

The Beet

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FUEL: CITRUS FOODS

25-85 calories per piece

In addition to citric acid, citrus fruits are rich in vitamin A, vitamin C, folate, calcium, potassium and antioxidants.

According to a 2014 study published in the Journal of Medicinal Food, citric acid (from citrus) protects against liver and brain damage due to its ability to fight inflammation and reduce oxidative stress. Citrus foods are loaded with vitamins, minerals, fiber and antioxidants that promote health and well-being. Most adults only consume half the recommended amount of fiber daily, so try more citrus as a solution - one orange has about 3g of fiber, or 1/10 the recommended daily amount. You can enjoy citrus raw, mixed into smoothies, pressed into juice, or as a sweet side.

HEALTHY CITRUS DISHES

[Winter Citrus Salad with Honey Dressing](#)

[Lemon Chicken Piccata](#)

[Triple Citrus Glazed Grilled Salmon](#)

[Blood Orange Chia Pudding](#)

[Lemon Bars](#)



FROM YOUR RD: HOME IS WHERE THE HEALTH IS

If 2020's never-ending quarantine didn't force you to do more home cooking, and you still rely heavily on on-demand food services to ensure you are fed most days, I want to encourage you to set the intention to change this behavior in 2021. Cooking more of your meals at home is a nutrition resolution worth setting. When you prepare your own meals, you have more control over the ingredients and you can ensure that you and your family eat fresh, wholesome meals. Start small and try just one new recipe per week. Your meals do not have to be complicated to be healthy and delicious. Play around with different foods and cooking methods to discover what you like and if you're not confident in your cooking skills, try taking a cooking class or browse websites dedicated to cooking for free tutorials. The more comfortable and enjoyable cooking is for you, the easier it will be to incorporate into a regular routine.



MOVE: WORKOUT GOAL SETTING

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

When it comes to setting a new workout goal, it is important to start small and create healthy habits around the workout. For example, simply packing a gym bag can be a great first step if your goal is to make it to the gym. Another great first step is to create a weekly workout schedule. There are many resources, websites, and apps available to assist you in your creation but if you prefer writing it out, [try making a schedule like this one](#). While on your journey to achieve your goal, remember to celebrate all of the small successes along the way. Accomplishing goals is not easy and is close to impossible if you do not take a moment to appreciate all of your hard work and determination along the way.



REST: SMART DIET CHOICES THAT SUPPORT SLEEP

Did you know that what you eat and drink during the day can impact your sleep quality and ability to fall asleep at night?

Here are some tips to help improve your sleep quality:

- **Limit caffeine and nicotine.** Studies have shown that caffeine can cause sleep problems up to ten to twelve hours after drinking it. Similarly, smoking is another stimulant that can disrupt your sleep, especially if you smoke close to bedtime.
- **Avoid eating too much at night.** Try to make dinnertime earlier in the evening, and avoid heavy, rich foods within two hours of bed time.
- **Avoid alcohol before bed.** While a nightcap may help you relax, it interferes with your sleep cycle once you have fallen asleep and prevents you from falling into the deep, restorative sleep stages.
- **Avoid drinking too many liquids in the evening.** Drinking lots of fluids may result in frequent bathroom trips throughout the night.
- **Cut back on sugary foods and refined carbs.** Eating lots of sugar and refined carbs during the day can trigger wakefulness at night and pull deep sleep.



After joining WellStyles, I have been more active, more conscientious of my diet, and able to manage stress more effectively.

- Jamie Ortiz,
Paradise Valley Unified
School District

DO YOU WANT TO BE A WELLNESS CHAMPION?

Do you dream of making a difference in your worksite and/or community? Are you passionate about health and fitness? Do you have a personal health goal? If you answered YES to any of these questions, you are a great candidate for a Wellness Champion!

A Wellness Champion is a staff member with a commitment to health that serves as representative for employee wellness. They volunteer to assist in the implementation and coordination of wellness initiatives at their location. They share information, engage friends and colleagues to participate in wellness programs and create excitement around leading a healthy lifestyle. If you are interested in learning more about the champion program, please contact your WellStyles Wellness Coordinator today!



CONNECT: STAY CONNECTED WHILE SUPPORTING LOCAL

An outdoor activity that doubles as shopping? Check out a local farmers market this month to enjoy the weather and bring home delicious local fare.

Gilbert Farmers Market - Saturday 8am - 12pm

Uptown Phoenix Farmers Market - Saturday and Wednesday mornings

Tempe Farmers Market - Daily 8am - 11pm



DETOX: ACHIEVE BALANCE WITH TECHNOLOGY AND DEVICES

In light of what this last year has dealt us, it is necessary to consider and be mindful of maintaining a healthy balance of technology use.

