

On the Go WELLNESS

LiveWELL

June 2021



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.

Traveling looks different today than it did over a year ago. Learn ways to get some fresh air and explore new places while keeping yourself, your family, and those around you safe!



LiveWELL Summer Packing List Safety Essentials

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In the last year, traveling and exploring new places has looked different. At one point, those things were placed on hold for everyone's safety. Today, the world is beginning to open back up with continued precautions in place. See the simple essentials you should pack if you are planning to travel this summer:

- **Different colored or printed face masks:** If you are planning to visit a new destination this summer, pack a few different masks that coordinate with your outfits. While some places do not require to wear a mask, it is always a good idea to have one packed for extra safety. Additionally, have a few spare clean masks in the event that you lose a mask or someone around you needs one!
- **Hand sanitizer:** One of the most outstanding things that was emphasized in the last year was the importance of hand hygiene. When traveling, you might not always have access to soap and warm water. For this reason, pack a few travel-size hand sanitizers to avoid spreading and contracting germs.
- **Sanitizer wipes:** During travel it is likely that you will come across surfaces that are for common use like door handles, chairs, tables, toilet handles, etc... To prevent contracting germs from common areas, bring sanitizer wipes to wipe down surfaces you will be touching.
- **Travel size disinfectant spray:** For extra precaution like closed spaces such as meeting spaces, hotel rooms, airplanes, etc... You can give the space a few spritzes to decontaminate the area.



PlayWELL

Move More... Make it Active. Make it Fun!

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Written By: Jessica Somar, CHES, Cigna Engagement Director

Have you heard that sitting has been called the new smoking? An analysis of 13 studies of sitting time and activity levels found that those who sat for more than eight hours a day with no physical activity had a risk of dying similar to the risks of dying from obesity and smoking.¹ The many responsibilities we face on a daily basis can feel like barriers to getting in movement, but making sure you prioritize moving your body each and every day is so important. Being physically active is one of the most important actions that you can take to improve your health.² It could even help you live longer. Any activity that gets your heart beating faster counts as aerobic. Even five minutes of exercise has some health benefit.²

If you have been looking for ways to incorporate more movement into your day, we have some easy tips to help you *move more*.

Get ready. Have comfortable shoes and clothes in your office, car or home.

Get set: Mark your calendar with times to do fun physical activities.

Go: You'll feel better in body and mind.

Make it active. Make it fun.

- **Take the stairs.** Climbing stairs is a great way to increase your heart rate.
- **Stand while you work.** Consider a standing desk for your office at work or at home.
- **Dive right in.** Find a health club or community pool and start swimming laps.
- **Take a virtual exercise class.** Make new friends in a yoga, spinning, dancing or other fun class.
- **Get outside.** Work in the garden, rake leaves or go for a walk in the park.
- **Family matters.** Play catch, ride bikes or take a walk before or after dinner.
- **Park in the back.** Choose a parking spot far away from the entrance to get in more steps.
- **Mix it up.** Find some new activities and alternate them to keep it interesting.
- **Get up early.** Greet the new day with 30 minutes of exercise.
- **Take a break.** Leave your desk and walk around your building or on a nearby path.
- **Move and watch.** Do some jumping jacks, lunges or free weights in front of the TV.



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

1. "Sitting risks: How harmful is too much sitting?" <https://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/sitting/faq-20058005> (Aug. 21, 2020)
2. U.S. Department of Health and Human Services. "Physical Activity Guidelines for Americans, 2nd edition, 2018." https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf (accessed February 15, 2019).



WorkWELL

Stay Connected & Informed with WorkWELL Webinars

LiveWELL
June 2021



Our WorkWELL Forums transitioned to an online platform as webinars to continue providing resourceful information and the chance for Wellness AtoZ employers to connect as a community. We invite local and national experts to talk about the most relevant topics that are affecting our workplaces and region. If you have missed any of the WorkWELL Webinars, you can access them at wellnessatoz.org.

Our most recent WorkWell Webinar covered Vaccines in the Workplace. Our friends from Fennemore and Craig joined us to talk about the legality behind COVID-19 Vaccines in the workplace and if we should be revising our HR manuals. Check it out here for the full webinar.

We also launched the Spanish series of our webinars, TrabajarBIEN. We partnered with local leaders and experts to bring forth education around health and wellness in the workplace to the Spanish-speaking community. These can also be accessed at wellnessatoz.org.

Please feel free to revisit these webinars and share them with your team, your networks, and the community. If you share them on social media, don't forget to tag us @GoWellnessAtoZ!



VEGAN BUFFALO CHICKPEA BOWLS

Recipe and photo from jaroflemons.com

Are you seeking a plant-based and healthier alternative to buffalo chicken? Look no further than this savory buffalo chickpea bowl.

VEGAN BUFFALO CHICKPEAS:

- 1 Tbsp avocado oil
- 1/2 small yellow onion (chopped)
- 1 tsp minced garlic
- 1/2 tsp cayenne
- 1/2 tsp cumin
- 2 tsp paprika
- salt/pepper (to taste)
- 1/4 cup tomato sauce
- 1/4 cup apple cider vinegar
- 2 tsp agave
- 1/2 cup vegetable broth
- 1/3 cup hot sauce (of choice)
- 3 1/2 cups chickpeas (canned or cooked)

DIRECTIONS:

1. Preheat the oven to 350 degrees F.
2. On the stovetop, cook the chopped onion and minced garlic in the oil over medium heat for about 2-3 minutes.
3. Mix the cayenne, cumin, paprika, salt, and pepper with the tomato sauce.
4. Pour the mixture into the pan and cook for another 2-3 minutes.
5. Add in the apple cider vinegar, agave, vegetable broth, and hot sauce.
6. Continue to cook for another 3-5 minutes.
7. Add in the chickpeas and stir, cooking for another 7-10 minutes (or until the buffalo sauce thickens and reduces).
8. While the buffalo chickpeas are cooking, chop, prep, and/or spiralize the vegetables for the bowls.
9. Place the broccoli on a baking sheet and toss in the avocado oil.
10. Roast for about 20 minutes (or until softened).
11. Combine the quinoa, avocado, roasted broccoli, spiralized carrots, and buffalo chickpeas in each bowl.
12. Serve and enjoy or meal prep for later!



NUTRITION FACTS

Calories: 492 kcal | Carbohydrates: 67 g
Protein: 18 g | Fat: 20 g | Saturated Fat: 3 g
Sodium: 1230 mg | Potassium: 1411 mg
Fiber: 19 g | Sugar: 12 g

QUINOA BOWLS:

- 2 cups quinoa (cooked)
- 1 medium avocado
- 1 head broccoli
- 4 medium carrots
- 1 Tbsp avocado oil

WELL Community Community Herbalism



Learn about herbalism and build a community with like-minded individuals who want to learn about vegan recipes, remedies and plant-based knowledge. Check out the Community Herbalism meet-ups to join a meet up near you!

VIVIR BIEN

LIVEWELL NEWSLETTER EN ESPAÑOL
CLICK HERE!