



# On the Go WELLNESS

Take charge of your health to put yourself on the path to wellness.



Health and wellness means living life fully with vitality and meaning. Wellness looks different for each individual and evolves as our lifestyles change.

Whether you travel for work or for play, it's important to stay active and manage your stress to stay healthy. In our June On the Go newsletter, we hope to inspire you with tips to take your health and wellness regimen with you wherever you are.

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



Traveling, whether it's by car, plane, boat or train can be tiring and stressful. Being confined to one space for an extended period allows germs to spread and compromises your immune system. Being proactive when it comes to your health and those traveling with you will ensure that everyone has a relaxing and enjoyable time.

It seems inevitable. As soon as you enter the airport you notice all those around you are coughing and sneezing. Being prepared with a plan can help support your overall health when traveling. Remember to wash your hands constantly. Pack a few small bottles of hand sanitizer to use in emergency situations, but there's no better way to effectively remove germs and bacteria than soap and water!

Eating the right foods and staying hydrated is also key to maintaining your health. Keep a water bottle handy at all times and even though you may splurge on vacation, make sure you're still getting a variety of vegetables and fruits in the meals you eat.

Stress can also play a factor in your overall health, both physically and mentally. If you find something isn't going as planned when you travel, hit pause. Unwind by taking in the beautiful scenery, talking through your stress with your travel buddy or simply breathe and remind yourself of all the reasons why you want to be where you're at. When traveling with kids, remember that they need to be active. Allow them some time to run, jump and play to keep their bodies happy—and to keep you happy too!



**Stay hydrated! Bring a reusable water bottle and fill up at every opportunity.**

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When planning your family vacations this summer, don't forget to pack your exercise clothes. Sticking with your fitness routine can be easy and enjoyable when you're on vacation, and it can even help you ward off any travel bugs! Check out the workout below. It is designed for you to be able to do anywhere at any time – no equipment required! Find a local park or use your hotel room.

**Perform the exercises in the sequence below and repeat 2-5 times.  
Combine with a quick 10- minute jog or brisk walk for maximum benefits.**

• **Walk out to plank (6 reps):** Stand tall with feet hip distance apart. Slowly drop your head and bend until your hands are flat on the ground (knees can be bent). Walk hands out until your body comes to a plank position. Hold the plank position for five seconds and return to standing by walking your hands back to starting position. Try to control your core and not let your body sway from side to side as you walk your hands out. Repeat.

• **Squats (12 reps):** Stand tall with feet hip distance or a little wider than hip distance apart. Slowly bend at your knees like you are sitting back into a chair. Be sure to keep your knees behind your toes and keep the weight in your heels. Press up through your heels to activate your glute muscles and return to standing. Repeat.

• **Push-ups (12 reps):** Coming down to a plank position with hands directly under your shoulders and feet hip distance apart, tighten your core and lower your body down as far as possible, bending at the elbows. Push up through the hands to come back to a plank position. Repeat. (This exercise may also be performed on your knees).

• **Back lunge with twist (12 reps per side):** Stand tall with feet together. Step back with your left foot and bend at both knees so each leg comes to a 90 degree angle. Once in the lunge position, tighten and twist through your core towards your front leg. Untwist and push up through the front heel to come to a standing position. Repeat all reps on the same side and then switch legs.

• **Burpees—30 seconds (or try for 10 reps):** Stand tall with feet hip distance apart. Bring your palms to the ground in front of you and jump your feet back to a plank position. Hold plank for two seconds and then jump feet back towards your palms. Jump up, pushing through your legs and land softly to standing position. Repeat.

• **Fire Hydrants (12 reps per side):** Get into a kneeling tabletop position with knees hip distance and hands under your shoulders. Start with the left leg and lift your knee to a 90 degree angle (think dog peeing on a fire hydrant). Bring back to a neutral position. Repeat for 12 reps. (Try keeping your hips stable and focus on activating your glute muscles to lift your leg)

• **Triceps dips (12 reps):** Move into a reverse tabletop position with the front of your body facing up. Hands should be directly under shoulders, fingers facing forward. Lift your butt off of the ground by pushing through your heels and hands. Lower your body, bending only at the elbows (keep your midline lifted and tight). Push up through hands to return to starting position. Repeat.

• **High knees—30 seconds (or try for 10 reps):** Stand tall with feet hip distance apart. Lift up right knee as high as it will go and raise the opposite arm, then switch quickly so left knee is up before right foot lands. Continue pulling knees up quirky for as long as desired.





Eating healthy can seem hard when you are busy or traveling, but it doesn't have to be. Doing simple things to prepare yourself ahead of time can save you from hitting the drive-thru. Below you'll find some of our On the Go healthy eating tips and a delicious no-bake recipe that you can take anywhere!

Load up on healthy snacks. Take a few minutes to wash and cut vegetables like carrots, peppers, cucumbers and celery for an easy, portable solution to snacking on-the-go. Pack nuts, seeds and protein bars. If you are traveling, make your first stop after dropping your luggage to the local grocery store to stock up on these items.

When dining out be sure to balance the heavy and rich meals with lighter ones. If you're planning a decadent dinner, choose a healthy salad or sandwich for lunch. Try getting your vegetables and fruit in first thing in the morning with a healthy breakfast.

