

Spring Awakening WELLNESS

LiveWELL
April 2020



Take charge of your health and 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.

Spring Awakening Wellness will focus on how stay healthy physically, mentally, and emotionally during this season of uncertainty as our community experiences rapid changes in response to COVID-19. We hope this newsletter will provide simple steps you can follow to maintain your overall health if you have transitioned to remote work.

Wellness AtoZ will begin sending out weekly communication called LiveWell Now! with tips on health and wellness as many employers have transitioned to remote work.

www.WellnessAtoZ.org

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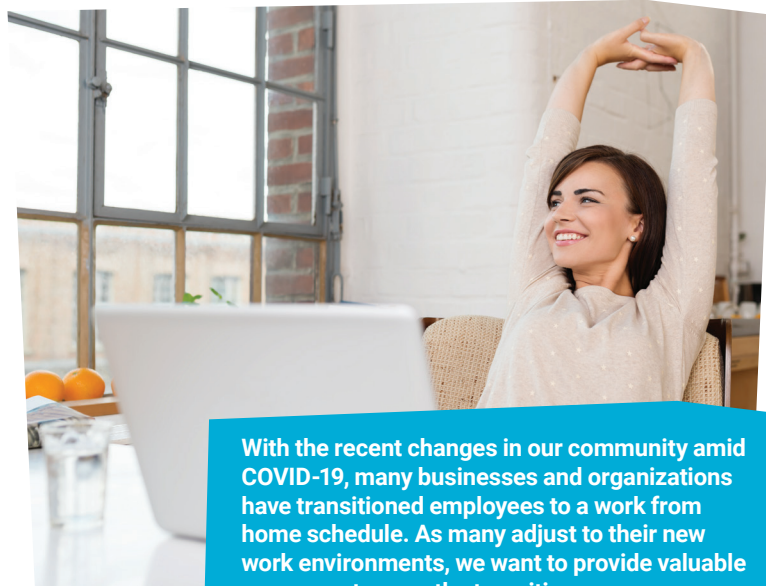
Promoting health and wellness practices from home

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While we are practicing social distancing from our coworkers, friends, and family, it can be challenging to incorporate our regular fitness routines; however, this simple act will help our community slow the spread of COVID-19. To maintain a healthy lifestyle, create a simple at-home regimen to keep your days balanced. Below are some tips courtesy of Corporate Wellness Magazine that share how you can create a routine that keeps your mental, physical, and emotional wellbeing in mind.

1. **Wake early to exercise.** In Arizona, being outside in the mid-day can be a challenge due to high temperatures. By waking early in the morning to do your exercise, you can avoid the intensity of the sun. Whether it is taking your dog for a walk, going for a jog, or practicing yoga at the park, doing some form of physical activity is a great way to kick-start your day with energy, reflection, and clarity.



With the recent changes in our community amid COVID-19, many businesses and organizations have transitioned employees to a work from home schedule. As many adjust to their new work environments, we want to provide valuable resources to ease the transition.

2. **Revitalize your daily fruits and vegetables.** In the spring the flowers are blooming, but so are some delicious fruits! Spring is the perfect season to add more fruits to your diet. The American Heart Association recommends four fruit servings per day. Some of the fruits that you will find in season in Arizona include summer squash, cantaloupes, apricots, lemons, tomatoes, oranges, strawberries, clementines, grapefruit, and peaches.
3. **Say "yes" to a healthy breakfast.** You will need a healthy breakfast to pair with your morning workout to get the most energy. There are several options for simple healthy breakfast ideas, such as overnight oats or a hot breakfast with eggs and spinach.
4. **Water with a squeeze of lemon.** Water is an essential part of staying healthy. The amount of water we need to drink daily varies for women and men; however, Healthline shares that most people should try to drink eight 8-ounce glasses every day. If you are not used to drinking water, try adding a squeeze of lemon to enhance the flavor.
5. **Proper sleeping habits support a healthy weight.** Sleep is so important for our overall health, and it is important that you make it a priority. Make it a goal to get 6-8 hours of sleep every night. Sleep is a way to refresh and recharge, but it also helps to maintain a healthy weight.
6. **Create separate spaces.** Designate a specific space in your home to function as your "office." Make sure this space has a solid working surface and good light. Utilize this space during your designated work hours to create space between work and home.

