



Sustainable WELLNESS

Living mindfully in the present for a sustainable future



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.

Being aware of the beauty that surrounds us in nature and in ourselves can help sustain the health of not only our bodies but our environment. The December LiveWell newsletter shares ways to be mindful of how even our smallest actions can have huge impacts on the environment in which we live.



LiveWELL

Discover the eco-cities of Arizona



Help build a better community for all by visiting an "eco-city." Eco-cities in Arizona, such as Arcosanti, Avalon Organic Gardens, or Wind Spirit, are innovative villages that are changing the way residents and visitors think about their impact on the environment. These "intentional communities" focus on ecology and sustainability in creating a holistic lifestyle. While these alternative communities may not be for all, there is one important concept to take away, and that is to be mindful of the beautiful natural resources that surround you. It's time we enjoy the natural wonder that is Arizona!



Discover Arizona all year long and share your journey with us on your favorite social media platform! Tag @GoWellnessAtoZ and use hashtag #WellnessAtoZ.

WELLCommunity

Donate to someone in need



Donate your gently used items to your local Goodwill of AZ branch, the Salvation Army, or Dress for Success Phoenix.

Let's go back to something we learned in grade school: the three R's—reduce, reuse, and recycle. How can we take this concept and apply it to help our economy flourish? The easiest way is to look at your current possessions. Typically we wait until spring has rolled around to do a deep clean, but doing this just before the holidays provides many benefits, to you and to those in need. First, take inventory of the items you can repurpose in your house. Have an old end-table in storage that you just can't part with? It might make a great piece of outdoor furniture. Next, remove and recycle all of those old items you no longer find purposeful in your life. There are many local nonprofits that can use your items and provide them to someone in need.



PlayWELL

Biggest fitness trend of 2018—protecting our planet

LiveWELL
December 2018

Being a savvy consumer is a trend that is finding its way in the health and fitness industry. Many of the large clothing and shoe companies are creating “environmentally friendly” lines by utilizing recycled plastics in their apparel. Companies are paying attention to the zero-waste consumer population and it has caught mass attention. So how can you better your health by also bettering the health of our planet? Check out the three simple tips below:

- 1. Take your workout outside.** Save on electricity and fuel by stepping out your front door! Take a walk, jog, or bike ride around the neighborhood or head to your closest park to get your workout in. Playground equipment offers a variety of fun opportunities for a great bodyweight strength workout. Best part is, you’ll also get some Vitamin D, which increases serotonin and helps fight depression.
- 2. Purchase used equipment.** It’s always nice to have a set of dumbbells and a yoga mat on hand. Head to your local thrift store or used equipment store to stock your home gym. Many times you can find used equipment at discounted prices and you’ll be doing the environment a favor by helping to recycle the used items.
- 3. Get fit for a cause.** Sometimes staying on track requires external motivation. Find something you’re passionate about in your community and help bring awareness to it. Organize a neighborhood clean-up or participate in a race that focuses on environmental impact. If you’re not in to those crowded races, download the free Charity Miles app and start giving back by logging miles—the more miles you log, the more money the app donates to your charity of choice!



People throw over thirty-eight billion water bottles into landfills every year. Purchase a reusable, water bottle and ditch the plastic!



WorkWELL

What Does Wellness Mean to You?

LiveWELL
December 2018



This month we have the pleasure of featuring a health-conscious community influencer, Tanya Wheelless. Tanya is a corporate executive turned motivational guru. She helps women throughout our community find their purpose and their true sense of happiness. Tanya will be presenting at our next WorkWELL forum on December 12!

What Does Wellness Mean To You?

I’ve learned to take a much more holistic approach to wellness—beyond weight and exercise. To me, wellness means having a clear mind, strong body, and peaceful heart.

How long have you been owner at Happy Grace?

I’ve owned my own coaching practice for over four years and expanded my offerings under the Happy Grace name about two and half years ago.

Do you have a wellness goal?

It evolves over time, but right now, it’s drinking 120 ounces of water a day, working out five times a week, and meditating regularly.

Which challenges do you face in achieving your goal?

Each of my goals is a new habit for me and new habits are tough to form. My success depends on preparation and planning, whether that’s filling up my water bottles the night before or blocking out time to exercise a week in advance. As a business owner, mom, and wife there are many demands on my time, but I’ve decided that my own self-care is non-negotiable if I’m going to show up in any of those roles as my best self. It comes down to mindset and commitment.

How has your workplace helped you in achieving your goal?

Somedays I meditate in the morning, other days I work out over lunch, it really varies based on business needs. I’m fortunate to have autonomy and flexibility in my day as a business owner. I think companies have an opportunity to walk their talk when they help facilitate wellness offering during the workday because making time is the number one struggle I hear from my clients as it relates to wellness and self-care.

Tanya Wheelless
Founder & CEO
Happy Grace

www.WellnessAtoZ.org/WorkWell



Preparing your lunches ahead of time takes the guesswork out of what you're going to eat that day, helps keep you on track for eating a healthy and well-balanced meal, and helps your financial sustainability. Not only that, but think of the environmental impact. By bringing your own food in reusable containers, you'll be reducing the general waste of plastic, cardboard, and Styrofoam that comes from getting your food to-go. Meal prep may seem like a daunting task, but if you keep it simple it is really easy and satisfying. Check out the recipe below. This can easily be made as a family dinner or portioned for lunches throughout the week.

LEMON-HERB CHICKEN BARLEY BOWL

INGREDIENTS:

Lemon-herb chicken

- 1½ pounds boneless, skinless chicken breasts
- 3 tablespoons extra-virgin olive oil
- Zest and juice of 2 lemons
- 1 tablespoon chopped fresh oregano
- 1 tablespoon chopped fresh dill
- 3 tablespoons chopped fresh parsley
- Kosher salt and freshly ground black pepper

Barley Bowl

- 1 cup barley
- 2½ cups chicken broth
- Zest and juice of 1 lemon
- 1 tablespoon whole-grain mustard
- 1 teaspoon dried oregano
- 1/3 cup extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 2 heads red-leaf lettuce, chopped
- 1 red onion, halved and thinly sliced
- 1 pint cherry tomatoes, sliced
- 2 avocados, sliced

NUTRITION INFORMATION PER SERVING: (RECIPE SERVES 4)

Total calories: 228
Protein: 14g
Sugar: 3g
Carbs: 16g
Total Fat: 14g



DIRECTIONS:

1. **MAKE THE LEMON-HERB CHICKEN:** Place the chicken in a large sealable plastic bag. In a medium bowl, whisk together the olive oil, lemon zest, lemon juice, oregano, dill and parsley. Pour the marinade into the bag, seal it and refrigerate for at least 30 minutes.
2. **MAKE THE BARLEY:** Meanwhile, in a medium saucepan, bring the barley and chicken broth to a simmer over medium heat. When it comes to a simmer, cover the pot and cook until the barley is tender, 35 to 45 minutes. Drain and set to the side.
3. In a medium bowl, whisk together the lemon zest, lemon juice, mustard and oregano. Gradually stream in the olive oil and whisk well to combine. Season with salt and pepper.
4. Prepare your grill for high heat. Remove the chicken from the marinade and season with salt and pepper.
5. Grill the chicken until well charred on both sides and fully cooked through, flipping as needed, 10 to 12 minutes. Remove the chicken from the grill.
6. In a large bowl, toss together the barley, lettuce, onion and tomatoes. Add the dressing and toss well to coat.
7. Slice the chicken and avocado and serve on top of the grain bowl.

Recipe adapted from the recipe blog at purewow.com