellness goal?

Yes, it's been a process. **I'm finally focusing on "me" as I've always put others before me.** I am working towards my "ideal" weight and finding myself through the transition. I have achieved my first goal and have lost 50 pounds in 18 weeks.

Which challenges do you face in achieving your goal?

The fitness challenge I am a part of has a pretty strict outline of what I can eat. **A lot of my favorite foods were not included in the food plan.** I would crave for things here and there and would cheat once in a while but always revert back to my food plan and it has been working.

How has your workplace helped you in achieving your goal?

Equality Health does a nice job **providing fruits and healthy snacks to their employees** and that is something that is very beneficial for me.



Jennifer Taylor
Equality Health

www.WellnessAtoZ.org



There's no doubt about it, kids are ravenous after school! Instead of handing off that bag of chips or pizza rolls, fill them up with a delicious, filling, and nutritious smoothie! This simple recipe will take you five minutes to make and will satisfy even the pickiest of eaters—and yes, there's spinach in it! We promise you, they won't taste it!

STRAWBERRY & SPINACH SMOOTHIE

Recipe adapted from the recipe blog at Blue Cross Blue Shield of Arizona

INGREDIENTS:

- 1 pint fresh strawberries, stems removed
- 3 whole strawberries for garnish
- 2 medium bananas, peeled and cut into 1-inch chunks
- 1 cup spinach
- 1/2 cup plain Greek yogurt
- 4 ounces orange juice
- 3 cups ice cubes

DIRECTIONS:

1. In a blender, combine all the ingredients except 1 1/2 cups of the ice cubes, and puree until smooth.
2. Add the remaining ice; blend until smooth.
3. Pour into tall glasses, and garnish with whole strawberries.



NUTRITION INFORMATION PER SERVING: (RECIPE MAKES 3 SERVINGS)

Total calories: 150

Fiber: 7g

Protein: 6g

Total Fat: 5g

Carbs: 35g

Sodium: 40mg

WELLCommunity Nourish the youth in our community



Our friends from the Valley of the Sun United Way lead an incredible program called WeekEnd Hunger Backpacks. Hunger has long-term consequences on a child's growth, development, and overall health. The backpacks provide meals to help Valley youth get nourishing food throughout the weekend so they can come back to school on Monday refreshed and ready to learn.

Contact the United Way to learn how you can help!

There are over 82,000 households in the Valley that suffer from chronic hunger due to food insecurity.