



Spring Awakening WELLNESS

LiveWELL

April 2024



As the weather gets warmer and the days get brighter, spring offers an opportunity to spend more time outside and reset.



LiveWELL The benefits of spring cleaning

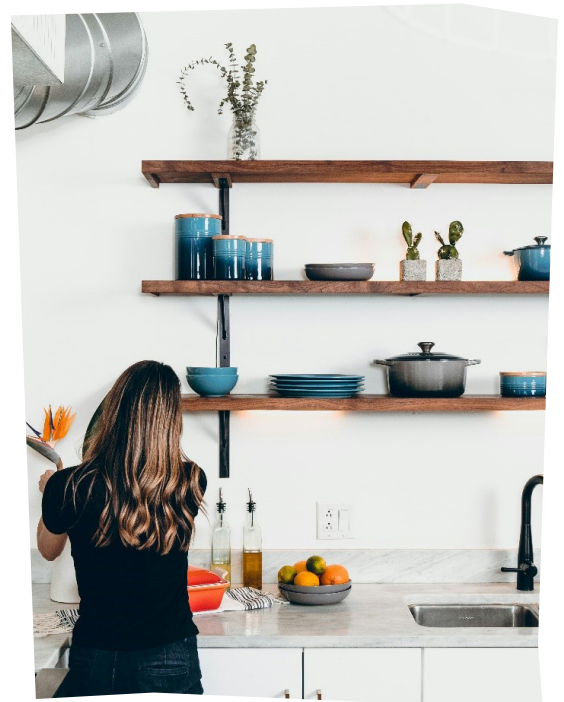
LiveWELL
April 2024



After a long winter, we are eager to shed layers, and spring presents this opportunity as it is considered the season of renewal. A lot of times, this correlates to spring cleaning, a desire to purge, cleanse, and organize. As the new season inspires us to improve the functionality of our homes, benefits of cleaning and organizing can make us feel lighter throughout our daily lives:

- 1. Strengthens your immune system:** Spring cleaning your house not only keeps seasonal allergies at bay but also helps you breathe better. When your house isn't clean, it can gather pollutants like dust, mold, mildew, and pet dander, which can be triggers for the immune system. Be sure to dust, vacuum, wash all bedding, and take your shoes off at the door to avoid bringing in dirt.
- 2. Decrease stress and depression:** Studies have shown that mental health can benefit from a clean and tidy space. A clutter-free home promotes sleep, mood, and the ability to focus. Cleaning offers an opportunity to be mindful about your space and to remove things that no longer serve you.
- 3. Prevents illness:** Cleaning surfaces and objects that are used often helps avoid illness and minimizes the spread of viruses and bacteria. Be sure to clean the bathrooms and other places and items that are shared more frequently.
- 4. Promotes healthy eating and physical activity:** Studies have shown there is a correlation between keeping a clean home, being active, and choosing healthier foods. When we clear out in the physical realm, it can inspire us to cut out what no longer serves us, like unhealthy food or habits. Spring cleaning can also motivate a reset and a healthier lifestyle.

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





CHICKEN PRIMAVERA

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

Primavera means spring in Italian, so feel free to bring any and all of the season's green vegetables into the mix.

INSTRUCTIONS:

