

Family WELLNESS

Take control of your family's wellbeing

LiveWELL
September 2019



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.

Living well encompasses your entire being, from your everyday habits to powerful motivating factors. The ways in which we choose to live play a huge role in our overall health, and that affects those we love the most. This month's Family Wellness newsletter shares how the small things we do every day make a big impact on those around us.

www.WellnessAtoZ.org

LiveWELL

Nature vs nurture: how family culture impacts individual health

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Family culture can be defined as the shared behavioral patterns that constitute a group identity. It encompasses the social conditioning (food, behavior, customs, belief systems, etc.) that facilitates growth of the family unit. In other words, family culture gives us identity and helps us feel safe. The flip side to this is that our cultural conditioning can be detrimental to our health.

Science has shown that preventable chronic diseases like high blood pressure and Type II diabetes, as well as tobacco use (both active and passive) are among the contributing factors to the majority of premature deaths worldwide. This is not research meant to frighten, but rather to empower the individual a true example of— "knowledge is power."

DNA sets the stage for certain disease states to occur. But whether or not a specific gene is activated has to do with external factors. This is why we see certain diseases "run in the family." What we must internalize, however, is that susceptibility is far from destiny. Simply because we have a genetic predisposition for a certain disease does not mean we will get the disease. Important factors in changing this are individual empowerment and behavior change.

It is said that 90% of our health is determined by the environment in which we live, and that our DNA only determines 10%. This provides significant motivation to improve our lifestyle choices and our environment, and know that we don't have to accept that our genetics determine our health outcomes.

So how do we start? Slow, steady, positive adjustments to diet, stress management, exercise, and other lifestyle factors is the only way forward. We have more influence than we often realize, and it is time that we step into our power to create a healthier future.

**Article submitted courtesy of Marilyn Sheets, RD, Sheets Nutrition.*



Given what we know about health and disease risk, it is clear that family culture, rather than genetics, has the biggest impact on our risk for developing chronic disease.



PlayWELL

The Wellness Wonders of AZ are back!

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The Wellness Wonders of AZ fall challenge is back and better than ever! This biannual activity challenge is designed to encourage and motivate the entire Arizona community to get outside and discover the beauty of our great state.

With seven different activities to complete over six weeks, individuals can participate on their own or with a group. Activities are all-inclusive and anyone can choose to take part. From hiking a mountain to taking a stroll along our famous canal systems, to improving mental health with mindfulness activities, the Wellness Wonders of AZ has something for everyone.

The best part? It is completely free to participate and you can win prizes for simply completing each activity!

Starting October 1, let's show the nation what Arizona is all about—active living, breath-taking landscape, and a community that cares! You can sign up, and encourage your friends and family members to participate, too, at wondersaz.wellnessatoz.org.



Join us in sharing what we love about living in Arizona! Take part in the Wellness Wonders of AZ and sign up today!



WorkWELL

What does wellness mean to you?

LiveWELL
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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?

Wellness means nurturing the mind, the body, and the soul. The mind needs to be challenged to keep a learner mindset. The body needs both exercise as well as rest to perform optimally. The soul needs a sense of purpose and meaningful relationships to be at peace.

How long have you been at Slalom?

I have been with Slalom for nearly 5 years.

Do you have a wellness goal?

I have two goals: One is to keep balance across all three aspects of wellness (mind, body, and soul), and two, to compete to win at the local level in a master's triathlon.

Which challenges do you face in achieving your goal?

We have more time saving devices and automation than any other period in human history, yet less time. Prioritizing wellness, and not feeling guilty about engaging in self-care is my biggest challenge. Further, getting as much sleep as I should is something that I frequently deprioritize.

How has your workplace helped you in achieving your goal?

Our Slalom team is a stunningly fit group of individuals. There are learning and teaching opportunities at every turn to keep your mind growing. There is everything from running races to our annual kickball tournament to get your body moving. Finally, supporting local companies as they transform their operations gives tremendous purpose to my life.



Sarah Moesker,
General Manager,
Slalom Phoenix

www.WellnessAtoZ.org/WorkWell



Last spring, the Wellness Wonders of AZ brought you a healthy recipe courtesy of Blue Cross Blue Shield of Arizona. As we are about to kick off the fall Wonders challenge, we thought it would be fun to share the easy, and tasty recipe again! The best part about this recipe is that it is easy enough to get the kids involved, and it is cost effective at less than \$2.00 per serving.

BLACK BEAN BURGERS

- 2 tablespoons vegetable oil
- 2 celery stalks, chopped
- 1 onion, finely chopped
- 1 clove garlic, minced
- 1 15-ounce can black beans, rinsed and drained
- 1 large egg, lightly beaten
- 1/2 cup plain bread crumbs
- Salt and pepper
- 1 teaspoon cumin
- 6 Whole grain buns
- 1 tomato, sliced
- 6-12 lettuce leaves
- 2 avocados, sliced or mashed

DIRECTIONS:

1. Preheat oven to 375°F. Line a large, rimmed baking sheet with foil; oil lightly.
2. Heat oil in a large skillet over medium-high heat. Mix in celery and onion and cook, stirring often, until soft for about 3 to 5 minutes. Add garlic and cook for another minute.
3. Pour beans into a large bowl and mash. Mix in vegetables from skillet, stir in egg, cumin and bread crumbs. Season with salt and pepper.
4. Make four to six patties and place them on baking sheet. Bake patties for about ten minutes on each side until firm and set.
5. Serve on whole-grain buns with lettuce, tomato, avocado, and any other vegetables you want to experiment with!

Recipe and photo courtesy of www.nourishingarizona.com.



NUTRITION INFORMATION

Total calories: 215	Fiber: 7g
Protein: 8g	Total Fat: 9g
Carbs: 28g	Sodium: 821mg

WELLCommunity

Encouraging volunteerism for the entire family



"The smallest act of kindness is worth more than the grandest intention." - Oscar Wilde

Volunteering in your local community does wonders for improving the community and the lives of those around you. Not only that, but it actually improves your overall health and well being. Volunteering time as a family is important in celebrating togetherness and provides many wonderful teachable moments for the little ones.

Local nonprofits, such as Families Giving Back provide many opportunities for the entire family to engage in volunteerism. Check out opportunities on their website, or get connected with another nonprofit at www.handsonphoenix.org.