



Giving Thanks WELLNESS

There's always something to be thankful for

LiveWELL
November 2018



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.

The more we appreciate the small things we are grateful for, the more we are aware of the caring community around us. The November LiveWell newsletter hopes to inspire you to give thanks this holiday season, and all year long!



LiveWELL Creating a culture of gratitude in the workplace

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We spend the majority of our waking hours at work. Whether you sit at a desk or work in the field, chances are you connect with people daily. Giving thanks for even the smallest acts of service benefits the culture of your workplace. Showing gratitude to those around you is known to increase job satisfaction, productivity, and overall mental health. Here are a few ways to begin creating a culture of gratitude:

- 1. Give back.** Does your company share a passion for giving back to the community? Is there a corporate responsibility campaign? Starting a movement of community giving is an easy way to boost team comradery and shared appreciation for all that you can give.
- 2. Write it down daily and be specific.** We've heard that journaling benefits self-awareness and increases mindfulness. Take a few minutes at the end of your work day to think of something specific that someone may have done for you and write it down. Announce your gratitude at the next staff meeting or simply hand-write a thank you note and drop it by their desk.
- 3. Lead by example.** A great leader inspires and maximizes the efforts of those around them to be the best they can be. Establishing a culture of gratitude should begin with the leadership team. If employees feel appreciated by their superiors, they will begin appreciating the efforts of those around them.



The holiday season has begun and soon, the holiday parties. Instead of the traditional "White Elephant" gift giving, adopt a family or organize a food drive to bring joy to those in need.



PlayWELL

The Wellness Wonders of AZ Fall Challenge continues

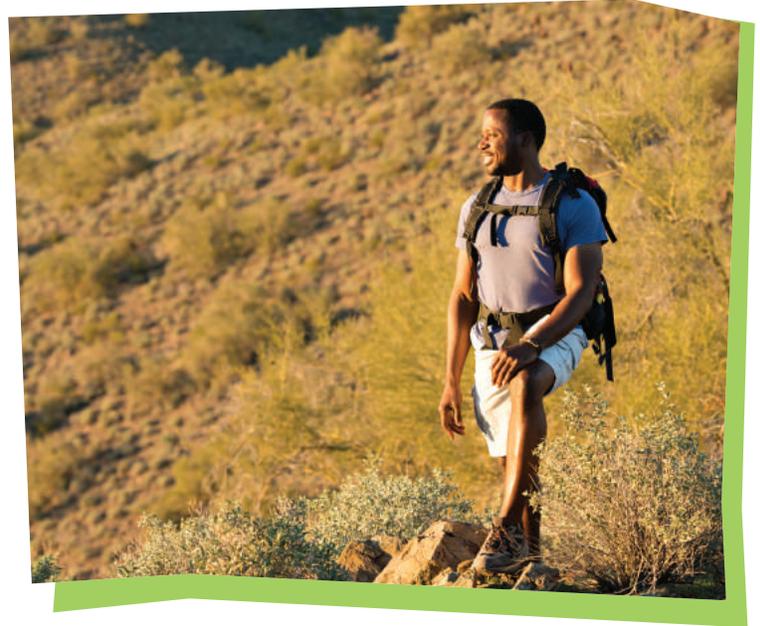
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The Wellness Wonders of AZ fall challenge is in full-swing! The competition comes to a close on November 12, but there is still plenty of time to get in on the fun. Need ideas on how to complete your Wonders? Here are a few local activities to discover this month:

Complete your Mountains & Parks Wellness Wonder by visiting one of our beautiful State or National parks for free on November 11. Any park that charges an entrance fee will provide free admission in honor of Veteran's Day. Check out Glen Canyon National Recreation Area at the Arizona-Utah border, or head south to Organ Pipe Cactus National Monument for a lesson in the history of the Hohokam people, Spanish settlers, and mineral mining.

Complete your Canals & Green Spaces Wellness Wonder and attend one of the many fall festivals taking place around the state. Get outside, discover Arizona, and show your local pride! Being active comes in all forms—simply taking a walk around an outdoor festival can count. Check out the Arizona Fall Fest in Phoenix on November 3, the Dusk Music Festival in downtown Tucson on November 10 and 11, or the Fall and Arts Festival in Tubac, November 2-4.

Complete your Farmer's Markets & Gardens Wellness Wonder by taking a gardening workshop at one of the many nurseries and gardens across Arizona. Learn how to care for your plants in the winter season or the best plants to grow indoors.



