

Summer WELLNESS

Summer-time and the living is easy

LiveWELL
July 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.

Give yourself a break this summer and focus on your health and wellness. In our *July Summer Wellness* newsletter, we share tips on staying healthy in the summer sun and staying active while avoiding the heat.

www.WellnessAtoZ.org

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Being proactive about skin cancer can save your life

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Nearly one in five Americans will develop skin cancer in their lifetime. Identifying spots, discoloration, and changes on your body are critical in catching cancer early and protecting yourself from further development. Following these simple rules can help save your life and the lives of those around you:

Melanoma is the leading cause of skin cancer deaths. Practicing prevention methods can save lives. Learn more here.



FIVE STEP TOP TO BOTTOM SELF EXAMINATION

Performing self-exams twice a year can help detect skin cancer.

- 1. Examine body in the mirror** — front and back and then both sides, arms raised.
- 2. Examine back of neck and scalp** with a handheld mirror, parting hair to closely examine the scalp.
- 3. Examine arms and hands** — bend elbows, check forearms and palms.
- 4. Examine back and buttocks** with a handheld mirror.
- 5. Examine backs of legs, feet, and toes**, making sure to check in between toes.

THE ABCDE'S OF MELANOMA

Remembering these five tips can help identify warning signs.

- A. Asymmetry.** One half is unlike the other.
- B. Border.** Irregular, scalloped or poorly defined border.
- C. Color.** Varied from one area to the other. Black, blue, brown, yellow or red.
- D. Diameter.** Melanoma is usually greater than 6mm but can be detected when smaller.
- E. Evolving.** A mole or skin lesion that changes color, shape or size or looks different from the rest.



PlayWELL

Out run the summer heat

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CHALLENGE

Try this 20-minute water workout.

Arizona summers can be brutal and exhausting. Knowing when and how to exercise during the summer is important for maintaining your health. We're breaking down the top five ways you can stay fit while (almost) avoiding those triple digits.

- **Wake up before the sun:** To maintain your fitness routine in the summer, getting it in before 9 a.m. is your best bet. Whether you run, hike, bike, or do a fitness class starting before the sun heats up will keep you safe and help you sustain your energy. Make sure you hydrate before, during and after your workout and if you're out before the sun rises, make sure you bring a flashlight to keep yourself and others safe.

- **Take it to the pool:** Water resistance is a great way to maintain that muscle definition while staying cool this summer. Think about investing in a couple of wrist or ankle weights, dumbbells, or paddle boards all designed to be used in the pool to help sculpt and tone your body. And remember, just because you are submerged in water, doesn't mean you don't need to drink water. Stay hydrated when performing any type of exercise.

- **Get creative with mini workouts:** If getting up before 5 a.m. scares you, think outside the box. Breaking up your workouts into two or three sessions a day makes them quick and effective and allows your body to continuously burn calories all day. Start out



with a 10-20 minute workout first thing in the morning and then again after work. If you have space in your office, try a midday routine as well!

- **Get out of town:** If your time permits, we have many beautiful hidden, and not so hidden, gems in Arizona. Whether you take a trip to the high country for a day of trail hiking or find relief in one of our bodies of water, there's always some-place you can cool down. Did you know that Mount Lemmon, just outside of Tucson, averages 75 degrees in the dead of summer?

- **Find your zen:** Take advantage of one of the many free yoga classes at local resorts and within your community. In downtown Phoenix you can check out the free yoga classes every Saturday morning at Desoto Central Market or Wednesday evenings at Hotel Palomar. Lululemon stores across the valley offer free yoga classes on Sunday mornings. Check your local stores or give a call to your location of choice for more details.



WorkWELL

What Does Wellness Mean to You?

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What Does Wellness Mean To You?

Wellness means more than just physical. It is a way of life and thinking. When you have good health, weight, and nutrition, your whole being comes together. You act differently, you feel differently, and you are at peace with yourself.

How long have you been at Foundation for Senior Living?

I have been with Foundation for Senior Living for 7 years.

Do you have a wellness goal?

Maintaining my health and wellness. A while back I had a goal to lose 40 pounds and ended up losing 55! Before I started my journey, I was at my doctor's office getting my regular physical and discussing my elevated blood pressure and cholesterol, when he mentioned I would need to start taking medications I decided something had to change. That was my "A-HA!" moment. That very same day, I started on my wellness journey. When I visited my doctor 6 months later, I had lost 45 pounds and both my blood pressure and cholesterol were within normal range.