Information compiled from corporatewellnessmagazine.com.



PlayWELL

Simple at-home work out

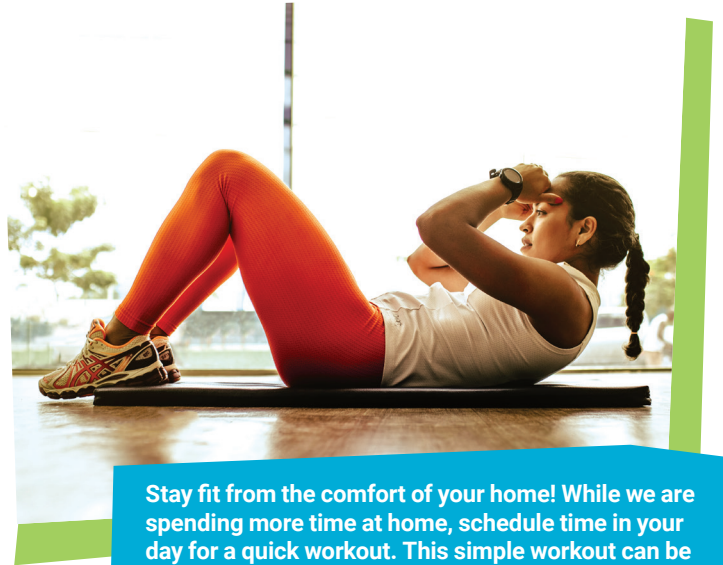
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Check out this simple workout you can try at home!

- 1. Standing Lunges.** Start standing with feet together. Step right leg forward, bend knees, keeping right knee stacked over right ankle, left hip in line with left knee. Straighten legs and return to standing position; alternate sides with each rep. Do this for 60 seconds.
Rest 15 seconds.
- 2. Push Ups.** Start in a high plank with wrists directly under shoulders, body in straight line from head to toe. Bend elbows, keeping them close to torso, to lower chest to ground, then straighten arms. Do this for 60 seconds.
Rest 15 seconds.
- 3. Plank Taps.** Start in a high plank with wrists directly under shoulders, body in straight line from head to toe. Shift weight to left side and lift right arm, bringing right hand to tap left shoulder. Return right hand to the ground; alternative sides with each rep. Do this for 60 seconds.
Rest 15 seconds.
- 4. Jumping Jacks.** Stand tall with arms by sides. Jump legs apart and swing hands overhead. Jump feet back together as hands come back down to sides. Do this for 90 seconds.
Rest 30 seconds.
- 5. Bicycle Crunches.** Lie face up with hands touching behind head, elbows out wide and legs extended. Lift torso, arms and legs off ground. Bend left knee and twist body to the left, bringing right elbow to meet left knee over the torso; alternate sides with each rep. Do this for 60 seconds.
Rest 15 seconds.

- 6. Jump Squats.** Start standing with feet hip-width apart and arms by sides. Squat down, keeping chest lifted, then explode up. Land and immediately lower into the next rep. Do this for 90 seconds.
Rest 30 seconds.
Workout derived from self.com.



Stay fit from the comfort of your home! While we are spending more time at home, schedule time in your day for a quick workout. This simple workout can be done anywhere in your home or even in your yard. Gather your family at home to join you for this upbeat exercise. Remember to check with your doctor if you have any concerns about any of the exercises.



EatWELL

Healthy Spring Salsa

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The spring time is a perfect time for an outdoor cookout with friends and family or a game night indoors. When you are stuck not knowing what to snack on, try preparing this delicious and fresh salsa!



Recipe and photo adapted from the recipe blog at elizabethrider.com.