1. Whisk together $\frac{1}{2}$ cup all-purpose flour, $1\frac{1}{2}$ tsp. Diamond Crystal or 1 tsp. Morton kosher salt, and $\frac{1}{2}$ tsp. freshly ground black pepper in a medium bowl; set aside.
2. Slice 2 large skinless, boneless chicken breasts (about $1\frac{1}{2}$ lb. total), patted dry, on a cutting board in half lengthwise to create 4 cutlets. Working one at a time, gently pound each cutlet between 2 sheets of plastic wrap to about $\frac{1}{2}$ " thick. Transfer cutlets to reserved bowl of seasoned flour and toss to coat very well. Working one at a time, shake off excess flour and transfer cutlets to a plate.
3. Heat $\frac{1}{4}$ cup grapeseed or vegetable oil in a large skillet over medium-high. Add 2 cutlets to pan and cook, undisturbed, until golden brown underneath, about 3 minutes. Turn cutlets over and cook until golden brown on other sides, about 3 minutes. Transfer to a platter or plates and repeat with remaining 2 cutlets.
4. Remove pan from heat and carefully wipe out with a paper towel to remove most of the excess oil and browned bits. Add remaining 1 Tbsp. grapeseed or vegetable oil to pan and heat over medium. Add 5 oz. frozen pearl onions or $1\frac{1}{2}$ cups coarsely chopped scallions (pale green and white parts only) and 5 garlic cloves, thinly sliced, and cook, stirring occasionally, until onions begin to turn translucent, about 4 minutes if using pearl onions or 2 minutes if using scallions. Add $\frac{1}{2}$ cup heavy cream, $\frac{1}{2}$ cup low-sodium chicken broth, and $\frac{1}{3}$ cup fresh lemon juice. Bring to a simmer and cook until reduced by a third, about 3 minutes.
5. Add 8 oz. asparagus, woody ends trimmed, thinly sliced on a diagonal, and $1\frac{1}{4}$ cups shelled fresh peas (from about $1\frac{1}{4}$ lb. pods) or frozen peas and cook, stirring, until asparagus is crisp-tender, about 2 minutes. Mix in 1 tsp. Dijon mustard followed by $\frac{1}{4}$ cup very coarsely chopped dill; season with salt.
6. Spoon vegetables and sauce over cutlets. Season with more pepper and top with shaved Parmesan (if using) and remaining $\frac{1}{4}$ cup very coarsely chopped dill.

INGREDIENTS:

- $\frac{1}{2}$ cup all-purpose flour
- $1\frac{1}{2}$ tsp. Diamond Crystal or 1 tsp. Morton kosher salt, plus more
- $\frac{1}{2}$ tsp. freshly ground black pepper, plus more
- 2 large skinless, boneless chicken breasts (about $1\frac{1}{2}$ lb. total), patted dry
- $\frac{1}{4}$ cup plus 1 Tbsp. grapeseed or vegetable oil
- 5 oz. frozen pearl onions or $1\frac{1}{2}$ cups coarsely chopped scallions (pale green and white parts only)
- 5 garlic cloves, thinly sliced
- $\frac{1}{2}$ cup heavy cream
- $\frac{1}{2}$ cup low-sodium chicken broth (Better Than Bouillon also works great here)
- $\frac{1}{3}$ cup fresh lemon juice
- 8 oz. asparagus, woody ends trimmed, thinly sliced on a diagonal
- $1\frac{1}{4}$ cups shelled fresh peas (from about $1\frac{1}{4}$ lb. pods) or frozen peas
- 1 tsp. Dijon mustard
- $\frac{1}{2}$ cup very coarsely chopped dill, divided
- Shaved Parmesan (for serving; optional)



Here at the Greater Phoenix Chamber and Foundation, we have monthly hikes during the spring season! Spending time outdoors with colleagues helps build bonds ultimately boosting employee engagement, job satisfaction, and productivity.

Heather Eliassen, professor of nutrition and epidemiology at Harvard T.H. Chan School of Public Health, said that some of the benefits of time spent outside can include "improvements in sleep, blood pressure, cognitive function, and physical activity, as well as reduced risks of diseases, such as type 2 diabetes, cardiovascular disease, and cancer."

Information from [Harvard T.H. Chan School of Public Health](https://www.hs-nid.nih.gov/health/healthy-living/outdoor-activities)





PlayWELL

Spring is the season for hiking

LiveWELL
April 2024

In Arizona, one of the best times of year to go hiking, biking, and participate in outdoor activities is during the springtime. The weather starts to get warmer and provides a comfortable temperature throughout the day.

