

The Beet

DECEMBER 2020



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FUEL: WINTER SQUASH VARIETIES

45-90 calories per cup cooked
 Rich in: carotenoids, protein, vitamin C, vitamin B6, fiber, magnesium, potassium



Green Kabocha
 nutty and earthy (savory)



Butternut
 nutty and buttery, mildly sweet



Red Kabocha
 same as Green Kabocha but sweeter



Carnival
 just like butternut



Sugar (pie) Pumpkin
 unsweetened pumpkin pie puree



Sweet Dumpling
 just like sweet potato



Acorn
 mix of Blue Hubbard and Carnival



Blue Hubbard
 mild potato-like puree



Delicata
 just like sweet potato

Naturally low in calories, the winter squash family delivers serious nutritional benefits. Just one cup of baked butternut squash is rich in vitamins A (from beta carotene), B6, C, and E, as well as magnesium, potassium, and manganese. Flavors are generally mild to sweet, so squash won't overwhelm other ingredients and can easily be incorporated into your seasonal cooking. The orange and yellow flesh helps brighten dishes - a definite bonus, especially in the colder months, when variety and color can be hard to come by in seasonal produce. And don't be daunted by winter squash's size, heft, and tough exterior; in fact, you can sometimes find popular varieties like butternut in stores already peeled and cubed. Use our recipes to transform the flesh into something sweet or savory, it's well worth the effort!

HEALTHY HOLIDAY DISHES WITH WINTER SQUASH

- [Butternut Squash Puree](#)
- [Roasted Delicata Squash with Apples](#)
- [Herb-Roasted Acorn Squash](#)
- [Autumn-Spiced Butternut Squash Bread](#)
- [Winter Squash Soup](#)

Tag us in your homemade creations from The Beet newsletter! @wellstyles_az

FROM YOUR RD: MINDFUL MEAL SPACES

Whether you are trying to improve your meal choices, limit snacking, or just condense your feeding window, cultivating a mindful kitchen that encourages healthy habits is the first step! We often overlook the impact of our environment on our choices, but creating a space that sets you up for success is arguably the most important step in achieving any goal.



As we close this year and head into a new one, try the following adjustments to be more mindful in your kitchen:

- Cook meals that excite you, to eliminate the desire to indulge on other foods
- Organize your kitchen in a way that eases meal time stress
- Keep your kitchen clean so it's always ready to use when you need it
- Eat at a designated space in your kitchen, not while standing or cooking
- Stick to consistent meal times, rather than snacking throughout the day
- Only bring items into your kitchen that align with your health goals



MOVE: REST IN YOUR WORKOUT ROUTINE

follow us for free live workouts!
[instagram.com/wellstyles_az](https://www.instagram.com/wellstyles_az)

In order to make workouts more efficient and prevent injury, it's important to take time to rest between sets or between high intensity days. However, this is dependent on the exercise time, type and intensity. When proper rest is skipped you're less likely to see desired results, and more likely to deplete energy stores faster and increase the risk for injury.

Exercise Type + Suggested Rest Routine

Cardiovascular Exercise	Strength Training - Endurance	Strength Training - Hypertrophy	Strength Training - Strength/Power
3-5 days of cardio and 2-4 days of rest	1-2 minutes of rest between each set	1-2 minutes of rest between each set	3-5 minutes of rest between each set





“ Living a healthy life promotes happiness! When you feel healthy and take care of yourself, you can better help and take care of others.

WELLNESS CHAMPION OF THE MONTH:
KARLA HERBST, WASHINGTON ELEMENTARY SCHOOL DISTRICT

Ten years ago I started teaching yoga classes for WESD employees and community members at the district office. I've had a wide variety of people attend including teachers, site and district administrators, classified employees, employee family members and friends. It's been absolutely awesome! I am also a member of the WESD Wellness Committee. I am so grateful that our wellness team believes in a well-rounded program to include not only a focus on physical health, but also emotional, social, financial, environmental and other areas. It feels great to be part of this team! Currently, I am on "break" from teaching district yoga classes due to COVID, but I am looking forward to starting up again at some point in early Spring!

