

Summer WELLNESS

LiveWELL
July 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.

This summer it's all about experiencing adventure! With more people getting vaccinated and a decrease in COVID-19 cases, it is safer to get back to doing more regular activities.

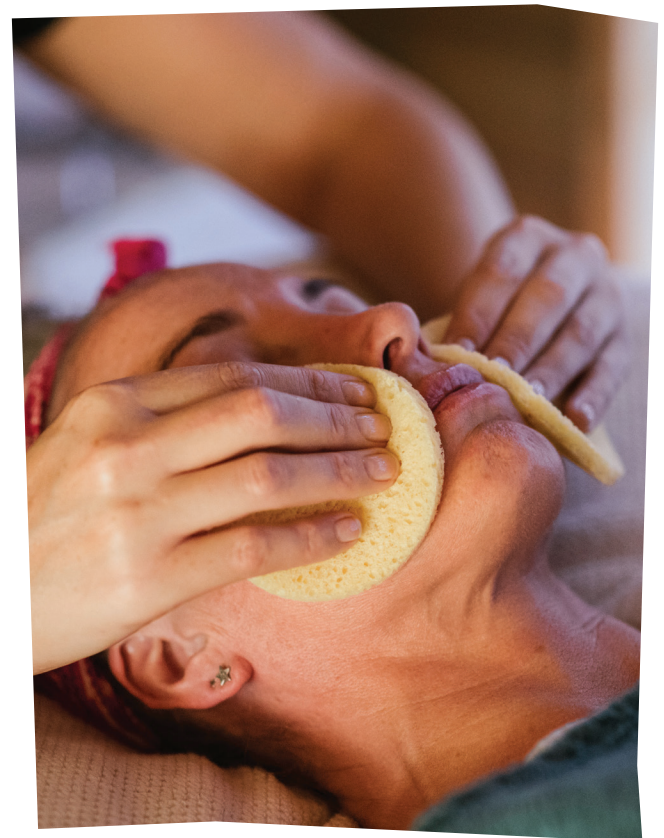
LiveWELL 3 Ideas for Wellness Travel this Summer

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In 2020, many people experienced isolation in our communities due to the COVID-19 pandemic. This year, people are excited to reunite with loved ones they haven't seen in a while and experience life outside of their homes. See below for a few summer wellness trends we discovered from Travel Pulse and a few ideas for how to incorporate wellness into your summer travel plans.

- **Wellness Staycations:** Netflix and movie nights were a thing of 2020, but now, people want to venture out into nature and move away from their couch and T.V. screens. While confidence to travel internationally safely for some people will take more time, more people are seeking staycations within their country, and even in their own state. Planning staycations is a great way to be a tourist in your own city and get a break from the everyday routine at home.
- **Mindfulness and Sustainable Travel:** With so many people traveling less last year, it had a beneficial impact to the environment. Popular tourist destinations were able to recover from air and water pollution a little bit more and wildlife were seen exploring spots they would normally not be in. This new reality brought more awareness around the impact that travel and human activities have on the environment and wildlife. With this new awareness, more people are opting for resorts that are centered around sustainable or eco-friendly practices, or wellness-focused resorts.
- **Tailored Retreats for Stress Relief:** In 2020, people experienced a lot of negative emotions including tension, stress, fear, worry, and anxiety. 2021 is a year to release and reset those emotions. More people are resorting to wellness vacations where they can experience a wellness detox from these feelings and emotions. There are wellness resorts that offer health screenings, dietary counseling, private fitness trainings, and healing spa treatments, just to name a few.





PlayWELL

Wellness AtoZ Day Workout for Anywhere

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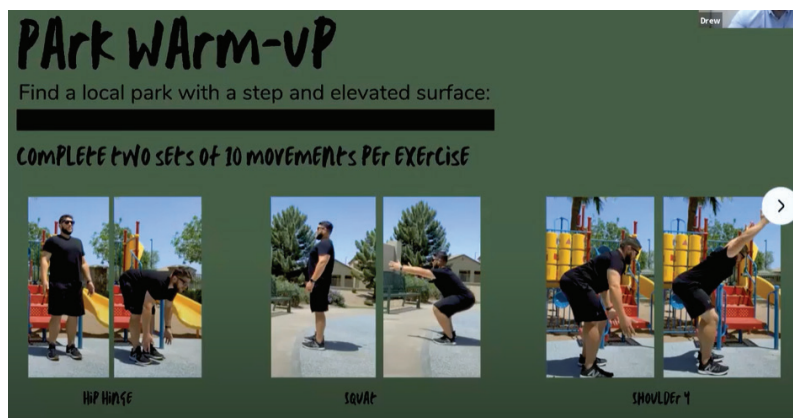


PARK WORKOUT

Workout created by
Drew Saenz, Team Up AZ

We launched Wellness AtoZ Day celebratory weekend with a PlayWell Webinar focused on how to celebrate the day with movement. In collaboration with Team Up AZ, the webinar focused on a workout that can be done indoors, at a playground, or anywhere outdoors. This webinar not only focused on the workout, but on the importance of hydration and incorporating movement into our lifestyles.

To view the full webinar and a walk-through of the workout, visit our PlayWell webpage.



Park Warm-Up

Complete two sets of 10 movements per exercise.

- Hip Hinge
- Squat
- Shoulder Y



Park Workout

Equipment: A small-medium sized step

Complete 3-5 rounds of 10 movements for each exercise.

- Step Ups
- Chess Press
- Shoulder Y



WorkWELL

Health and Wellness Webinars

LiveWELL
July 2021



If you missed any of the WorkWELL Webinars or would like to view them again, you can access them at wellnessatoz.org. Stay tuned for more information about our upcoming WorkWell Webinar in August that will focus on mental health.

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!





WATERMELON BEET APPLE JUICE

Recipe derived from goodnature.com

The summer heat calls for refreshing drinks! It's time to get creative and experiment with new fruits and veggies to create a healthy and rejuvenating beverage. We found a thirst-quenching and healthy juice recipe from Good Nature. It's simple and looks delicious!



INGREDIENTS:

- 3 Cups Cubed Watermelon
- 1/5 Medium Green Apple
- 1/10 Red Beet
- 1/5 Lime
- .09 oz Chili Pepper (optional) serrano variety
- Mint (Experiment with how much to use). *Start with small amounts.

DIRECTIONS:

1. Wash the produce.
2. Remove the watermelon rind (optional). For a sweeter taste, remove the skin.
3. Cut the watermelon in cubes then place directly into the juice press chamber.
4. Remove the top beet ends and clean the bottom thoroughly.
5. Measure and grind the rest of the ingredients.
6. Add grinded ingredients to juicer.
7. Serve and enjoy!

WELL Community Get Certified, Save a Life



American Red Cross Training Services

CPR is an invaluable skill to learn. It is a simple skill that, in a matter of minutes, can save someone's life. According to the Arizona Department of Health Services, drowning is the third most common cause of unintentional death in Arizona. If you can, learn this valuable skill and become certified to administer CPR. The American Red Cross offers training to help you get started.

VIVIR BIEN

LIVEWELL NEWSLETTER EN ESPAÑOL
CLICK HERE!