

On the Go WELLNESS

Take charge of your health to put yourself on the path to wellness.

LiveWELL

June 2019



Health and wellness means living life fully with vitality and meaning. Wellness looks different for each individual and evolves as our lifestyles change.

Whether you travel for work or play, it's important to stay active and manage your stress to stay healthy. In our June *On the Go* newsletter, we hope to inspire you with tips to take your health and wellness regimen with you wherever you are.

www.WellnessAtoZ.org

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Travel essentials for optimal health

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June 2019



Each time we travel, there is a fear of getting sick. With the right preparation, you can keep yourself and your family healthy during your travels.

First, it is important to begin with a plan. Start prepping your body for vacation by taking your vitamins, eating healthy, and getting enough sleep. Travel can be stressful, and as it comes up, you want your body to be in optimal health to combat anything that tries to attack your system.

Next, travel well. Stock your suitcase with vitamin C and ginger, both are great at fighting off illness. Bring hand sanitizer, and a small package of baby wipes to wipe down any questionable surfaces. While en route, choose healthy food options. Bring your own (such as our recipe in the EatWell section of this newsletter) or stock up on healthy snacks and drinks.

Finally, bring items to stay comfortable. Noise cancelling headphones can do wonders whether you're on a noisy plane or taking time to rest in the car. A cooling eye mask can help during those long travel days, and bringing a reusable water bottle helps keep you hydrated, and is also great for the environment.



WELLCommunity
Support the arts

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If you're looking for ways to stay cool this summer, visit one of the many local arts and culture centers across the Valley. Phoenix Center for the Arts provides opportunities to immerse yourself in the arts and take classes from ceramics to mosaics, photography, and even dance. Let your creative juices flow and learn something new this summer!

www.phoenixcenterforthearts.org



PlayWELL

Healthiest places to visit in AZ

LiveWELL
June 2019



Discover Arizona this summer and share your journey with us on social media. Tag us @GoWellnessAtoZ and use hashtags #WellnessAtoZ and #DiscoverArizona.

Arizona is recognized for many things, but one thing we are most proud of is the expansive list of healthy activities that surround us. There are 194 mountain ranges in Arizona and over 180 miles of canals to explore. And the weather can't be beat—with over 300 days of sunshine and many ways to escape the Phoenix heat, you can find something new each weekend of the year!

Want to discover Arizona? Here are a few places that top the list for health and wellness:

Scottsdale: Dubbed “the most livable city,” Scottsdale consistently ranks as one of the healthiest cities in America. Between the breathtaking views at Pinnacle Peak and Tom's Thumb Trail, to the famous Camelback Mountain, there's no shortage of ways to soak in the sun. The Indian Bend Wash Greenbelt offers 15 miles of multi-use pathways and beautiful scenery.

Sedona: The red rocks of Sedona continue to fascinate and attract visitors from all over the world. The energy that surrounds this small city is said to bring uplifting power and regenerative effects to all who immerse themselves in the beauty. Oak Creek provides beauty and much needed water in the dry desert, offering visitors a place to cool off and splash around.

Tucson: Home of the Wildcats, Tucson, Arizona shows tourists and natives alike just how diverse the state can be. Visitors can explore the native desert landscape at the national landmarks and gardens and then drive up to the aspens at the top of Mount Lemmon all in an afternoon. Tucson is also home to many exclusive wellness resorts where you can stay in luxury while discovering the healthiest version of yourself.



WorkWELL

What Does Wellness Mean to You?

LiveWELL
June 2019



Become our next Wellness AtoZ Ambassador and make Arizona known as a healthy place to live, work, and play!

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

What does wellness mean to you?

To me, wellness is based on two principles; wellness is holistic and your wellness is defined by you. I believe that wellness does not consist of JUST eating healthy; it is a combination of many elements. Wellness is made up of eating healthy, exercising regularly, and not just those norms but also by your attitude/happiness at work and at home, your social life with friends, and so much more. It is important to be holistic in your wellness. Secondly, your wellness is defined by you not by a certain diet or a certain workout regimen; it is up to you to define your own wellness, no one should define it for you.

