



Sustainable WELLNESS

Sustainable Wellness from the Inside-Out

LiveWELL
December 2021



Take charge of your health and wellness. In this newsletter, you will find adaptable health and wellness tips, information, and resources for employers and the community.

This December LiveWell newsletter will touch on the topic of sustainable wellness beginning from within and how to round out the end of the year with healthy habits.



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The Effect of Sustainable Habits on Overall Health

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Having an optimistic outlook benefits our overall health. For example, adopting a positive mindset leads to a greater likelihood of a healthier physical lifestyle which is known to help prevent chronic conditions like heart disease. Practicing small sustainable habits can help foster wellness from the inside out and can contribute to more feelings of happiness and satisfaction.

Article adapted from TheBeet.com

According to a study from Bradley University, "Physical health can associate significantly with a person's mental health."



PlayWELL

5 Ways to Stay Active During the Holidays

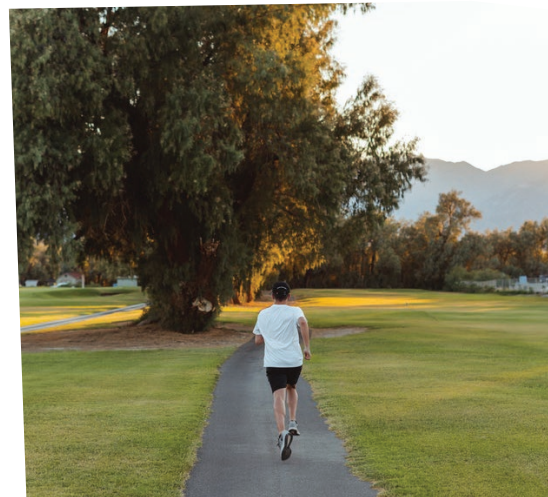
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December is a chilly and busy month filled with holiday preparations. It can be easy to lose sight of incorporating movement into your daily routines. Here are 5 simple tips to continue exercising this December.

1. **Set your alarm earlier than usual.** Working out early in the morning is a great way to set the tone for the day and to ensure you get your movement out of the way for the day. The other benefit behind working out early in the morning is that you can check off getting your movement done and can make for a better night's sleep.
2. **Schedule your workouts.** Keeping an organized planner can help to create more intentionality in accomplishing goals. This applies to exercise as well. We are more likely to stick to our exercise regimen if it's part of your weekly agenda.
3. **Think outside of the gym.** When you are not able to make it to the gym, there are alternatives to how you can stay active. Such activities include an outdoor run, walk, holiday shopping, or decorating your house for the holidays.
4. **Try a countertop workout.** A busy time to schedule exercise is during the weeks nearing the holidays because families are spending more time cooking together in the kitchen prepping for holiday dinners. Some options to include movement and stay toned during these busy times are calf raises at the kitchen counter and countertop pushups.
5. **Participate in a holiday-themed run.** A fun way to ensure you make movement a part of the holiday season is to sign up for a holiday-themed run. In addition to working toward a physical goal of participating in a walk or run, it is also a wonderful opportunity to involve your friends and family.

Article adapted from rebootwithjoe.com



According to rebootwithjoe.com, research shows that people who work out in the morning are more likely to keep a consistent routine.



EatWELL

Healthy Holiday Pie

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PECAN PIE RECIPE

Recipe and photo from asweetpeachef.com

The holidays are a time to enjoy some of our favorite foods with our loved ones. With a table full of sweets, it can be hard to eat healthily. So, we found this healthier pecan pie recipe alternative for you to enjoy a refined sugar-free pie option this holiday season.



INGREDIENTS:

- 1/2 cup raw honey
- 2 tbsp coconut oil, melted
- 3 eggs
- 1/2 tsp fresh orange zest
- 1/8 tsp sea salt
- 1 tbsp unsweetened almond milk
- 1 tsp ground cinnamon
- 1 tsp pure vanilla extract
- 3 tbsp whole wheat pastry flour
- 2 cups raw pecans
- 1 bottom pie crust

DIRECTIONS:

1. Preheat oven to 400 degrees F.
2. In a large bowl, combine raw honey, coconut oil, eggs, fresh orange zest, sea salt, unsweetened almond milk, ground cinnamon, pure vanilla extract, and whole wheat pastry flour.
3. Place the raw pecans into the prepared 9-inch pie crust.
4. Pour the liquid filling mixture over the pecans, spreading some with a spoon if necessary.
5. Place into the oven and bake for 10 minutes at 400 degrees.
6. After 10 minutes, lower the temperature to 350 degrees and bake for 20-25 minutes.
7. Once the pie starts to rise, it is a sign that it's almost ready. When it's done, there will be small cracks in the top and it will not be giggly.
8. Take out of the oven, let cool, preferably, overnight.

Recipe serves 8 slices | Refined sugar-free



WorkWELL

Health and Wellness Webinars

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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 to create an inviting movement program that everyone can participate in. Included in this program is a lesson on entry-level movement activities that can be done in 15 minutes or less from anywhere: home, the office, or the workplace.

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



Wellness **AtoZ**

PlayWell Workshop Inclusive Workplace Movement Activities

Zoom Webinar
Tuesday, January 11, 2022
3 – 4 p.m.

[Register Today!](#)



WELL Community

Virtual Volunteer Holiday Opportunities

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Every holiday season there is someone out there who can use your kindness. If you are looking for ways to give back, St. Vincent de Paul offers holiday opportunities to volunteer in person and virtually. Visit their website to learn about the different ways you can make a positive impact on someone's life.

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