

# Family WELLNESS

LiveWELL  
September 2022



Continue to enjoy the end of the summer season while including your wellness routine: exercise, mindfulness, and healthy eating. In this LiveWell newsletter, we provide tips and activities for your family to practice wellness.

## LiveWELL Tips for Improving Family Wellness

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It may be difficult to maintain family wellness and even personal wellness. According to Purdue Global, the first step to maintaining wellness is to understand the six components: physical, intellectual, occupational, social, emotional, and spiritual. By modifying our behaviors, we can help control these areas of our lives personally, and for others.

1. **Physical wellness includes diet and exercise.** To practice physical wellness for yourself and your family, implement cooking and exercising with your family. These activities promote bonding time between one another and practice patience with each other. Taking the opportunity to cook and exercise with the family will also create long-lasting memories with each other.
2. **Intellectual wellness** involves problem-solving, creativity, and learning. Ways to experience intellectual wellness with your family include helping with homework, visiting a museum, or practicing creativity in various art forms.
3. **Occupational wellness** encompasses personal satisfaction, achievement, and ambition. The perfect way to practice occupational wellness can involve a family gathering where there are games and friendly competition between one another. Having family-friendly competitive activities will provide the feeling of ambition and a goal towards achievement and satisfaction.
4. **Social wellness** includes personal relationships, community, and connection with nature. A family-friendly way to practice social wellness can be taking a family trip in nature where there are family bonding experiences with one. A way to develop a sense of community with the family can be volunteering for a passionate cause with one another.

5. **Emotional wellness** involves awareness and acceptance of feelings. It is important to establish positive communication channels with not only oneself and others but also your family. Having an open line of communication and listening will help promote awareness and acceptance of feelings.
6. **Spiritual wellness** encompasses meaning and purpose, beliefs, and values. While it is important to establish these qualities in oneself, spiritual wellness can be practiced with the family by discussing morals and ethics and establishing right and wrong with each other.

*Article derived from [purdueglobal.edu](https://www.purdueglobal.edu)*





## TOMATO VEGGIE SOUP

Recipe and photo from [laurafuentes.com](http://laurafuentes.com)

Preparing a healthy soup is the perfect way to welcome fall and the potential for Arizona's hot temperatures to cool off. As the weather changes and different vegetables are in season traditional versions of soup can be made heartier and healthier. For September, try making this tomato veggie soup to offer more sources of nutrients.



### INGREDIENTS

- 1 tablespoon (15 ml) olive oil
- 1 red bell pepper, diced
- 2 medium carrots, diced
- 1 zucchini, diced
- 1 rib celery, diced
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 tablespoon tomato paste
- 3 – 28 ounce cans (1kg 188g) crushed tomatoes or puréed tomatoes
- 2 cups (470 ml) vegetable stock

### DIRECTIONS:

1. Heat the oil in a saucepan over medium heat. Add the bell peppers, carrots, zucchini, celery, onions, and garlic. Sauté until veggies are soft, about 7 minutes.
2. Add the tomato paste and cook for 1 minute more, stirring constantly. Add the tomatoes and vegetable stock, reduce heat to low, and simmer for 15 minutes.
3. Remove from heat, puree in a blender until almost smooth. Return soup to the stove, and simmer until thick, 10 – 20 minutes. The longer you simmer this soup the thicker and more flavorful it will become. You can simmer for up to 2 hours. If the soup is too thick for your family, add an additional cup of vegetable stock.

### NUTRITION INFORMATION

Serving Size: 1 bowl | Calories: 80 | Sugar: 7.4g | Sodium: 233.9mg  
Fat: 2.7g | Saturated Fat: 0.4g | Carbohydrates: 13.4g | Fiber: 3.5g  
Protein: 2g | Cholesterol: 0mg



Exercise offers benefits such as improving memory and mood, reducing anxiety, and lowering the risk of cardiovascular and other diseases. It is important to practice family fitness because it builds healthy habits from a young age, creates memories, and strengthens bonds.

### Ways to practice family fitness together:

1. Go for a walk, run or hike
2. Take a bike ride
3. Go for a swim
4. Practice sports with each other
5. Try out new fitness classes

It is beneficial to discover creative and exciting ways to practice fitness with your family to maintain bonds and practice healthy habits.

Article adapted from [performancehealth.com](http://performancehealth.com)







## WorkWELL

Become a Wellness AtoZ employer!

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The four wellness principles are EatWell, PlayWell, LiveWell, and WorkWell which were designed to promote employee wellness efforts in Arizona.

1. **EatWell:** Provide healthy food choices to your employees in your break room and at catered meetings.
2. **PlayWell:** Compete with other companies in the Wellness Wonders of Arizona activity challenge.
3. **LiveWell:** Send monthly communications to your employees promoting health and fitness.
4. **WorkWell:** Share best practices with other Wellness AtoZ partners at the WorkWell Quarterly Forum.

We invite you to check out our recent webinars to see how these four principles can be implemented in your workplace!

[phoenixchamberfoundation.com/wellness](http://phoenixchamberfoundation.com/wellness)

## WELL Community

What is Happy Hooves?

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Happy Hooves is a nonprofit located in Phoenix, AZ dedicated to providing animal-assisted therapy and activities for those in need. They have mini horses and donkeys that have been saved from around the county, making the farm an animal sanctuary. People can come to visit or volunteer to create special connections with the animals making it the perfect place to take your family!

[happyhoovesaz.org](http://happyhoovesaz.org)



[www.WellnessAtoZ.org](http://www.WellnessAtoZ.org)  
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