Living a healthy life promotes happiness! When you feel healthy and take care of yourself, you can better help and take care of others. You are better able to function at home, the workplace and others areas in your life. I love seeing people's lives change right before my eyes when they engage in wellness! For example, after a yoga class, I can see the difference in a person's stress levels, attitude, physical movement, and overall happiness. You can feel the positive energy! I have always enjoyed being active from a young age and participated in many sports such as competitive swimming, tennis, track, and softball. After graduating from school, I started skiing, weightlifting, hiking, biking, skating, and yoga. I found a passion in learning about health, wellness and how it affects mental, emotional, and social aspects of one's life. I decided to take classes and trainings to become a certified aerobics/group fitness and aqua instructor. For over 25 years, that was my evening and weekend "second" job after my main career position in the schools. I had an absolute blast teaching all kinds of classes for gyms, colleges and neighborhood groups. I also became a personal trainer and yoga instructor about 10-15 years ago. Recently, I completed my certification as a health and wellness coach. I am so happy to share my interest for wellness with the best people in the world...educators and all those that support children! I'm so lucky to do the things I love...educate and train in both the education and wellness fields!



CONNECT: HEALTHY & FUN HOLIDAY-THEMED EXERCISE

Give yourself the gift of feeling accomplished and sign up for a local themed run. Many benefit great charities, some have a kids fun run or completion metals to add to your collection of accomplishments.



View all local runs in December
Sat Dec 5 - Arizona's Ugliest Sweater 5K
View all local runs in December
Thu Dec 31 - Midnight Madness Run



REST: 8 WAYS TO GET 9 HOURS OF SLEEP

Rest is inclusive of the 7-9 hours of sleep per night and relaxation practices throughout the day. Rest is important because it allows the body to recover from daily stresses. Without rest, the body will stay in a constant state of fight or flight which increases risk for disease. In order to incorporate relaxation practices into your day, try these simple tips and tricks:

1. Schedule time to relax
2. Try meditating whenever possible
3. Practice visualization
4. Connect with nature
5. Focus on deep breathing
6. Break up the day by taking short walks outside
7. Listen to soothing music
8. Participate in relaxing exercises



REFRAME: MINDFULNESS MEDITATION

Mindfulness meditation helps us to gain a better understanding of ourselves and have a more optimistic view of the world around us.

Here are four easy ways that anyone can do to incorporate mindfulness into their day.

1. Savor your meals. Be mindful during the first three bites of your meal. Focus more on the smell, texture, and taste during these moments.
2. Just breathe. Find a quiet place to sit for a few minutes. Focus on the subtle movements of your body while you allow yourself to rest and just breathe.
3. Stop to observe. Take a moment each day to stop what you are doing and watch your surroundings, free of judgment.
4. Envision your thoughts. Help to clear your mind of negative thoughts by envisioning clouds in the sky. Bring that cloud into focus and then with each breath, see the cloud float further and further away. Repeat as many times as necessary.



DETOX: CURB HOLIDAY GAIN

Gatherings with family and friends often offer indulgence in food and drinks that we might not typically consume, at least not in the same portion or frequency. It is a culturally anticipated phenomena that weight gain gradually occurs as you move from Thanksgiving through the New Year. Increased sweets, over-eating, and having one too many beverages all place stress on the body's detoxification systems, which can result in sluggish energy, or a pounding headache the next day.

You can still enjoy this time of year, while minding your body's detoxification needs by:

- Ensuring regular and consistent healthy meals that include quality protein sources and plant foods. Protein intake, along with the antioxidants from plants, is critical in supporting the liver.
- Limit sugar. This does not mean to avoid the sugar cookies or your favorite holiday dessert, but be mindful of portions. Also consider recipes that use natural, sugar alternatives such as stevia or monk fruit.
- Lastly, limit or avoid toxins - learn more about possible sources of toxin exposure at ewg.org

FROM YOUR WELLNESS TEAM: HOW TO MAKE IT A HEALTHY HOLIDAY

The holiday season is full of family, friends, and food! Although traditional holiday dishes may appeal to the eye and our taste buds, they are not always as pleasing to our gut, waistline, and energy levels. With a few modifications, your meal can be lighter and nutritious and still deliver the same flavor profile and comfort you yearn for around the holidays.

Check out the Fuel section of this newsletter for healthier holiday sides to incorporate this season! Tag us if you share: [@wellstyles_az](https://twitter.com/wellstyles_az)

Yours truly,
Your Wellness Team

Tips to ensure your holidays are both happy & healthy!

- Contribute a healthy dish
- Prioritize whole plant and animal foods
- Eat a variety of colors
- Choose your favorite treats and savor them
- Choose drinks wisely
- Visit with friends and family, not food