Which challenges do you face in achieving your goal?

The challenge I had was finding a balance in what I was eating and how to match that with what I needed to do for the rest of my life. I was determined not to go on a specific plan, but to find what my body would endure and maintain.

How has your workplace helped you in achieving your goal?

With the help of the Wellness Team it is much easier to know what it takes to keep the weight off and continue to maintain my health and wellness. I am able to meet with the Dietitian at FSL and she helps me stay on track by providing nutritional education. Positive comments from my coworkers regarding my weight loss also helps keep me motivated. They can see my "glow!"



Dorothy Kelly
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When summer hits, the last thing you want to do is turn on the oven or stove and heat your house up even further. Take it outside and let your grill do the work for you. The recipe below is full of color and flavor!

GRILLED CHICKEN & RAINBOW VEGGIES

Recipe adapted from www.drhyman.com

FOR THE MARINADE:

- 3 Tablespoons whole grain mustard
- 3 Tablespoons Apple Cider Vinegar
- 1/2 Cup Extra Virgin Olive Oil
- 2 garlic gloves minced
- 1/4 Cup fresh parsley chopped
- 3 Tablespoons fresh oregano chopped
- 2 Teaspoon fresh thyme chopped
- 2 Tablespoon sea salt
- 4 4-6 ounces skinless boneless chicken breast

FOR THE VEGETABLES:

- 1 red bell pepper
- 1 yellow bell pepper
- 2 medium zucchini
- 10-12 baby portabella mushrooms
- 1 red onion
- 2 Cups shredded purple cabbage
- 2 Tablespoons fresh basil thinly sliced
- Juice of 1/2 lemon
- 1/2 Cup Extra Virgin Olive Oil
- 1/4 Teaspoon plus one pinch sea salt



NUTRITION INFORMATION PER SERVING: (ONE CHICKEN BREAST WITH VEGETABLES)

Total calories: 390

Fiber: 4g

Protein: 32g

Total Fat: 24g

Carbs: 18g

Sodium: 1500mg

DIRECTIONS:

1. First, prepare the marinade for the chicken by whisking together all the ingredients in a large bowl. Place the chicken breasts into a glass container, then pour the marinade over the top. Cover and place in refrigerator to marinate for 2 to 6 hours or overnight.
2. When ready to make dinner, prep the vegetables for the grill. Remove the stem and seeds from the pepper and cut it into large strips. Cut the zucchini in half length wise. Cut the onion into 4 wedges, making sure that part of the root is attached to each wedge. This will keep the onion from falling apart. Leave the mushrooms whole or cut in half lengthwise. Place all of the vegetables in a large mixing bowl, add the olive oil and 1/4 teaspoon salt, and toss to coat.
3. Prepare a grill and once hot, place the chicken on one side of the grill, reserving the marinade. Cook for 3 to 4 minutes and then add the vegetables to the other side of the grill. Continue grilling the chicken for another 2 to 3 more minutes and then flip. Grill the other side for another 5 to 7 minutes. Then baste the chicken with the marinade, place the top on the grill, and cook for another 3-5 minutes.
4. While the chicken is cooking, flip the vegetables a few times to avoid burning. Once the veggies are soft and tender, remove from the grill and place on a cutting board. Allow to cool until you can handle them, then cut into bite-sized pieces. Place in a bowl and toss with the basil, lemon juice, and remaining salt (if needed).
5. To serve, divide the shredded cabbage and vegetables between four plates, slice the chicken, and place on top of the veggies and shredded cabbage.

WELLCommunity

Practicing heat safety and caring for your community



When the extreme heat hits our cities, the populations that suffer most are those that need additional assistance. Helping to keep our special populations such as the homeless, elderly, and special needs from suffering the dangers of extreme heat is simple and can help save lives.

Make some time this month to create "blessing bags" to carry with you in your car. Gather 5-10 large ziplock bags and fill each with a bottle of water, a healthy snack such as a granola or protein bar, a hat (you can find cheap ones at your local Goodwill), and a travel size pack of baby wipes. When you see someone who looks like they are in need of some relief, give them a bag and point them toward a shaded area.

"Blessing Bags" can cost as little as \$2/each and can help someone in need!