

# Stay At Home WELLNESS

LiveWELL  
June 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.

Throughout the last few months, our community has experienced a 'new normal'. While we are spending most of our time at home lately, it's important to stay active and manage your stress to stay healthy. In our June Stay At Home Wellness newsletter, we hope to inspire you with tips you can use for your health and wellness regimen right from home.

[www.WellnessAtoZ.org](http://www.WellnessAtoZ.org)



LiveWELL

7 ways to stay healthy while at home

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We hope the tips below can help you create a healthy regimen to help you stay healthy right from home!

- 1. Check out our weekly LiveWell Now! communication.** Wellness AtoZ is sending out weekly communication on different health and wellness topics ranging from mental wellness and healthy meals to balancing working from home with kids. Our goal with these communications is to support our employers and community as they adapt to a new normal from home! The LiveWell Now! communication can be found online. Check them out for fun recipes and weekly wellness tips!
- 2. Stay connected with friends and family.** Even though you are not able to spend time with your friends and family physically, it is important that you continue to remain connected to them virtually. Try using video calls for virtual dinners or celebrations or doing drive-by birthday and/or graduation celebrations. Make a list of people that you know are going through quarantine alone or who may be immunocompromised and check on them occasionally via text or call to make sure they are doing okay.
- 3. Practice Mindfulness.** In the past few months, our society has experienced so many rapid changes that it can be overwhelming. Especially as we are constantly receiving news and updates from different media sources and even social media. Sometimes, we need to take a break from checking the media and spend time in nature and in the present. The best way to do this is by taking some time to practice mindfulness. Even if you only have one minute, take a moment to breathe deeply and focus on your breath. For mindfulness practices, check out M2Mindfulness.
- 4. Eat Well.** It can become easy to lose focus of healthy eating, especially when we are under stressful circumstances. It can also become challenging for parents to figure out new things to make for their children. After all, having to make three meals a day plus having enough snacks for in between can be challenging. In these instances, it is important to remember the basics. Ensure that you are eating enough fruits and vegetables. This means including vegetables with every meal and eating more lean meats and fish. Plus, there are many delicious fruits in season that you can eat to be refreshed if you have a sweet craving.
- 5. Stay Hydrated.** It is always important to stay hydrated. It can be easier to do so when you are out and about, but it is just as important to stay hydrated when you are home. Try utilizing a reusable bottle and/or infuse your water with fruits and flavor like strawberries, lemons, mint, and cucumber. You can also stay hydrated by eating foods that are rich in water content like watermelon, cucumber, and lettuce.
- 6. Exercise.** The stay at home order has pushed society to be creative with the routine tasks that we used to do such as going to the gym, attending group fitness classes, or working out with friends. Now, you must find alternate ways to do the things you used to do from home or outdoors. Stay active from home by doing indoor workouts, practice yoga indoors or in your backyard, go for a walk around your neighborhood or at your local park (while keeping 6 feet apart from others), or go for an early morning or late afternoon hike or bike ride. Many gyms and other organizations have taken a stand to provide virtual workouts of all kinds for people to stay active right from home. Check out this list to see which virtual workouts are available.
- 7. Take preventative measures if you go out to public places.** While most of our time is spent at home, there may be instances where we need to step out to the grocery store or for curbside pickup. If this is the case, wear a mask to protect yourself, carry hand sanitizer with you, maintain 6-feet away from others if you are around people, wash your hands with soap and warm water when you are done running your errand(s), and do not touch your face with your hands until you are able to wash them properly with soap and warm water.





Though most of our time is spent indoors to help minimize the spread of the current Coronavirus, there are still opportunities to enjoy the outdoors by spending time in nature. Let us know how you spend time outdoors by tagging us in your adventures!

### Explore Arizona's miles of biking trails

One of Arizona's hidden gems is its hundred of miles of bike trails! Who would've known?! There are trails for everyone at any level to enjoy! Even though it is getting warmer outside, you can still enjoy a nice bike ride outdoors in the early morning or late evening when the sun is not at its peak. Check out this listing of bike trails to find where your next bike trek will be!

### Go for an early morning or late evening hike

Arizona is known for its desert landscape which includes its beautiful hiking destinations. What a great way to get exercise while experiencing the beauty of our very own Arizona landscape! Start your hikes early, no later than 6 am, to ensure you can complete the hike before the sun's rays become more dangerous. Moreover, you must be prepared with enough water. Some hiking trails like South Mountain Park and Preserve have signage that says to begin heading back to the trailhead once you have gone through half of your water to ensure you have enough for the hike back. There are hiking trails for everyone! Find the one that is best for you here!

### Go for a walk around your neighborhood

If you need a quick break in the day, take a stroll around your neighborhood. Going on walks around the neighborhood creates a

sense of community. The more common it becomes for people to walk, bike ride, or just be outside in their neighborhood, the healthier the neighborhood becomes! Just by going for walks, jogs, or bike rides in your neighborhood, you can make a positive change in your community.

