



Spring Awakening WELLNESS

Live with intention

LiveWELL
April 2019



www.WellnessAtoZ.org

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.

With this month's Spring Awakening newsletter we hope to inspire you to make conscious efforts of positive change through setting intentions and focusing on self care.



LiveWELL

Spring cleaning for the mind—the importance of setting intentions

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Many of us have goals and plans for the future, but how do we expect to get there? Goal setting plays an important part in both personal and professional development. It allows you to focus on what you want to achieve and having a plan behind those goals allows you to stay on track.

Similar to goals, intentions serve as daily reminders in allowing you to do things with purpose. We can think of these as “mini-goals” that help identify who you are during a particular time and place and where your values lie. Set daily, or weekly, intentions to help you focus on what is important to you.

Not sure how to get started? Here are a few tips to get you on your way:

1. **Know what you want.** Be clear with what you actually want versus what you think you want.
2. **Keep it simple.** Intentions can be broad and setting an intention such as “daily self-care” can be as simple as that.
3. **Make it happen.** Allow the power of your intentions to propel you forward.
4. **Write it down.** Nothing is as powerful as a personally written message. Keep it somewhere visible, like a daily journal or even on your refrigerator or bathroom mirror.



Intention setting has no rules. It can be broad and limitless. Setting daily intentions will help you control negative thoughts and open your mind to the small wonders in life.



PlayWELL

Discover Arizona and compete in the Wellness Wonders of AZ Challenge

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Sign up for the Wellness Wonders of AZ spring challenge today!

Are you ready for another fun six-week activity challenge? The Wellness Wonders of AZ spring challenge is back and better than ever with new activities to complete! With seven activities to challenge you to get outside and discover Arizona, the Wellness Wonders of AZ offers something for everybody. Complete all seven wonders for the chance to win amazing prizes like gift cards from the Arizona-Sonora Desert Museum, Fox Restaurant Concepts, Southwest Airlines, an Advanced Genomic Solutions DNA health kit, and more! Join the ranks of previous Wellness Wonders Champions and share your activity on social media! See the tips below to enhance your chances of winning a great prize:

Compete as a team—gather your coworkers, family, or friends and schedule a time to hike a trail at Piestewa Peak, Camelback, or South Mountain. Or, create fun competition between departments by scheduling a kickball or softball tournament.

Challenge your local business competitors—is your local business competitor participating in the Wellness Wonders of AZ? Challenge them to a friendly competition to see who can be more active. To create a “Company Challenge” visit our website: www.wondersaz.wellnessatoz.org.

Invite others to play—your friends and family members are welcome and encouraged to join in on the fun! They can sign up under your company name to help increase the participation of your business!

Post to social media and tag us—use @GoWellnessAtoZ on Facebook, Twitter, and Instagram and hashtag #WellnessWondersofAZ. The more you post, the greater your chances of winning our weekly social media prizes, and you and your company will be featured on our page!



WorkWELL

What Does Wellness Mean to You?

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Are you passionate about health and wellness? Do you love Arizona? Apply to become a Wellness AtoZ Ambassador! Gain recognition for sharing what you enjoy and help make Arizona known as a destination for healthy living.

Visit www.wellnessatoz.org/wellness-atoz-ambassador to learn more and fill out the application.

What does wellness mean to you?

For me, wellness is a balancing act of several factors. Eating right, being active, and getting enough sleep are all important, but the most important piece of the puzzle is being comfortable in my own skin. When you make the conscious effort to put your wellness first it is amazing how great you can feel both inside and out!

How long have you been at Premier Hospice and Home Health?

I have been with Premier Hospice and Home Health for two years.

Do you have a wellness goal?

Yes! I just ran my first half marathon in January, so my biggest goal right now is to run my first full marathon by the end of this year.

Which challenges do you face in achieving your goal?

Time is always a challenge, but also the brutal Phoenix heat makes it nearly impossible to train outdoors during the summer. Thank goodness for treadmills and A/C!

How has your workplace helped you in achieving your goal?

Our wellness champion at Premier does a great job of getting many of us together for group 5K races and group hikes. These team events have helped me work toward my current goal, while having others there for support!



Monique Kennedy,
Business Office Manager
Premier Hospice and Home Health

www.WellnessAtoZ.org/WorkWell



As the weather begins to heat up, we wanted to share a delicious appetizer that will surely be a crowd pleaser! This vegetable tartare comes from a local nutrition expert, Melanie Albert, founder of Experience Nutrition. For best results, purchase your ingredients from your local farmer's market.

VEGETABLE TARTARE

INGREDIENTS:

- 4 soft, ripe avocados
- 6-8 cherry tomatoes, quartered
- 3-5 green onions, diced
- 1-2 carrots, roughly chopped small
- 2-3 radishes, diced
- 2-3 garlic cloves, minced
- A handful of fresh cilantro or basil
- Freshly squeezed lemon, to taste
- Salt and pepper, to taste
- Sprouts and edible flowers, optional

DIRECTIONS:

1. Chop and gently mix all ingredients besides the sprouts and edible flowers.
2. Arrange mixture in into a ring mold and let it set for 5-10 minutes.
3. Add sprouts and/or edible flowers to the top of the mixture.
4. Remove ring mold and serve.

Can be served with tortilla chips, freshly baked bread, or simply eaten on its own.

Photo and recipe adapted courtesy of Experience Nutrition.



Avocados are packed with nutrients to keep you healthy. These benefits include improved cardiovascular health, increased immunity, and improved collagen formation for healthy skin, hair, and nails.

WELLCommunity

Complete the Wellness Wonders of AZ while giving back



See a list of this month's activities at www.visitphoenix.com.

The best part about living in Arizona is the abundance of activities and festivals happening all around us. This month, check out events such as the Scottsdale Culinary Festival, First Friday Art Walk, or any of the 5K races happening across the state. Enjoy the beautiful outdoors while giving back to local non-profits in our community!