Complete the seven wonders by Nov. 12! Log in or register today:
<http://www.phoenixchamberfoundation.com/wondersaz/>



WorkWELL

What Does Wellness Mean to You?

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This month we have the pleasure of featuring a health-conscious Chamber member, Club Pilates Central Phoenix. Lauren Logan is a Pilates instructor with a passion for living life to the fullest and feeling her absolute best! Read on to learn about Lauren's journey in wellness.



Lauren Logan
Pilates Instructor
Club Pilates Central Phoenix

www.WellnessAtoZ.org

What Does Wellness Mean To You?

To me, wellness means mental and physical well-being. I have Type I Diabetes which is an exhausting full time job, so it is very important that I take care of myself the best that I can. **This includes eating healthy, exercising, and surrounding myself with supportive and encouraging people.** The more 'well' I am in the other areas of my life, the better I am able to manage my disease.

How long have you been at Club Pilates Central Phoenix?

I have been with Club Pilates since December 2017.

Do you have a wellness goal?

My wellness goal is to maintain good control of my blood sugars, and to **maintain a positive attitude and outlook on life.**

Which challenges do you face in achieving your goal?

Type I Diabetes can be very challenging as there is a lot that goes into managing it every day. I have to act as my own pancreas, administering insulin for the food I eat while also taking into consideration the other **things that can affect my blood sugar like stress, hormones, sleep, exercise** - the list goes on!

How has your workplace helped you in achieving your goal?

If it weren't for my work place I would not be as involved in Pilates as I am now! I attend class 5-6 times a week and love it. Prior to Pilates I struggled with finding an exercise that didn't make my blood sugar levels fall out of range. Now I am able to comfortably exercise daily which has helped me control my blood sugar levels and has increased my overall well-being.



Sharing a meal with others is the ultimate way to make a connection. There's nothing more powerful than sitting down together, sharing in meaningful conversation, and indulging in your favorite meal. We all get caught up in our busy day-to-day tasks, so our challenge to you this month is to take time to connect with someone you haven't in a while. Invite a loved one, family friend, or former colleague to dinner and give thanks to the ways in which you are connected.

FALL VEGETABLE FAJITAS

INGREDIENTS:

- 3 tablespoons chili-lime hot sauce
- 24 teaspoons extra virgin olive oil (or coconut oil), divided
- 1 teaspoon dried marjoram, crushed
- 1 green sweet pepper, cut into strips
- ½ large red onion, sliced
- 1 large sweet potato, diced
- 1 large parsnip, diced
- 1 medium-size zucchini, halved lengthwise and sliced
- 8 ounces steak, sliced into strips (can substitute with chicken or tofu)
- 1/8 teaspoon black pepper
- 6 8-inch flour tortillas
- Plain Greek yogurt, salsa and cilantro sprigs (optional)



DIRECTIONS:

1. In a large shallow dish combine hot sauce, 2 Tbsp. oil, and marjoram. Add beef (or substitute), zucchini, sweet pepper, and red onion; toss to coat. Cover and refrigerate for 2 hours tossing once. Drain.
2. Preheat oven to 400 degrees F. Toss sweet potato and parsnip with 2 Tbsp. oil and bake for 15-20 minutes, mixing half way.
3. Preheat charcoal or gas grill over medium-high heat. Add meat and vegetables to grill. Grill covered, for 8 to 10 minutes, stirring once until meat is browned. Remove from grill. Place tortillas on grill grates and cook 1 minute, turning once.
4. Divide meat and vegetables among tortillas. Sprinkle with cilantro (optional) and black pepper. Top with plain Greek yogurt, salsa, and cilantro sprigs, if desired. Serve immediately. Makes 6 servings.

Recipe adapted from the recipe blog at www.bhg.com

NUTRITION INFORMATION PER SERVING: (RECIPE MAKES 6 SERVINGS)

Total calories: 310 **Fiber: 3g**
Protein: 12g **Total Fat: 11g**
Carbs: 30g

Giving back to your local community or to a cause you are passionate about is good for your health! Donating your time and services helps reduce blood pressure, lowers anxiety, and increases self-esteem. Even better, you can complete the Fit for A Cause Wellness Wonder! Participate in a charity clean-up event in your town or simply commit to picking up three pieces of trash daily. Help make your community a more beautiful and happy place to live!



Don't forget to log in to www.phoenixchamberfoundation.com/wondersaz to check off your Fit for A Cause Wellness Wonder and be entered to win a fabulous prize!