



# Summer WELLNESS

LiveWELL  
July 2020



Take charge of your health and 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.

This summer may look different for families trying to stay cool, keep busy, and enjoy their time together! We hope that as you explore creative ways to stay healthy and well this summer that these tips help you stay safe in the Arizona Heat.



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



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Summer safety

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## SUN AND HEAT TIPS

### 1. Avoid being out when the sun is at its hottest point

Plan to take care of any errands and do any recreational outdoor activities outside the hours of 10 am–4 pm. The early morning and late evenings are the best times to do activities.

### 2. Wear shoes outside

With the high temperatures outdoors, the concrete can be hot enough to cause second-degree burns. It is important for both you and your children to wear shoes outside.

### 3. Check the temperature of the car seat belts and buckles

As Arizonans, we commonly hear how the temperature inside our cars in the summer is even hotter than the temperature outside. Be cautious of these high temperatures because they can cause your seat belts and buckles to reach a temperature that is as hot as a skillet!

### 4. Always keep water with you

Staying hydrated is especially important in the summer. A good indicator that you are well hydrated is if your urine is clear. Consider packing extra water bottles in your car to make sure you always have some with you.

### 5. Wear Sunscreen

Sunscreen is important to apply even if you or your family are not planning to be in or around the water. Apply sunscreen on a regular basis to avoid burns and longer-term health conditions.

*Derived from honorhealth.com*



## Heat-related illness symptoms:

- Muscle spasms or cramps
- Cold sweats
- Extreme fatigue
- Flushed cheeks
- Nausea, headache, upset stomach or vomiting
- Hot dry, red skin, dizziness, and confusion
- Rapid weak pulse
- Rapid shallow breathing





### SPOTLIGHT ON COX COMMUNICATIONS

The theme for the Cox southwest region wellbeing program is Move 2020, A Path to a Better You! This included plans for events both onsite at Cox locations and within the surrounding communities. Regardless of physical boundaries and limitations, we were able to adapt and provide these types of programs virtually to our employees through the following formats:

#### 1. Virtual Self-guided Events

The Cox Southwest region Wellbeing committee sponsored, promoted, and participated in the Virtual American Heart Walk. Employees who participated on their own sent in their walk/run tracker for a chance to win company sponsored prizes. When weather permits, we will be continuing this type of activity to foster healthy competition and promote physical wellbeing.

#### 2. Resources for work-from-home success

Employees were provided guidance on how to set up their workstation for success, maintain a workday routine, and fight mental fatigue that can come from constant screen time.

#### 3. On-Demand fitness and mental health resources

Starting in April, Cox launched a partnership with both the Openfit and Headspace apps to provide employees access to virtual fitness and mental health programs. This granted 24/7 access to a variety of at home exercise programming and guided meditations for employees.

#### 4. Virtual Live Events

We're connecting our employees with industry professionals and offering the chance for them to participate in programs that promote overall wellbeing. So far this year, we have done physical and mental wellbeing workshops and are continuing to plan live and on-demand virtual events into the fall.

#### 5. Social Connection

On a smaller scale, departments are scheduling healthy happy hours and taking time to check in with their peers on a frequent basis. This difficult time we are all facing can be made a little bit easier through connection and meaningful relationships with our peers.

This new normal has provided us with even more opportunities to connect and engage our people in meaningful programs and resources when they need it most.

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If you missed our recent WorkWELL Webinars you can watch them at [phoenixchamberfoundation.com/workwell](https://phoenixchamberfoundation.com/workwell)



This healthy, colorful, and simple recipe will help you get a head start on the week for lunch or dinner!

## RAINBOW CHICKEN AND VEGGIES

Quick & Healthy Meal Prep  
Recipe and photo adapted from [delish.com](https://delish.com)

#### INGREDIENTS:

- 2 c. cherry tomatoes
- 3 c. baby carrots
- 2 yellow bell peppers, thinly sliced
- 1 large head broccoli, florets removed
- 2 small red onions, cut into wedges
- 1 lb. boneless skinless chicken breasts, cubed
- 2 c. cooked brown rice

#### MARINADE INGREDIENTS:

- 1/3 c. extra-virgin olive oil
- Juice of 2 limes
- 1/4 c. freshly chopped cilantro
- Kosher salt
- Freshly ground black pepper

