



Back-to-School WELLNESS

Take Charge of Your Health to Put Yourself on the Path to Wellness



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.

We have easy tips to enhance your wellness!

www.WellnessAtoZ.org



LiveWELL Stay Up-to-Date on Immunizations



August is Immunization Awareness Month! It's a perfect time to focus on the importance of proactive immunizations for you and a great reminder to book an appointment for your kids so they are ready to go back to school!

Vaccines are our best protection against a number of serious and sometimes deadly diseases. Every year, the Centers for Disease Control and Prevention (CDC) and other medical experts update vaccine recommendations for children, teens and adults based on the latest research and evidence-based science on vaccine safety, effectiveness and patterns of vaccine-preventable diseases.



Here's why you shouldn't wait:

- Many vaccine-preventable diseases are still common
- Some people may be at higher risk for getting some diseases

For more information, visit www.cdc.gov/vaccines

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PlayWELL Burn Calories in the Pool



Swimming is easy on the joints, good for the heart, cooling in the middle of the heat and best of all, your kids can easily join! Jumping in the water with the kids is a great way to learn about their day while getting some great exercise.

Learn more about theWellness Wonders of AZ
www.WellnessAtoZ.org/PlayWell

CHALLENGE

Hit the pool for **25 minutes** and burn **270 calories!**

Hit the pool **5 times** a week!

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WorkWELL

What Does Wellness Mean to You?



For Sherry, Wellness is the realization of the true potential to live a healthier, happier and more successful existence. It's the evolving, never-ending self-directed process of achieving physical, mental and social well-being.

How long have you been at Maricopa County Department of Public Health?

Two years.

Do you have a wellness goal?

Achieving healthy wellness numbers (blood pressure, waist size, weight, cholesterol and blood sugar level), starting each day with passion of purpose, energy and a happy heart.

Which challenges do you face in achieving your goal?

Carving out time for myself continues to be challenging.

How has your workplace helped you achieve your wellness goals?

The supportive environment and flexible work schedule has made a huge difference in achieving my wellness goals.



Sherry Haskins

Maricopa County Public Health
Office of Worksite Health Innovation Manager

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WELLCommunity

Help Valley Kids Get Prepared to go Back to School!



Help students all over the Valley get prepared to go back to school with the materials and supplies they need to succeed! Find out more about how you or your company can help teachers, parents and students get back-to-school ready.

Email volunteer@vsuw.org for
Valley of the Sun United Way opportunities

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The start of the school year is a great time to encourage healthy changes and lunch is a smart place to start.

A kid-friendly lunch doesn't have to be peanut butter and jelly. Foods like fruit kabobs, chicken burritos and veggie and hummus wraps are just as easy to make as a PB&J. You may be surprised by how much kids (and you!) enjoy these healthier choices.

Aim for a lunch with lots of fiber and whole grains, some protein and healthy fat, a veggie and just a bit of natural sugar, like a piece of fresh fruit.

59% of packed lunches include a sandwich.

Here are a few ideas from Whole Foods:

- A whole wheat pasta salad with roasted veggies, cooked greens and beans.
- Black bean hummus with carrot sticks, cherry tomatoes and whole grain crackers.
- Fruit and veggie skewers with hummus and nut butter or sunflower seed butter.
- Whole grain tortilla wrap with shredded carrots, baby spinach, avocado, cooked grains and a few slices of chicken.
- Round out lunch with whole grain crackers, raw veggies, mixed nuts and seeds (if permitted at school), raisins, a nectarine, raspberries, grapes or a handful of dried apple slices.
- Avocado, Lettuce and Tomato Pita Pockets: a mixture of greens, tomatoes and mashed avocado in whole grain pitas – see our recipe below!

AVOCADO LETTUCE AND TOMATO PITA POCKETS

INGREDIENTS:

- 1 large ripe avocado
- 1 tablespoon red wine vinegar
- Pinch fine sea salt
- Pinch ground black pepper
- 2 whole grain pita pockets
- 4 butter lettuce leaves
- 1/4 cup fresh basil leaves
- 2 medium tomatoes, each cut into 4 slices

INSTRUCTIONS:

In a small bowl, mash avocado with vinegar, salt and pepper until smooth. Cut pita pockets in half.

Stuff pita pockets with lettuce leaves and basil.

Evenly divide avocado mixture between pita pockets, spreading it on the lettuce leaves. Add 2 tomato slices to each pocket.

NUTRITIONAL INFO: Per Serving: Serving size: 1/2 stuffed pita,

180 calories (70 from fat), 8g total fat, 1g saturated fat, 220mg sodium, 25g carbohydrates, (7g dietary fiber, 2g sugar), 5g protein.



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Greater Phoenix Chamber Foundation

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