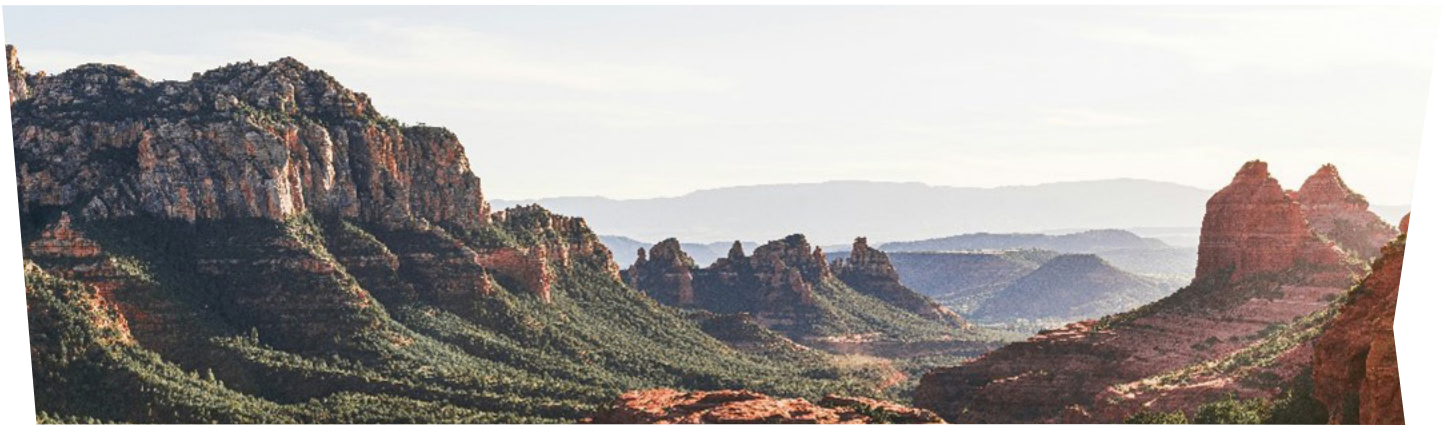
Arizona has diverse landscapes and many trails across the state including in the Grand Canyon area, Flagstaff, Sedona, Tucson, and Phoenix. AllTrails recently shared the 10 best trails in Arizona.

1. **Devil's Bridge Trail:** Coconino National Forest
2. **Cathedral Rock Trail:** Coconino National Forest
3. **Camelback Mountain via Echo Canyon Trail:** Echo Canyon Recreation Area
4. **Boynton Canyon Trail:** Red Rock-Secret Mountain Wilderness
5. **Devils Bridge via Mescal Trailhead:** Coconino National Forest

6. **Flatiron via Siphon Draw Trail:** Lost Dutchman State Park
7. **Seven Sacred Pools via Soldier Pass Trail to Brins Mesa Loop:** Coconino National Forest
8. **Piestewa Peak Summit Trail #300:** Phoenix Mountain Preserve
9. **Seven Sacred Pool and Soldiers Pass Cave Trail:** Coconino National Forest
10. **West Fork of Oak Creek Trail:** Red Rock-Secret Mountain Wilderness

Tip: Always bring water when hiking, no matter the season!

Information derived from [alltrails.com](https://www.alltrails.com)



WELL Community

Arizona Gives Day

LiveWELL
April 2024

Remember the Greater Phoenix Chamber Foundation this Arizona Gives Day!

Join the annual movement in uniting and celebrating nonprofits by giving to the [Greater Phoenix Chamber Foundation](https://www.gpcf.org) this Arizona Gives Day. The Greater Phoenix Chamber Foundation, a 501c3 nonprofit organization, convenes and catalyzes business, education, and the community to enhance college and career readiness, develop a stronger workforce, and build healthier communities throughout Arizona. By donating to the Foundation, you will help create a stronger Arizona.



Donate Here!



www.WellnessAtoZ.org
Greater Phoenix Chamber Foundation
2575 E. Camelback Road, Suite 410 Phoenix, AZ 85016