#### Directions:

1. Preheat oven to 400°. Place tomatoes, carrots, bell peppers, broccoli, red onion, and chicken on two large cooking sheets.
2. Make marinade: In a medium bowl, mix olive oil, lime juice, and cilantro and season with salt and pepper. Whisk until combined. Pour marinade over veggies and chicken and season with more salt and pepper. Toss until completely mixed.
3. Bake for 25 minutes until vegetables are tender and chicken is cooked through.
4. Cook enough rice to split evenly among five containers. When veggies and chicken are ready, top the rice with roasted veggies and chicken.
5. Tip: Cooked poultry lasts fresh in the fridge for 3 to 4 days. For best results and taste, it is recommended to freeze the Thursday and Friday meals.



**Yields: 5 servings**  
**Prep time: 20 minutes**  
**Cook time: 25 minutes**  
**Total time: 45 minutes**



Now that summer is here, many people are spending more time in the pool! Get in your exercise while you're enjoying the refreshing water with the following pool workout:



### 1. Walk in water

- Begin by walking in the shallow end of the pool where the water is approximately waist high.
- Walk by putting pressure on your heel first and then your toes as you would normally walk, instead of walking on your tiptoes.
- Keep your arms close to your side in the water and glide them as you walk.
- Engage your core and keep a lengthened spine.
- Walk for 5-10 minutes.

### 2. Water arm lifts

- Stand in water that reaches your shoulders.
- Hold dumbbells by your side with palms facing up.
- Draw your elbows toward your torso while you lift your forearms to level with the water. As you do this, rotate your wrists so your palms turn facedown and then lower back to the starting position.
- Do 1-3 sets of 10-15 repetitions.

### 3. Lateral arm lifts

- Stand in water that reaches your shoulders.
- Hold dumbbells by your side.
- Raise your arms so that they are level with the water and your shoulders. Then, lower your arms back down to your side.
- Do 1-3 sets of 8-14 repetitions.

### 4. Back wall glide

- Hold onto the edge of the pool, tuck your knees into your chest, and press your feet into the wall.

- Push off from the wall and float on your back as long as you can.
- Bring your knees in toward your chest, press your feet down to the bottom of the pool, and run back to the wall of the pool where you started.
- Do this exercise for 5-10 minutes.

### 5. Jumping jacks

- Begin in an area where the pool water level reaches chest level.
- Do 1-3 sets of 8-12 repetitions of jumping jacks.

### 6. Leg shoots

- Keep your feet from touching the bottom of the pool during this exercise.
- Tuck your knees into your chest.
- Then, press your feet and legs out in front and float on your back.
- Draw your knees back to your chest.
- Press your legs back so you are floating on your stomach.
- This would equate to 1 repetition. Do 1-3 sets of 8-12 repetitions.

### 7. High knee lift extensions

- Begin in an area where the pool water reaches waist height.
- Engage your core and lift your right leg as you bend your knee until your leg is level with the water. Pause here for a few seconds.
- Extend your leg and pause for a few seconds.
- Slowly lower leg as you keep it straight.
- Repeat this on the other leg.
- Do this for 5-10 minutes.

### 8. Leg kicks

- Hold onto pool ledge or a kickboard.
- Flutter-kick your legs.
- Scissor-kick your legs.
- Do a breaststroke kick with your legs.
- Continue with Dolphin kicks.
- Do each kick for 1-3 minutes.

*Before beginning a new workout, please consult with your doctor or if you have any health concerns.*

*Adapted from healthline.com*

Our community has adapted to a new "normal" this year. We are learning new and innovative ways to keep ourselves, our family, our colleagues, and our community healthy and well. Many employers and organizations have taken steps to implement health and wellness efforts among their team to provide support. Inclusively, employers have extended those efforts to offer health and wellness resources and initiatives to support the community as well. We are all learning from and working earnestly to support one another as we all transition to change. We would love to hear about your health and wellness efforts! Please email us with 5 Innovative ways your employer is practicing health and wellness at [info@wellnessatoz.org](mailto:info@wellnessatoz.org). We would love to feature your team and continue creating a community of collaboration and support!

The Hope Fund with Phoenix Children's Hospital is used to launch new programs that are critical for the hospital to purchase essential equipment, engage in research, and much more. If you are interested in learning about how to help or contribute to the Hope Fund, please visit [phoenixchildrensfoundation.org](http://phoenixchildrensfoundation.org).

