

# Spring Awakening WELLNESS

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April 2022



Take charge of YOUR health this spring! Set out on a path to vitality with Wellness AtoZ's practical steps for incorporating health-conscious choices into your lifestyle.

As the flowers bloom again, so can you! It is the perfect time to renew your wellness goals by re-committing to healthy habits. In this issue of Wellness AtoZ Spring Awakening Wellness, dive into the world of wellness with simple ways to refresh your self-care, fitness, and mindful eating routines.



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Spring Self-Care

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Are you over the winter blues and want to spring ahead to a better mindset? Here are three ways to boost your mood right now!

1. **Listen to an uplifting podcast:** Turn off the negativity and turn on an uplifting podcast that inspires you to put your best self forward.
2. **Practice alternate nostril breathing:** Slow down your breathing and speed up your pathway to positivity. Practice deep breathing to calm your nervous system and push out anxious thoughts. Here's how [everydayhealth.com](https://www.everydayhealth.com/healthy-living/alternate-nostril-breathing/) describes alternate nostril breathing:  
  
First, exhale completely, then inhale deeply. On your next exhale, gently place an index finger against your right nostril bring it to a close. Inhale using just your left nostril. Then move your index finger to the left nostril to close that one off and exhale through only the open right nostril. Continue alternating sides and repeat for 15 rounds.
3. **Reach for high-protein snacks:** Power through your to-do list and avoid an energy crash by filling up on high-protein snacks. Try hard-boiled eggs, nuts, Greek yogurt, nut butter, and veggies.

*Information compiled from [everydayhealth.com](https://www.everydayhealth.com/)*



# PlayWELL

## Wellness AtoZ Spring Activities

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Spring into wellness with our Spring Activities Challenge. PLUS, a chance to win PRIZES including, but not limited to a swag bag from Cigna, a Mindfulness Certificate Program from Arizona State University's Center for Mindfulness, and more!

There are many ways to practice wellness! Explore them with our Wellness AtoZ activity wheel challenge! Let us know which activities you'll be doing and who is doing them with you by filling out the participation form. Tag us on Facebook, Instagram, and Twitter @GoWellnessAtoZ during the challenge to share your activities!

Tip: Tackle this challenge with a friend or family member for a little friendly competition.



# EatWELL

## Healthy Spring Salad

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## STRAWBERRY SALAD WITH BASIL, ARUGULA, AND BLACK RICE

Recipe and photo from the recipe blog at [feastingathome.com](http://feastingathome.com)

When spring rolls around, fresh veggies and fruits are a refreshing treat! This simple salad mix is a tasteful combination to enjoy as a meal or appetizer.

### INGREDIENTS:

- 4 cups cooked black rice (can sub wild rice, quinoa, or farro)
- 1 pound strawberries, stemmed and quartered
- 4 scallions- sliced
- 1/4 cup basil ribbons
- 1/2 cup chopped Italian parsley
- 3 ounces arugula (two big handfuls)
- Optional: 1/4-1/2 cup crumbled goat cheese, 1/4 cup toasted nuts (slivered almonds, pecans, or maple pecans)

### DRESSING:

- 1/4 cup olive oil
- 2 1/2 tablespoons balsamic vinegar
- 1 tablespoon maple syrup
- 1/2 tsp salt and pepper, more to taste.

### DIRECTIONS:

1. Place black rice, strawberries, scallions, and Italian parsley in a bowl.
2. Pour dressing ingredients over top and toss well. Season with salt and pepper and taste, adjusting if necessary.
3. Before serving, toss in the arugula and top with optional nuts and crumbled goat cheese.



## WorkWELL

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Have you missed any of our previous WorkWELL webinars? Not to worry, you can rewatch and share them by visiting [wellnessatoz.org/workwell](https://wellnessatoz.org/workwell). Our WorkWELL webinars cover an array of health and wellness topics led by experts in the field. Wellness AtoZ's Spring WorkWELL covered the role of diversity and inclusion as they relate to workplace wellness. It was facilitated by Dr. Rodgers Wilson, Arizona and Colorado Market Medical Executive/Senior Medical Director with Cigna. Stay tuned for more details on our upcoming Summer WorkWELL Forum this June!



## WELL Community Arizona Gives Day

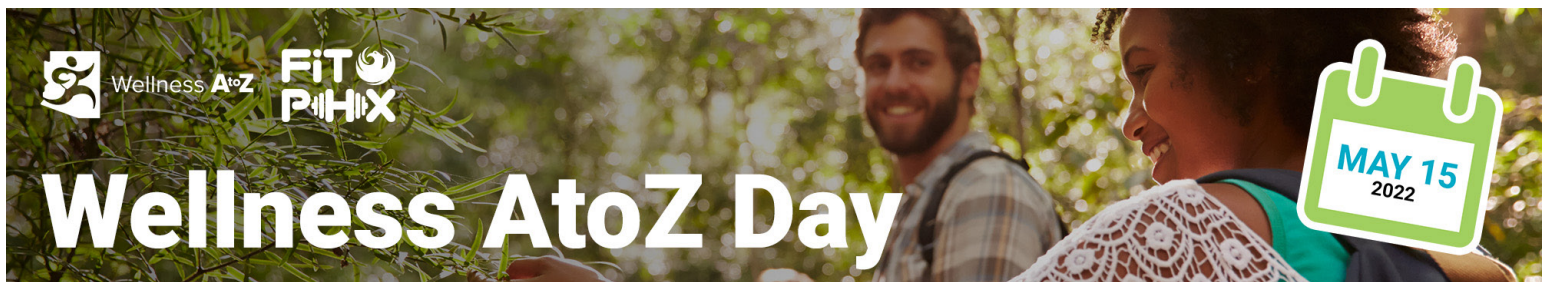
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### Remember the Wellness AtoZ and Greater Phoenix Chamber Foundation this Arizona Gives Day!

This Arizona Gives Day we ask you to remember the Greater Phoenix Chamber Foundation. The Foundation, a 501c3 nonprofit organization, impacts more than 500,000 Arizonans each year through its efforts to convene and catalyze business, education, and community to enhance college and career readiness, develop a stronger workforce, and build healthier communities throughout Arizona.

Click [here](#) to make your 100% tax-deductible donation to the Foundation this Arizona Gives Day. The 24-hour virtual giving event starts April 5<sup>th</sup> but donations are accepted year-round.



### Wellness AtoZ Day is a day to acknowledge Arizona's positive health and wellness opportunities!

Celebrate the 5<sup>th</sup> anniversary of the Greater Phoenix Chamber Foundation's Wellness AtoZ initiative by getting your heart pumping with our Wellness AtoZ activity wheel. The 24-hour virtual giving event starts April 5<sup>th</sup> but donations are accepted year-round.

### YOU'RE INVITED - Celebrating Wellness AtoZ Day 2022!

Join the Greater Phoenix Chamber Foundation, and its wellness initiative, Wellness AtoZ for an in-person community event at Encanto Park in Downtown Phoenix on Sunday, May 15<sup>th</sup>.

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LIVEWELL NEWSLETTER EN ESPAÑOL  
CLICK HERE!



[www.WellnessAtoZ.org](https://www.WellnessAtoZ.org)  
**Greater Phoenix Chamber Foundation**  
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