Heathy Simple Salsa

INGREDIENTS:

- 1 large clove garlic, grated or finely chopped
- 1 small white onion, peeled and cut into quarters
- 1 cup of handful fresh cilantro
- 1 small jalapeño, stemmed and seeded depending on your heat preference (omit for a very mild salsa)
- 1/4 teaspoon lime zest (zest the lime before you juice it)
- 3 tablespoons of lime juice
- 1/2 teaspoon ground cumin powder
- 1/2 teaspoon sea salt
- 2 (14-ounce cans) or boxes of diced tomatoes (Tip: It's best to get tomatoes without any added sugar.)
- Getting fresh? In place of canned tomatoes use 3 cups roughly chopped tomatoes

Directions:

1. Add all of the ingredients except the tomatoes to the bowl of a food processor or blender. Pulse 10-15 times to roughly chop all ingredients; if using a blender blend on low for 5-10 seconds. Scrape down the sides.
2. Add the tomatoes and pulse them in until well incorporated but still chunky with texture. Pulse until your desired texture is reached; about 8 pulses. Adjust the salt to taste.
3. You can enjoy your salsa right away, and it gets even better the longer it sits. Store in an airtight glass container up to 5 days in the refrigerator.



WorkWELL

What does wellness mean to you?

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AMBASSADOR HIGHLIGHT

What does wellness mean to you?

Wellness to me is the ability to live a long life of fulfillment, adventure, and happiness. I want to enjoy the community around me and be grateful for all I have without having to worry about being able to do the things I love. Exploring nature, embracing creativity, participating in endurance sports, being a life-long learner, and having the financial stability to do all of these things encompass wellness to me.

Do you have a wellness goal?

To practice what I preach! At Nuvaria Health & Wellness I help people integrate change. Change starts small and builds upon successes. I encourage people to find something they love to do, which sometimes requires trying something new to see if they like it. Therefore, I have been trying new things to show it's possible to clients as well as strengthening the "change muscle." Change doesn't have to be hard if we practice change often and see that everything turns out alright. I have always been an avid runner; however I have found it fun to try new fitness activities. I have tried hot yoga, boxing, Pilates, and new hiking trails. My wellness goal is to continue exploring new ways to incorporate movement.

Which challenges do you face in achieving your goal?

Habits. When I don't achieve my goal, it is because my old habits take over. The brain tends to favor the behavior with the least resistance. If I don't make my new behavior easier and as accessible as my old behavior, I set myself up to fail. Therefore, it is important to schedule out my week, make appointments, set reminders in my phone, block out the time in my calendar, make sure I have the right resources to succeed, and other habit building tools.

How long have you been with the Nuvaria and how has your workplace helped you in achieving your goal?

I have been with Nuvaria Health & Wellness for two years. Nuvaria provides its company with access to online course curriculums such as Stress Reduction, Weight Loss with Nutritional Therapy Protocols, and Diabetes Management. Every month we also have access to Wellness @ Work webinars that focus on different areas of wellness. What I love most about what Nuvaria provides our company and clients, is that in all the programs offered the focus is on integration and changing your thought habits for permanent results.



Jacquelyn Ikonov, Nuvaria

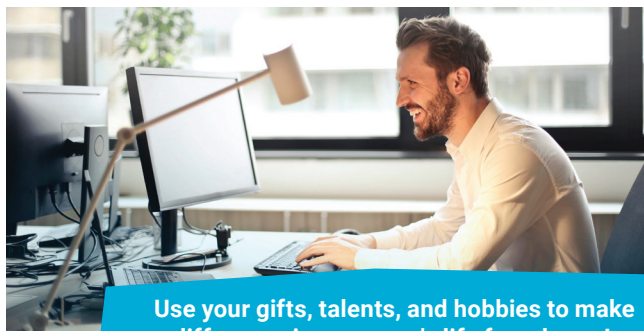
WellnessAtoZ.org/WorkWell

Visit phoenixchamberfoundation.com/wellness-atoz-ambassador to learn more and become an ambassador.

WELLCommunity

Make a difference from home

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Use your gifts, talents, and hobbies to make a difference in someone's life from home!

As we comply with our state's recommendations to practice social distancing, there are ways you can give back to your community and volunteer without leaving your home. Check out Operation Warm to see all of the incredible ways you can make a difference during this public health situation!

www.operationwarm.org/blog/25-volunteer-jobs-to-do-from-home/



www.WellnessAtoZ.org
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