

# On the go WELLNESS

LiveWELL  
June 2022



Enjoy your summer vacation or staycation while incorporating a wellness routine: exercise, mindfulness, and healthy eating. In this LiveWell newsletter, we provide tips to beat the heat while still enjoying the benefits of the summer sun.



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Desert Heat Wellness Tips

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Spending time in the sunlight has several positive benefits. According to SCL Health, sunlight loads your body with beneficial vitamins, releases serotonin (our happiness hormone), and boosts bone health. However, in Arizona, with summer temperatures that rise above 100 degrees, spending time outside can be challenging. Below are tips for spending time in our summer sun.

1. **Shop at your local farmer's market.** You can stock up on seasonal fresh fruits and vegetables at your local farmer's market. It's a great activity to do on your weekend mornings while getting some natural sunlight before the temperature peaks!
2. **Get your outdoor walk or run done early or late in the day.** If you enjoy exercising outdoors, schedule your workouts for early in the morning or once the sun begins to set to avoid the midday heat. Sunrise and sunset walks are great ways to begin or wind down your day!
3. **Try making a DIY electrolyte drink.** Fitonapp shares, "Electrolytes are minerals that carry a charge and play essential roles in the body, including maintaining fluid balance." The summer is a wonderful time to experiment with making DIY Electrolyte drinks to stay hydrated.

Article derived from [fitonapp.com](https://fitonapp.com)



## RAINBOW SPRING ROLLS

Recipe and photo from  
[minimalistbaker.com](https://minimalistbaker.com)

Summer is a great opportunity to add more enriching and colorful fruits and veggies to your diet! This recipe is an easy way to include multiple vegetables and get wholesome nutrients in one meal. Did we mention that this meal only takes 30 minutes to make? Gather the ingredients below and try out this recipe!

### SPRING ROLLS INGREDIENTS

- 7–8 rice spring roll papers
- 1 medium beet (skin removed and finely grated)
- 1/2 yellow and red pepper (seeded / thinly sliced)
- 1 cup carrots (thinly sliced)
- 1 ripe mango (cubed\*)
- 1 large bunch of mint leaves
- 1 large bunch of cilantro (cut from stems)
- 8 ounces extra-firm tofu or cooked vermicelli noodles (optional / or use 1 cup cooked quinoa in place of 8 ounces tofu or rice noodles)

### GINGER PEANUT SAUCE INGREDIENTS

- 1/2 cup salted natural peanut or almond butter
- 1 1/2 Tbsp soy sauce (tamari for gluten-free eaters)
- 2–3 Tbsp brown sugar or maple syrup (add to taste)
- 1/2 medium lime, juiced
- 1/2 tsp chili garlic sauce
- 1/2 tsp fresh grated ginger (optional)
- Hot water (to thin)

### DIRECTIONS:

1. Prep veggies and set them aside for easy assembly.
2. Bring 3 cups of water to a boil in a saucepan or kettle and set aside to cool slightly for cooking rice papers.
3. Prepare peanut sauce by adding all ingredients except water to a mixing bowl and whisking. Add hot water 1 Tbsp at a time and whisk until desired consistency is achieved (should be pourable but thick). Set aside.
4. Add hot water to a large shallow dish and submerge a rice paper to soften for about 10–20 seconds.
5. Once soft, transfer to a clean, slightly damp surface and gently smooth out into a circle.
6. Add carrots, peppers, mango, beets, and a healthy handful each cilantro and mint (and any other desired fillings). Fold bottom over the fillings, then gently roll over once and fold in the side to seal, then roll until completely sealed. Place on a serving plate and top with a room temperature damp towel to keep fresh.
7. Repeat the process until all toppings are used – about 7 or 8. Serve with dipping sauce and sriracha, if desired.
8. Store leftovers covered in the fridge for up to a couple of days.



### NUTRITION INFORMATION

Calories: 226 | Carbohydrates: 23 g | Protein: 6 g | Fat: 8.9 g  
Saturated Fat: 0.8 g | Trans Fat: 0 g | Cholesterol: 0 mg  
Fiber: 4 g | Sugar: 6 g







## PlayWELL

### Exercising to beat the heat

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The Arizona summer temperatures can be seen as a challenge to enjoy the outdoors OR as an opportunity to get creative with outdoor activities. Try out these cool activities!

**Check out a sunset or after-dark event at the Desert Botanical Garden.** Enjoy the desert oasis and get outdoors with a visit to the Desert Botanical Garden. The Garden hosts programming throughout the summer that adapts to summer temperatures. You can join the Garden's Chihuly After Dark events from now until June 7<sup>th</sup>. Click here for event details.

**Visit a lake.** Arizona may not be home to a beach, but it is home to several lakes surrounding the Valley including Saguaro Lake, Canyon Lake, Lake Pleasant, and Bartlett Lake. Visiting these lakes is a relaxing way to cool down with water sports, swimming, floating, or boating.

**Practice sunset yoga.** Experience the scenic view of a Phoenix staple, Camelback Mountain, while practicing a free sunset flow yoga class. Stay tuned for complimentary yoga classes outdoors this summer like this one that is offered at Mountain Shadows Resort.



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

Article adapted from REI.com



## WorkWELL

### Investing in Financial Wellness

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Wellness AtoZ

### Investing in Financial Wellness

Greater Phoenix Chamber Office  
Thursday, June 23, 2022  
11 a.m. – 12 p.m.

Register Today!



Financial wellness is an essential part of employee wellbeing. Limeade, an employee wellbeing company, shares in a blog, why it's important to invest in your employee's financial well-being. Limeade indicates that finances are a major stressor, managing finances takes time, employees expect support from their employer, and financial wellness improves engagement. In this WorkWell forum, we will learn how employers can invest in their employee's financial well-being and provide information on investment options for employees.

We invite you to join us to hear from experts at Cetera Investors Arizona Capital Management to learn about investing in employee financial wellbeing and simple tips employees can follow to begin investing and building a sustainable financial future.

Sign up at [phoenixchamber.com!](http://phoenixchamber.com!)

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