



Oral Health WELLNESS

Share a smile! Celebrate Dental Hygiene Month!

LiveWELL
October 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.

Your overall health includes more than your outward appearance. Health starts on the inside, and that means taking care of your mouth, teeth, and gums. The October LiveWell newsletter shares encouraging tips on maintaining good dental hygiene habits for improved general wellness.



LiveWELL

Good oral hygiene starts with good nutrition

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What you eat and when you eat has a major effect on nearly every part of your body, including your mouth, teeth, and gums. A diet rich in fresh fruits and vegetables while limiting refined carbohydrates and sugars keeps your body in tip-top shape. Overall poor nutrition, like the overconsumption of sugary beverages and highly fermentable carbohydrates (like breads, crackers, and even ripe bananas) can lead to tooth decay and periodontal disease. Here are a few tips to help protect your oral health:

- 1. Limit consumption of highly processed and sugary foods and beverages.** Instead, choose a variety of fruits, lots of dark, leafy greens, and beverages such as flavored water.
- 2. Brush between meals.** Twice a day has long been the standard, but if you want to keep your breath fresh and your mouth healthy, brush after lunch, snacks, and that midday cup of joe.
- 3. Chew sugarless gum that contains xylitol.** Gum helps remove some of the food stuck to your teeth and xylitol is a natural sweetener that can help reduce cavities. It also increases saliva to help neutralize acids.

Water may seem boring, but you can spruce it up any way you choose! Try adding mint, cucumbers, or fresh berries. Food-grade essential oils such as lemon or lime are a great option and are less acidic than the actual juice itself!!





PlayWELL

Compete in the Wellness Wonders of AZ Fall Challenge

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The Wellness Wonders of AZ is back for its second fall challenge! Sign up with your company and start a friendly competition to see who can complete all seven wonders. This year, we have kept some of our classic activity challenges and changed up others. Prizes will be awarded weekly to those who complete the activities, and extra bonus prizes will be awarded to those who share via social media. See the details of each activity below and get ready—the challenge begins October 1!

Mountains & Parks: Complete the MOUNTAINS & PARKS Wellness Wonder by hiking a mountain, peak, or local mountain preserve. Or, visit a local, state, or national park and share in the history of our beautiful state!



The challenge runs from October 1—November 12!
Learn more here:
<http://www.phoenixchamberfoundation.com/wondersaz/>

Canals & Green Spaces: Complete the CANALS & GREEN SPACES Wellness Wonder by walking, biking, or running along a canal or trail or wander through one of our beautiful green spaces and enjoy the scenery. Aim for 30 minutes of activity.

Fall in to Wellness Quiz: Complete the FALL IN TO WELLNESS Wellness Wonder and test your health knowledge by taking the online quiz.

Farmer's Markets & Gardens: Complete the FARMER'S MARKETS & GARDENS Wellness Wonder by planting a garden with at least two fruits, vegetables or herbs, visiting a local farmer's market or community garden, or picking your own produce at a local orchard.

Tackle a Fall Sport: Complete the TACKLE A FALL SPORT Wellness Wonder and get out and play a sport—any sport! You can gather a team or join a new one! Aim for 30 minutes of activity.

Fit for a Cause: Complete the FIT FOR A CAUSE Wellness Wonder by signing up to run or walk in a charity race, or build your community by providing assistance to someone in need. Find a buddy or gather some co-workers to make the experience even more enjoyable! Aim for 30 minutes of activity.

Choose Your Own Adventure: Complete the CHOOSE YOUR OWN ADVENTURE Wellness Wonder and enjoy yourself while creating a healthier you and building a healthier Arizona community by choosing your own wellness adventure! Aim for 30 minutes of activity.



WorkWELL

What Does Wellness Mean to You?

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What Does Wellness Mean To You?

Wellness to me means loving the sum of all your parts—mentally, physically and emotionally. It means taking that time in the day to do something that makes you happy and contributes to that overall love of yourself—whether it's working out or volunteering or reading a book or finally going to that doctor's appointment you've been putting off.

How long have you been at Kolbe Corp?

I celebrated three years this past August.

Do you have a wellness goal?

I am a self-defense instructor and student in Krav Maga, and my wellness goal is to achieve my black belt within the next few years.

Which challenges do you face in achieving your goal?

You have to put in the time and effort to train and it can be difficult when life gets busy to keep up that schedule when you have already had a taxing day. So I make the decision to go in, even when all I want to do is sit on the couch and eat about 50 cupcakes.

How has your workplace helped you in achieving your goal?

Kolbe Corp allows me to flex my schedule a bit and come in late on mornings that I teach and leave a little early on the days I train so I can make class. They know that self-defense is a passion of mine and they try to give me the time to do it knowing that it helps to improve my performance and handle stress.



Michele Harrison
Training and Administration Manager
Kolbe Corp



Eating well can protect your teeth from decay and your mouth from harmful disease. Our October EatWell recipe is loaded with foods that keep your mouth and teeth healthy, and your body happy! Leafy greens, apples, and nuts all provide calcium and fiber with zero added sugars. This recipe can be made as a side to bring to a holiday potluck, or as your main dish for a quick and healthy weeknight meal!

ULTIMATE FALL SALAD

INGREDIENTS:

- 3 cups cubed butternut squash
- 3 tablespoons extra virgin olive oil, divided
- 1/2 teaspoon cinnamon
- 1/2 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1 bunch chopped kale (about 6 cups)
- 3/4 cup chopped walnuts
- 1 1/2 cups cooked farro
- 1/2 cup dried cranberries
- 2 cups chopped apples (about 2-3 apples)
- 4 ounces shredded Pecorino-Romano cheese
- 1/4 cup freshly squeezed orange juice
- 1 tablespoon Dijon mustard
- 2 tablespoon chopped shallot



DIRECTIONS:

1. Toss cubed butternut squash in 2 tbsp extra virgin olive oil, cinnamon, 1/4 tsp salt, and 1/4 tsp ground pepper. Spread on baking sheet and roast for 30 minutes at 400°F, or until squash is tender and golden brown.
2. Meanwhile, cook farro according to instructions on package.
3. In a medium skillet over medium heat, toast walnuts until golden brown and fragrant.
4. Combine kale, farro, apples, squash, walnuts, cheese, and cranberries in a bowl.
5. For the dressing, whisk 1 tbsp olive oil, orange juice, mustard, shallot, 1/4 tsp salt, and 1/4 tsp pepper in a bowl until fully combined.
6. Dress salad immediately and serve.

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

NUTRITION INFORMATION PER SERVING: (RECIPE MAKES 4 SERVINGS)

Total calories: 394 **Fiber: 8g**
Protein: 11g **Total Fat: 24g**
Carbs: 44g

WELLCommunity Help make our community smile

This Halloween, keep yourself, your kids, and your community healthy by donating your Halloween candy. After a night of trick-or-treating, you are guaranteed to have more candy than you know what to do with. Take some time to sift through, keep a small bowlful, and donate the rest. Many participating dental offices around the Valley will accept your candy and provide oral hygiene supplies to you or someone in need, in return.

For more information:
www.halloweencandybuyback.com