With the ongoing challenges of the pandemic and social distancing, technology may have been the one saving grace. It has allowed many businesses to maintain productivity, save jobs, and perhaps most importantly, keep people connected.

However, a growing body of evidence suggests excessive use and/or exposure to electro-magnetic-fields (EMF) from electronic devices could be harmful. This includes Radio Frequency (RF) Spectrum, which is produced by mobile phones, base stations, wireless tablets and laptops, wifi, 5G, and smart devices.

FROM YOUR WELLNESS TEAM: SELF CARE BASICS FOR A BETTER YEAR

Although we encourage eating habits that promote healthy weight year-round, we acknowledge there is always an uptick in weight loss efforts at the start of every new year. Unfortunately, there are plenty of dangerous ways to approach weight loss, many of which actually harm the metabolism, inhibiting weight loss efforts altogether. For that reason, we want to equip you with the fundamentals of healthy weight loss/maintenance to ensure you aren't tempted by the fad-diet chaos that the New Year delivers.

- **Define Your Why:** Have you ever failed to meet a goal because you forgot why you set it in the first place? It is crucial to get clear on why you are striving to lose weight, because when motivation is lacking, your reason is all you have. So keep your 'why' close and make it worthwhile.
- **Assemble Your Tribe:** Find a friend, partner, or family member that you can count on to motivate you throughout your journey!
- **Choose Calories Wisely:** Any successful weight loss program is dependent on a reduction in calories, but not a drastic one. If you eat a diet rich in processed and packaged foods, making the switch to whole plant and animal foods is a simple and highly impactful step.
- **Eat More Plants:** The fiber found in fruits and vegetables helps stabilize blood sugar and provides a sense of satisfaction and fullness, which can contribute to the caloric deficit required for weight loss. Aim for 8-12 servings of plant foods to meet your daily micronutrient needs.
- **Eat Real Food:** Intake of processed foods can lead to overeating by overriding our bodies' satiety signals as these foods are designed to leave us wanting more. Aim for whole foods whenever possible, read food labels carefully, and limit intake of refined sugars and grains.
- **Eat Enough Protein:** Adequate protein intake may be advantageous for weight loss. Quality sources of protein include meats, eggs, poultry, beans and legumes, lentils, nuts and seeds. In most cases, 0.7-1 gram of protein per pound of body weight per day is appropriate.
- **Get Plenty of Exercise:** Exercise promotes weight loss by increasing metabolism immediately after exercise, building muscle mass and increasing basal metabolic rate (the rate at which the body uses energy while at rest). Both cardio (ex. running) and strength training (ex. weight lifting) are important components of an exercise program. With permission from your doctor, aim for 150 minutes of moderate-intensity exercise weekly and 10,000 steps daily.
- **Catch Your ZZZ's:** When sleep is lacking, hunger and the stress response are increased and the rate at which fat is burned decreases. These events slow your metabolism, making sleep crucial for hormone balance and weight maintenance. Aim for 7-9 hours of restful sleep per night.
- **Be Patient:** There is no magic pill or immediate weight loss strategy, at least not a safe one. Your weight loss journey will have ups and downs and it will likely take longer than you'd hope. Offer yourself grace if you slip up, remind yourself to celebrate your small victories, and be patient!

Yours truly,
Your Wellness Team



REFRAME: THREE STEPS TO PRACTICE MINDFULNESS

When we practice reframing, we are able to change our perspective of certain situations, not just in the past but to help with future stressful situations as well. Here are three steps to take when you want to practice reframing.

Step One: Learn About Thinking Patterns. Educate yourself about which negative thinking patterns usually heighten your stress levels.

Step Two: Notice Your Thoughts. This step is to help catch yourself when you're slipping into overly negative and stress-inducing patterns of thinking. Being aware of these thoughts and taking note of them is an important step of challenging and ultimately reframing your thinking patterns.

Step Three: Challenge Your Thoughts. Now that we have become aware of our thinking patterns and educated ourselves on what may drive us to negative thinking, it is time to examine the truth and accuracy of your thoughts. Are the things you're telling yourself even true? What are some other ways to interpret the same set of events?

Using this three step approach to effectively reframe our negative thinking can greatly benefit our own mental health as well as improve how we will respond to stressful and negative situations in the future.

Clinical studies reveal exposure risks, such as cellular damage, male and female fertility disturbances, various cancers, sleep disturbance, and cognitive delays such as learning, memory, and behavior. *Pregnant women and parents of young children should be especially mindful of RF as the fetus develops. Helpful guidelines to consider:*

- American Academy of Pediatrics recommend no screen time for children less than 2
- Reconsider use of wireless baby monitors (wired monitors okay)
- Mobile phone use in children should be for emergencies only - reconsider cell phones for personal use until older (i.e. 14 years).