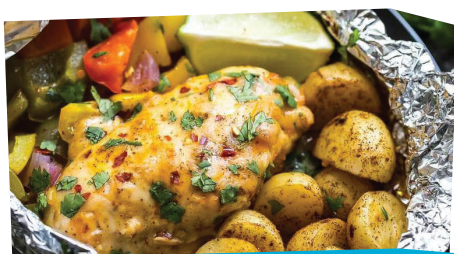
### Have a picnic at your local park

The weather has been beautiful to spend some time outdoors! So, grab your favorite fruits, some refreshing sparkling water or homemade lemonade, a blanket, and a frisbee, and head to your nearest park to have a picnic! It can be nice to have a change of scenery for a meal.

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



It's that time of year! Pull out the BBQ Grill for a cook-out! Keep your house cool and enjoy time with your family in the backyard while trying out a new recipe together.



**Prep time: 10 minutes**  
**Cook time: 25 minutes**  
**Total time: 35 minutes**  
**Servings: 4 foil packets**

## SOUTHWEST CHICKEN FOIL PACKETS

*Recipe and photo from thegirlonbloor.com*

### INGREDIENTS:

- 1 tbsp olive oil
- 2 tsp chili powder
- 1 tsp garlic powder
- 1 tsp seasoning salt
- 1 package baby potatoes, sliced in half
- 1/2 each red, yellow and green pepper, diced
- 1/2 cup shredded cheddar cheese
- Cilantro, salsa and sour cream to serve

### CHICKEN MARINADE INGREDIENTS:

- 1/4 cup olive oil
- 1/4 cup PC Black Label Passion Fruit Condiment
- 2 tbsp honey
- 1 tbsp taco seasoning
- 1 tsp salt

### Directions:

1. Preheat BBQ to med-high heat. Mix chicken marinade ingredients together and let them marinate for 10 min.
2. While the chicken is marinating, cover veggies and potatoes with olive oil, chili powder, garlic powder, and seasoning salt.
3. Create four foil packets by adding veggies and chicken to each, and add a spoon of marinade over the chicken.
4. Put aside foil covers for each foil packet, then cook on BBQ grill for 20-25 minutes until chicken is fully cooked.
5. Take the foil packets off the grill and remove foil cover, then sprinkle some cheese over your chicken. Place the alumni foil cover back on gently and let sit for 3-4 min until cheese melts.
6. Serve your Southwest foil chicken packets with chopped cilantro, salsa, and sour cream or plain Greek yogurt. Enjoy!



## EMPLOYER SPOTLIGHT

### What role has M2 Wellbeing taken in our business community and/or community-at-large during this era of social distancing?

M2 is the only mobile mindfulness studio in Arizona, known for delivering onsite workplace mindfulness training, led by expert teachers. Social distancing required us to pivot quickly and find a way to meet people where they are now because the practice and benefits of mindfulness are more relevant and important than ever. In early April we began delivering virtual classes, via Zoom, including a workshop series created to support challenges we are encountering with COVID-19.

### What does health and wellness mean to M2Wellbeing?

Health and wellness means we take time out of our day to prioritize our well-being. We know and care for ourselves enough to decide what is most meaningful and nourishing at that moment. Sometimes it's a nap, or a call to a friend, or journaling. Other times it's meditating, moving, or cooking a nutritious meal.

### When did M2 Wellbeing start and how was it inspired?

I launched M2 Well-Being in 2017. Inspired by my own mindfulness journey, I'd been contemplating how to bring practices into existing communities. I hoped to make it as easy and convenient as possible and lower barriers to trying and maintaining more mindful cultures. One day I was driving down the road and I saw a food truck and I thought, "A mobile studio! I will make a safe, quiet, beautiful place, and bring experienced teachers to communities to offer classes." And so I did :)

### What is one health and wellness tip you would share with the community at this time in our society?

Be compassionate with yourself and others. Now, more than ever, many of us are struggling to identify boundaries and limitations and make choices that make us feel safe. It's different for everyone. Listen carefully, judge less, and be kind.



**Susan West**  
Owner and General Manager  
M2-Wellbeing

[WellnessAtoZ.org/WorkWell](https://WellnessAtoZ.org/WorkWell)

Join us for our next WorkWell Webinar!



Wellness AtoZ

#### WorkWell: Mental Wellness as We Transition Back to the Workplace

Zoom Video Conference  
Wednesday, June 3, 2020  
Program: 8:30 – 9:30 a.m.

Register Today!



"As a small business owner focused on workplace wellness services, I am so fortunate to attend the quarterly WorkWELL forums. Hands down, Wellness AtoZ WorkWELL events have been the most valuable networking resource for making connections and learning more about corporate wellness challenges and progress in Arizona. I can directly attribute revenue, media mentions and creative campaign ideas to interactions and conversations Wellness AtoZ made possible."

-Susan West

## WELLCommunity

American Red Cross



During this time, many of our community members are looking for ways to help or give back. One way you can help is by donating blood with the American Red Cross. The first step is to check if you are eligible to donate and look for donation locations near you. Visit [redcross.org](https://redcross.org) for more information!