Finally, if you do have to eat fast food, make healthy swaps. Pick a salad over fries, grilled chicken over fried and water or tea instead of soda. Simple swaps go a long way in sustaining energy and helping you live well!

## NO BAKE ENERGY PROTEIN BALLS

Recipe adapted from [www.thehealthymaven.com](http://www.thehealthymaven.com)

- 1 ½ cups rolled oats
- ½ cup vanilla protein powder (about 2 scoops)
- ½ tsp cinnamon
- 1 Tbsp chia or flax seeds
- ½ cup smooth natural peanut butter (or any nut butter)\*
- 3 Tbsp natural honey
- 1 tsp vanilla extract
- 1/3 cup raisins, chocolate chips, craisins or preferred add-in
- 2-4 Tbsp liquid (almond milk, milk, water etc...)

### NUTRITION INFORMATION PER SERVING: 1 BALL

**Total calories: 91**

**Fiber: 2g**

**Protein: 4g**

**Sugars: 1g**

**Carbs: 6g**

**Total Fat: 6g**

### DIRECTIONS:

1. Add oats, protein powder, cinnamon and chia/flax seeds to a large bowl.
2. Add in peanut butter, honey and vanilla extract. Stir to combine.
3. Add in raisins (or preferred add-in). Mixture should be slightly sticky but still crumbly.
4. Slowly add in liquid 1 tablespoon at a time and using hands (get dirty!) combine until it comes together in a sticky ball that holds together. If mixture is too dry, add in more liquid but not so much that it won't hold shape.
5. Roll into balls using hands.
6. Place in a container to set in the fridge for at least 30 minutes.
7. Store in fridge until ready to eat





### What Does Wellness Mean To You?

Wellness incorporates the whole person. It's not all about appearances and your physical state. It's how mentally, financially and physically content you are. Wellness means being the best version of yourself, and that breaks down to mindset, nutrition, fitness and health.

### How long have you been at U-Haul International?

I have been at U-Haul for two years and have loved every minute as the company's wellness marketing specialist.

### Do you have a wellness goal?

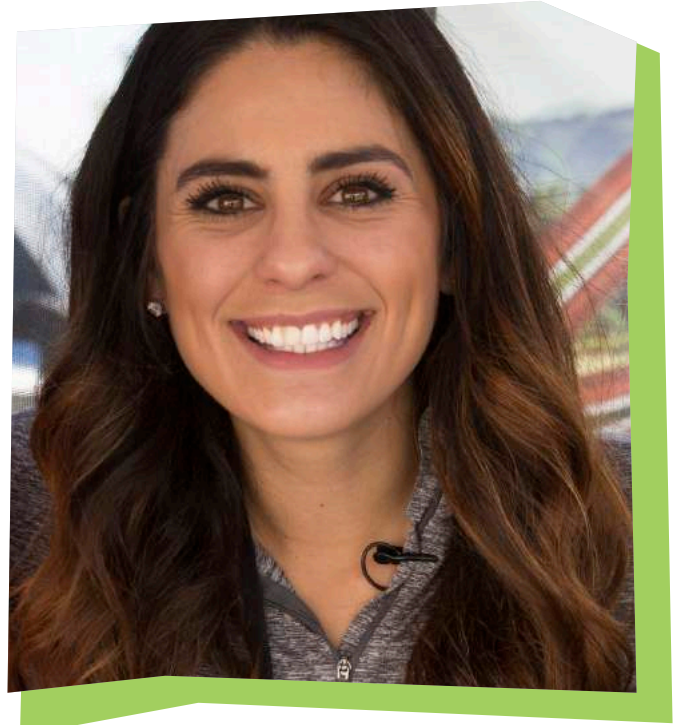
I have many wellness goals! One of my goals is to view myself based on how I feel rather than by my weight or looks. I want to feel energized and motivated. Eating healthy and exercising allows me to do that. On a grander scale, I have a bucket-list goal of competing in a half Ironman and will do my first one in Costa Rica this month!

### Which challenges do you face in achieving your goal?

I think that people, and particularly women, need to remind themselves every day that there is no perfect mold. My best is not going to be someone else's best, and that's OK. In training for the Ironman race, my challenge is mindset and mental focus.

### How has your workplace helped you in achieving your goal?

The U-Haul culture embraces a healthy lifestyle. Our company pushes everyone to give their all and provides the tools and support to succeed. The new café at corporate headquarters serves healthy meals. We are encouraged to go on walks during breaks, and take time to refocus.



**Monique Wantland**  
**U-Haul International**

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Traveling to a new city, whether it's for work or for pleasure can be exciting! There are always new things to see and interesting people to talk to. Participate in a walking tour of the city or create your own. Your hotel may have a few great suggestions and offer a map to follow. If you're traveling abroad, go where the locals go. Exploring a new city on foot allows you to take your time and dive deep into the local culture while staying active!

**"Better to see something once, than to hear about it a thousand times."**



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**Greater Phoenix Chamber Foundation**  
201 N. Central Ave. Suite 2700, Phoenix, Arizona 85004