



Giving Thanks WELLNESS

Take time this month to be grateful for all things in your life – big and small.



Take charge of your **health** and 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 your lifestyle changes.

Our LiveWELL Giving Thanks Newsletter will inspire you to be mindful, thankful, & enjoy life this holiday season!

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LiveWELL

10 Simple Tips to Practice Gratitude

LiveWELL
November 2017



Regularly practicing gratitude and giving thanks is something you can do year-round. Practicing gratitude has a wide variety of health benefits – more positive emotions, better sleep, and even a boost to your immune system. Check out some of the simple ways you can start a gratitude practice and be on your way to a healthier, more satisfied lifestyle.

1. Hand-write a thank-you note
2. Reflect on your blessings
3. Notice the small things
4. Repeat a positive affirmation
5. Give a compliment
6. Smile more often
7. See opportunity in your mistakes
8. Share gratitude at the dinner table
9. Help someone in need
10. Remember the bad, and then let it go



Try repeating this positive affirmation daily:
"I am grateful for this moment and find joy in it."

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WELLCommunity Teach Kids the Importance of Gratitude

LiveWELL
November 2017



As the holiday season rolls around, now is a good time to reflect with your family the importance of being grateful for what you have. Begin by volunteering as a family at one of our local foodbanks. The kids have a great time while learning valuable, life-long lessons and they will bring a smile to the faces of those in need.

Check out the opportunities listed at the Phoenix Rescue Mission during Thanksgiving week. There are also ongoing volunteer opportunities specific for kids at St. Vincent de Paul.

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Give Thanks by Giving Back



Ready. Set. Go! Gather A Team And Race For Your Health.

Fall in Phoenix is the perfect time of year to lace up those running shoes and hit the pavement. Running has been proven to reduce the risk of cancer and chronic disease and improve your quality of life. Find a Turkey Trot to participate in this month! Grab your friends and family and soak up some of that Vitamin D while logging those miles! There are plenty of races to choose from – find one near you!

Be sure to register for our Fall Wonders Challenge for your chance to win some great prizes! <http://www.wellnessatoz.org/playwell>

7 Fall Wonders Include:

Fall into Health Quiz – Test your seasonal health knowledge. Take the online quiz!

Race Off – Walk or run in a race or fund a running buddy.

Mountains & Parks – Find the fall colors at Arizona's local, state or national parks.

Farmers Markets & Gardens – Visit a market, community garden or pick seasonal fruit at a local orchard.

Canals & Green Spaces – Run, bike or walk Arizona's open spaces

Tackle a Fall Sport – Get out and play a sport – any sport.

Choose Your Own Adventure – Choose your own wellness adventure or outdoor activity.

CHALLENGE

Complete a race before November 12th and check off a Wonders Activity!

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As a wellness coordinator, wellness is my life! I have a nutrition degree from ASU and am a certified personal trainer, not to mention I have a passion for helping people feel their best. Wellness is composed of diet, fitness, and mindset. It is not a "one-size fits all" model, but instead, it is individualized. My healthy living motto is "Simple Is Best" – search for simple recipes using the freshest ingredients possible; when exercising, do simple yet effective, functional movements; and be mindful, let your thoughts go and give your brain time to shut down. We spend too much time overcomplicating things. My goal is to help you realize that your full health potential is easy to attain!

How long have you been at the Greater Phoenix Chamber Foundation?

As this newsletter is delivered, I will be completing my first month with the GPCF. I am excited to be in this role and to help our community grow as one of the top healthy places to live!

Do you have a wellness goal?

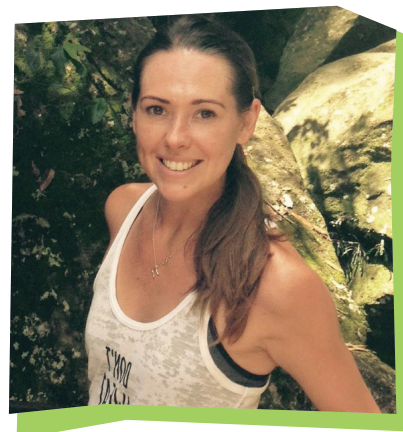
I have two right now! I would love to complete a 30 day running streak – run at least one mile a day for 30 continuous days. I would also like to get out and hike once a week! My son is finally big enough to fit comfortably in our hiking backpack, and the weather is gorgeous, so now there's no excuse!

Which challenges do you face in achieving your goal?

It seems like time is always a challenge, especially with an infant, but by adding some "me time" to my calendar, I hope to fit it in just like any other appointment!

How has your workplace helped you in achieving your goal?

Coming in as the Wellness Coordinator, I have been pleasantly surprised with all of the healthy initiatives that the GPCC has in place. Twice a day, as scheduled on our calendars, we take 10 minutes to walk up and down 10 floors – it's a great mental break from the computer screen, not to mention getting up and moving throughout the day helps alleviate the stress your body can endure from sitting!



Nicole Pepper
Wellness AtoZ Community
Outreach Coordinator

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WELLNESS WONDERS TIP: Get your seasonal produce from a local farmer's market this weekend

As 2017 comes to a close, we will be greeted with parties and events that will no doubt include a lot of delicious food and indulgent drinks.

Whatever your health goals, practicing mindfulness and eating intuitively can help keep you on track. This is the time of year to have fun and spend time with family and friends. Reducing the stress that food can sometimes bring can be as easy as taking a step back and listening to your body. Notice what you put on your plate, each bite you consume and how it makes you feel. Feel the love put into that homemade pie, that delicious bite of Thanksgiving stuffing.

Fun Fact: It takes the brain 20 minutes to realize you are full. Slow down and be mindful when eating to curb that Food Coma.

By being aware of what you consume, you'll undoubtedly eat less, feel more satisfied, and have a better, happier relationship with food.

LiveWELL Healthy Fall Recipe

ROASTED BUTTERNUT SQUASH WITH SAGE AND CRANBERRIES

INGREDIENTS:

- 1 medium butternut squash
- 4 tablespoons extra-virgin olive oil, divided
- 1 teaspoon fine sea salt, divided
- 2 medium yellow onions
- 2 tablespoons chopped fresh sage
- 4 tablespoons dried cranberries or cherries
- 1/2 teaspoon ground black pepper, divided

INSTRUCTIONS:

- Preheat the oven to 375°F.
- Peel squash and cut in half lengthwise. Scoop out seeds from the center and discard. Cut squash into large chunks. Coat with 2 tablespoons of the olive oil. Season with 1/2 teaspoon salt and 1/4 teaspoon pepper and arrange on a parchment-lined baking sheet. Bake for about 10 minutes.
- Meanwhile, peel onions and cut into large chunks. Coat with remaining 2 tablespoons olive oil. Season with the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper.
- Use a spatula to move the butternut squash to one half of the baking sheet. Spread the onions on the second half and bake until the squash and onions are well caramelized, about 20 minutes. When squash and onions are done, toss with sage and cranberries. Serve immediately.

NUTRITIONAL INFO:

Servings: 4

Calories: 210 (100 from fat) | Fat: 11g total fat | 1.5g saturated fat | 240mg sodium
29g carbohydrates | (6g dietary fiber, 9g sugar) | 2g protein

Peeling Your Squash:

Cut off the top and bottom of the squash, microwave for 3.5 minutes, let it cool, & peel with a knife or vegetable peeler.

Recipe courtesy of Whole Foods