How long have you been at Planet Fitness?

I have been with Planet Fitness for eight years, moving to Arizona in 2012 to open the first of now 31 locations in the state!

Do you have a wellness goal?

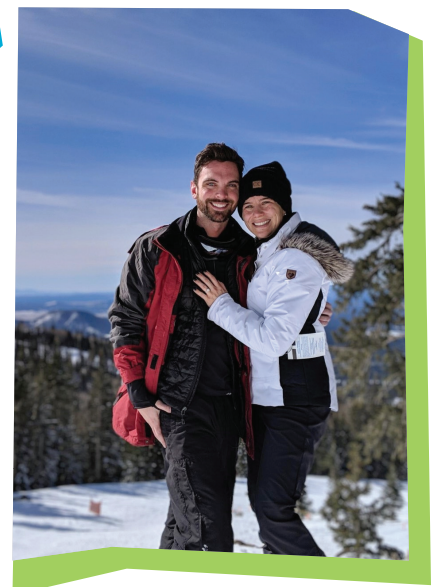
My wellness goal is to be balanced through exercise and eating healthy (and sometimes unhealthy), and to be emotionally satisfied and happy.

Which challenges do you face in achieving your goal?

Life happens! Challenges include disrupted routines, emotional ups and downs, and a lack of motivation. I make a conscious effort to hit reset and re-align myself to restore balance!

How has your workplace helped you in achieving your goal?

Fortunately, I work with like-minded individuals who are motivated, determined, and fitness oriented which challenges me and keeps me on track. And it does not hurt that I can work out for free at any of my 31 locations!



Jessica Rice,
Planet Fitness

www.WellnessAtoZ.org/WorkWell



Whether you are traveling this summer by car, train, or plane, it is important that you stick to healthy meals and snacks. Simple essentials you can bring anywhere are things like granola bars, bananas, apples, air popped popcorn, and nuts. If you are looking for a little more substance, try our recipe below. It can easily be made in advance, eaten hot or cold, and can even travel with you on the plane. Your aisle mates will be so jealous.

ARUGULA PESTO PASTA

INGREDIENTS:

- 8 ounces pasta of choice
- 2 teaspoons avocado oil, or oil of choice
- 2 cups sliced zucchini, halves or quarters
- 2 cups frozen green peas
- 4 cups broccoli florets, steamed or roasted
- 8 Tablespoons arugula pesto, or more to taste

ARUGULA PESTO (MAKES ABOUT 1 CUP):

- 1 cup lightly toasted walnuts
- 2 garlic cloves
- 2 cups baby arugula
- ½ cup olive oil
- 2 teaspoons fresh squeezed lemon juice
- ¼ cup nutritional yeast
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper

DIRECTIONS:

1. Cook pasta al dente according to package instructions. Drain the pasta and reserve ½ cup of pasta cooking water.
2. While pasta is cooking, heat oil in a large skillet over medium-high heat. Once oil is warm, add sliced zucchinis and cook for four to five minutes until tender, adding in frozen peas for the last two minutes. Remove from heat and set aside.
3. For the pesto, place walnuts, garlic, arugula, nutritional yeast, salt, black pepper, and lemon juice in the bowl of a food processor (or blender). Pulse for a few seconds until walnuts are roughly chopped. With the food processor running, slowly pour in olive oil. Continue to process until mixture is well combined. Taste for seasoning and adjust with additional salt, pepper, or nutritional yeast to your preference.
4. In a large bowl, combine pasta, zucchini, green peas, broccoli, and arugula pesto. Add 2 tablespoons of reserved pasta water to moisture mixture. Add additional pasta water as desired, 1 tablespoon at a time. Add additional arugula pesto as desired.
5. Serve pasta chill, at room temperature, or warmed up.

Recipe adapted from www.mealpreponfleek.com.

NUTRITION INFORMATION PER SERVING: Servings: 4

Total calories: 635
Protein: 28g
Carbs: 62g
Fiber: 14.5g
Total Fat: 34g

