



Summer 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

Keep safe in Arizona's extreme heat



Did you know Arizona is one of the hottest places on Earth from May to September?

Heat-related illnesses are most prevalent during these months. In fact, each year an estimated 2,000 people visit Arizona emergency rooms because of heat-related illnesses. Some heat-related illnesses can even be fatal, so proper preparation is vital, according to the Arizona Department of Health Services.

Most importantly, when it comes to surviving the heat in Arizona, play it cool, be smart and pay attention to Excessive Heat Warnings.



The sun shines in southern Arizona 85% of the time, which is considerably more sunshine than Florida or Hawaii.

Learn more about Arizona heat
www.phoenix.gov/heat

www.WellnessAtoZ.org



PlayWELL

Don't let the heat slow you down



We are all aware of the extreme temperatures outside and while it is important to listen to your body and stay safe, you should still keep your activity level up. It's quick and easy to track your steps using an activity tracker or your smart phone. Get your steps by taking morning walks, using the stairs and hosting walking meetings.

CHALLENGE

Get **7,000 steps** a day and burn 280 calories!

Get **10,000 steps** a day and burn 450 calories!

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

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WorkWELL

What does wellness mean to you?



Kathy assists the CEO and the Board of Directors and serves a critical role supporting internal staff and all of the Chamber's members.

How long have you been at the Chamber?

Six years on August 29.

Do you have a wellness goal?

Lose 5 lbs. and get in better shape physically, which helps me mentally as well.

Which challenges do you face in achieving your goal?

I love to eat! I am also not one to go to a gym, so my exercise comes mostly from walking my dogs, Gracie & Melo. These days I make sure I get up earlier so we avoid the heat!

How has the Chamber helped you achieve your wellness goals?

The group stretches and exercises we have been doing during the last several weeks have made me more aware of the need to take a break to stretch and just get away from the desk for a few minutes.



Kathy Chance

Greater Phoenix Chamber of Commerce
Executive Assistant to the President/CEO

www.WellnessAtoZ.org

WELLCommunity

Help your community tackle the heat



Help your fellow community members stay cool and hydrated this summer.

Find out more about how you can help these organizations provide heat relief:

Maricopa County Animal Care & Control

Arizona Shelter Services

Phoenix Rescue Mission

Salvation Army

www.WellnessAtoZ.org



Summer WELLNESS

Take charge of your health and be on the path to wellness

EatWELL

EAT COOL IN THE SUMMER



Arizona has **15,400** farms and ranches throughout the state

Summer is here and it's time to use what nature offers. Growers in AZ harvest a range of tasty produce during the month of July. Grocers and neighborhood farmer's markets will have a healthy display of apples, chilies, corn, cucumbers, figs, garlic, green beans, melons, nectarines, okra, peaches, potatoes, summer squash, peppers, tomatoes and zucchini.

Simplifying vegetable preparation ensures you get the best possible dish and your meal arrives at the table quickly!

Fun summer recipe courtesy of Fox Restaurant Concepts!

SWEET AND SOUR SUMMER SQUASH

Ingredients:

- Zucchini (1) pound cut into 1"x1" pieces
- Yellow Squash (1) pound cut into 1"x1" pieces
- Extra Virgin Olive Oil (2Tbsp)
- Kosher Salt (1 tsp)
- Fresh Ground Black Pepper (6 turns on peppermill)
- Mint Leaves (1/4 cup) torn in half
- Thai Basil Leaves (1/4 cup) torn in half
- Green Onions (1/4 cup) Sliced thin
- Cilantro Leaves (1/4 cup) leaves only
- Honey (1/8 cup)
- Pineapple Juice (1/8 cup)
- Soy Sauce (2 Tbsp.)

Instructions:

Combine honey, pineapple juice and soy sauce in a bowl with a whisk. Whisk until fully incorporated and set aside.

Combine zucchini, squash, E.V.O.O, salt and pepper in a mixing bowl, toss to incorporate.

The vegetables could then be sautéed over medium high heat until tender, or grilled. Approximate cooking time is 3-4 minutes. It is important to get some color on the squash.

In a separate bowl combine all the herbs and set aside.

When squash and zucchini are done cooking, take off heat and combine in bowl with the fresh herbs and sauce. Serve immediately.



www.WellnessAtoZ.org

Greater Phoenix Chamber Foundation

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