

Family WELLNESS

LiveWELL
September 2021



Wellness is different for everyone and evolves as our lifestyle changes. With that in mind, LiveWELL is providing resources to help craft a unique health and wellness routine that easily fits into your ever-changing life.

In this newsletter, gain tips to promote wellness for the whole family. Plus, learn how you can be a part of our fall programming events!

LiveWELL Creating Structure at Home

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Routines and rules are an excellent way to provide structure and a sense of security at home. Check out the CDC's tips below on how to implement healthy boundaries and expectations within your family.

1. **Consistency:** The CDC recommends parents respond to children's behavior with consistency. This means a parent will have established and expected reactions such as gratitude, praise, and rewards for a child's favorable behaviors, and respond with consequences and redirection for less favorable behaviors. According to the CDC, when behavior responses are consistent children are less likely to repeat "bad" behaviors and more likely to showcase "good" behaviors.
2. **Predictability:** According to the CDC, providing children with a consistent schedule creates predictability in a child's routine which promotes positive behavior.
3. **Follow-Through:** When parents practice consistency and predictability they show children their ability to follow through and stay true to their word. This fosters a stable environment and helps children develop clear expectations.

All information derived from [cdc.gov](https://www.cdc.gov)



PlayWELL PlayWell Webinar

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Join our PlayWell Webinar to hear from Workday Performance Coach, Drew Saenz, from Team Up AZ, a health and wellness coaching and consulting company. He will share how you can prevent injuries, reduce pain, and strengthen your body by practicing ergonomics in the workplace. Saenz believes it is a misconception that injuries can only be prevented by stretching. He says while stretching is important, strength training is vital to preventing injuries. This workshop will explore the role that stretching and strength training play in injury prevention, including how often you should be doing strength training, and provide simple strength-building exercises.

Show up virtually in activewear! After an educational discussion participants will be invited to follow along with workspace-friendly exercises.

Register today at WellnessAtoZ.Org/PlayWell

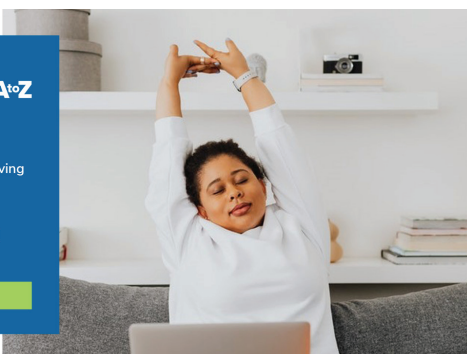


Wellness AtoZ

PlayWell Workshop
Ergonomics at Work: Improving
Strength to Reduce Pain

Zoom Webinar
Thursday, October 28, 2021
4 - 4:45 p.m.

[Register Today!](#)





Our Fall WorkWELL webinar will discuss mindful nutrition in the Workplace with speakers from BlueCross BlueShield. We will be covering tips for mindful snacking throughout the work day and ideas for healthy snacks that will fuel the work day!

Have you missed any of our previous WorkWELL webinars? Not to worry, you can rewatch and share them by visiting wellnessatoz.org/workwell.

We also launched a Spanish series of WorkWELL Webinars that you can find and share at wellnessatoz.org/trabajarbien.



EatWELL

YUM! 2 Bean Vegetarian Chili



2 BEAN VEGETARIAN CHILI

Recipe and photo courtesy of myrecipes.com

With Fall around the corner, try this simple and balanced recipe that will warm the hearts and stomachs of the whole family!



NUTRITION INFORMATION

Calories: 347
Carbohydrates: 56g
Protein: 18g
Fiber: 17g

INGREDIENTS:

- 1 tablespoon olive oil
- 4 garlic cloves, finely chopped
- 1 small onion, finely chopped (about 1 cup)
- 1 small green bell pepper, chopped (about 1 cup)
- 1 teaspoon ground cumin
- 1 cup water
- 2 teaspoons finely chopped chipotle chiles, canned in adobo sauce
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 (15-ounce) cans unsalted black beans, drained
- 1 (15-ounce) can unsalted pinto beans, drained
- 1 (14.5-ounce) can unsalted petite diced tomatoes, undrained

DIRECTIONS:

1. Heat a Dutch oven or large saucepan over medium-high heat. Add oil to pan; swirl to coat.
2. Add garlic, onion, and bell pepper; sauté 4 minutes.
3. Add cumin; sauté 30 seconds.
4. Stir in 1 cup water and remaining ingredients.
5. Bring to a boil; cover, reduce heat and simmer 5 minutes.
6. Remove 1 cup bean mixture from pan with a slotted spoon; place in a bowl. Mash beans with a fork.
7. Stir mashed beans into chili. Simmer 5 minutes.

THREE WAYS YOU CAN ADD TO THIS RECIPE:

1. Add ground turkey or ground beef for a meaty version; cook it with the veggies.
2. Use any other type of bean: kidney beans, chickpeas (garbanzo beans), or red beans.
3. Swap in 1 can of hominy or 1 cup frozen corn in place of 1 can of beans.

WELL Community

Are You Up for the Challenge?



Get healthy and fit while giving back to the community! Join the Fit to Feed Fitness Challenge and help put food on the table for families around the Valley. To learn more and register visit vsuw.org.



LIVE UNITED

Valley of the Sun
United Way

VIVIR BIEN

LIVEWELL NEWSLETTER EN ESPAÑOL
CLICK HERE!



www.WellnessAtoZ.org

Greater Phoenix Chamber Foundation

201 N. Central Ave., Ste. 2700, Phoenix, AZ 85004