

Oral Health WELLNESS

LiveWELL
October 2022



Celebrate the fall season while including your wellness routine: oral health, exercise, giving back, and healthy eating. In this LiveWell newsletter, we provide tips and activities for your family to maintain oral health and practice wellness.



LiveWELL
Maintaining Oral Health during Spooky Season

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While many of us are stocking up on bulk bags of sugary candy to pass out this Halloween, the health risks of these sweet treats may not be top of mind.

According to the CDC, "Tooth decay (cavities) is one of the most common chronic conditions of childhood in the United States. Untreated tooth decay can cause pain and infections that may lead to problems with eating, speaking, playing, and learning."

Regulate the amount of candy consumed to prevent cavities and infections. It is also important to use fluoride toothpaste twice daily to protect teeth against decay and gum disease by decreasing the amount of plaque present on teeth.

Article derived from www.CDC.gov



NATURALLY SWEETENED SPICED PUMPKIN CHAI TEA

Recipe and photo from recipestonourish.com

INGREDIENTS

- 2 cups of filtered water
- 1 tablespoon fresh ginger {about 1-inch chunk} peeled, grated/finely minced
- 2 tablespoons cinnamon chips or 1 stick cinnamon
- 2 teaspoons fennel seed
- 1 teaspoon cloves
- 2 black peppercorns
- 3/4 cup homemade pumpkin puree or pumpkin puree
- 3 tablespoons honey
- 3 cups raw milk, organic whole milk, or full-fat coconut milk

DIRECTIONS:

1. In a medium-size saucepan, add water and bring to a boil.
2. Peel ginger and grate with a microplane or standing grater.
3. Combine cinnamon chips (broken pieces of a cinnamon stick), fennel seed, cloves, and peppercorns in a small bowl.
4. Add grated ginger and spices to the boiling water. Remove from heat, COVER, and let steep for 25–30 minutes (30 minutes = an infusion, meaning you will get full nutritional properties from the spices).
5. When tea is almost done steeping, add pumpkin puree, honey, and milk to the blender. Pulse or puree to blend.
6. Strain tea into a blender. Carefully pulse to combine, the blender will be more than halfway full, so be very careful blending (otherwise the liquid will overflow).
7. Pour back into the saucepan and heat over low heat to the desired temperature.
8. Serve hot. NOTE: If you prefer a super smooth consistency (no pumpkin puree "pulp"), strain before drinking.

Are you looking for a mid-day pick-me-up? Gather the ingredients below and try out this naturally sweetened fall tea!



NUTRITION INFORMATION

Yield: 6 | Serving Size: 1 | Amount Per Serving:
Calories: 249 | Total Fat: 14g | Saturated Fat: 10g
Trans Fat: 0g | Unsaturated Fat: 2g | Cholesterol: 14mg
Sodium: 95mg | Carbohydrates: 28g | Fiber: 3g
Sugar: 16g | Protein: 7g



Fall back in love with Arizona's hiking trails this October and share your journey with us on social media. Tag @GoWellnessAtoZ and use #WellnessAtoZ and #DiscoverArizona so we can showcase your post.

Enjoy a breath of fresh air while visiting the following hiking trails and walking paths in the Greater Phoenix region.

Check out the 2.2-mile Double Butte Loop Trail in Papago Park, Tempe. Generally considered an easy route, it takes an average of 45 min to complete with beautiful views throughout. The hike has a flat path making it family and pet-friendly.

Complete a moderately challenging route in Pinnacle Peak Park. Pinnacle Peak Trail is a well-marked and maintained 4-mile out-and-back trail near Scottsdale. With a steady incline throughout, make sure to stay hydrated and embrace the magnificent scenery.

Ready for a challenge? The Piestewa Peak Summit Trail is located in Phoenix and is an out-and-back trail where hikers cover an elevation gain of 1,148 feet in just 2.1 miles. Be sure to bring hiking shoes on this rocky path and plenty of water to enjoy the breathtaking view at the top.

Article adapted from alltrails.com



WorkWELL

Become a Wellness AtoZ employer!

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Our wellness principles are EatWell, PlayWell, LiveWell, and WorkWell which are 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. Don't forget to share your journey with us on social media by tagging @GoWellnessAtoZ and using #WellnessAtoZ, so we can highlight your companies efforts!

phoenixchamberfoundation.com/workwell



WELL Community

Save up to give back this Giving Tuesday!

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#GIVING TUESDAY™

Giving Tuesday is known as a global day of giving held the Tuesday after Thanksgiving. This year, Giving Tuesday takes place on November 29th. Nonprofits from around the world highlight their missions, solicit donations, and gain new supporters. Consider donating to the Greater Phoenix Chamber Foundation to support various initiatives like Build Your Future Arizona, ElevateEdAZ, and Wellness AtoZ, which are focused on developing stronger workforces and building healthier communities throughout Arizona.

givingtuesday.org



www.WellnessAtoZ.org
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