

Giving Thanks WELLNESS

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November 2022



As we welcome the holiday season, we reflect on how we can maintain wellness with friends and family.

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The importance of close relationships for health and wellness.

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While Thanksgiving may be one day of the year, throughout the month of November people are gathering and celebrating with family and friends. To remain guilt-free, it is important to set realistic expectations for wellness. Allow yourself to indulge in foods you enjoy while spending time with your loved ones. The Mayo Clinic shares how important it is to focus on relationships with people who are close to you, as those relationships help improve "psychological well-being, reduce stress, boost happiness, and encourage you to avoid unhealthy lifestyle habits."

Article derived from www.mayoclinic.org





NUTRITION INFORMATION

Total Time: 1 hr | **Prep:** 20 min | **Cook:** 40 min
Yield: 6 servings | **Calories:** 125
Carbohydrates: 19 g | **Protein:** 3 g | **Fat:** 5 g
Saturated Fat: 2.5 g | **Trans Fat:** 0 g
Cholesterol: 10 mg | **Fiber:** 3.5 g | **Sugar:** 4 g

BUTTERNUT SQUASH SOUP

Recipe and photo from www.foodnetwork.com

While Butternut Squash is in season all year round, it is best from early fall through winter. The fall squash offers many health benefits such as maintaining healthy blood pressure, improving blood sugar levels, and supporting the immune system.

Did you know Butternut Squash contains two important antioxidants, Vitamin A and Vitamin C? "The bright orange color of butternut squash is a signal that it's high in beta-Carotene, like carrots and sweet potatoes. The beta-Carotene converts to Vitamin A inside the body, and acts as an antioxidant that helps battle back free radicals, reducing the load on the immune system and allowing it to work on other tasks to keep you well."

Follow the recipe to make homemade butternut squash soup!

Quote derived from www.webmd.com

INGREDIENTS

- One 2- to 3-pound butternut squash, peeled and seeded
- 2 tablespoons unsalted butter
- 1 medium onion, chopped
- 6 cups chicken stock
- Nutmeg
- Salt and freshly ground black pepper

DIRECTIONS:

Cut squash into 1-inch chunks. In large pot melt butter. Add onion and cook until translucent, about 8 minutes. Add squash and stock. Bring to a simmer and cook until squash is tender, about 15 to 20 minutes. Remove squash chunks with a slotted spoon and place in a blender and puree. Return blended squash to pot. Stir and season with nutmeg, salt, and pepper. Serve.



One way to spend time with loved ones during the holiday season is by staying active together. Try new workout classes with one another, go on a hike or walk in your community, or host a friendly game of your sport of choice. There are several benefits to having a workout partner or group fitness activities such as increasing commitment, pushing yourself harder, and increasing the number of endorphins released. "Researchers from the University of Southern California found that people who worked out with friends (or a spouse or co-worker) said they enjoyed the exercise more than those who sweat it out alone."

Article adapted from www.nbcnews.com

Share your wellness activities and routines with us on social media. Tag @GoWellnessAtoZ and use #WellnessAtoZ so we can share your post.





WorkWELL

Managing wellness in the workplace.

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In our most recent WorkWell Webinar we discussed the importance of Maintaining Wellness in the Workplace. This webinar focused on the basics of best health practices for the workplace and how to communicate with your team about preventative measures! If you missed the webinar, or any of our previous ones, you can watch them at wellnessatoz.org. Stay tuned for our upcoming WorkWell details! Sign up at phoenixchamber.com/WorkWell!

WELL Community

How to make friends and maintain relationships.

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Maintaining and creating close relationships that make you feel good also improves psychological wellness. It can be hard to maintain relationships as lifestyles continuously evolve and different factors impact free time to spend with others. To work on maintaining close relationships, call that person when you are running an errand, cleaning around the house, or have a quick 5 minutes to chat. You can create new close relationships by getting involved in your community, whether that be joining a workout class, or attending events in the area to meet others with similar interests.

Make sure to follow @phxchamber to see their #PHXFriday posts about activities, events, and restaurants in the Greater Phoenix area.



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