



A WELLSTYLES NEWSLETTER



THE HEALING POWER OF NATURE

When it comes to improving our health and wellness, sometimes it's the simple changes that have the greatest impact. Increasing time spent outdoors may just be one of those easy (and free!) lifestyle hacks that we're missing. A 25-minute stroll in the park is sometimes all it takes to boost vitamin D, cope with life stressors and even improve immune resiliency.

Learn more on how you can incorporate the outdoors into your daily routine here!

HABIT CHALLENGE GET OUTSIDE!

Join WellStyles in the **JUNE 14TH-25TH** **Get Outside Challenge** to help you prioritize your time spent in nature!

LOG **6** OUT OF THE **12 DAYS** YOU GET OUTSIDE TO EARN AN ADDITIONAL **200 POINTS** TO YOUR WELLNESS PROGRAM.

Registration for the Get Outside Challenge opens June 7th.

[CLICK THE SOCIAL TAB TO JOIN](#)

ARE YOU SIGNED UP FOR WELLSTYLES?



SCAN OR CLICK TO REGISTER

DID YOU MISS LAST MONTH'S EPISODE OF



OF FOOD AND KNOWLEDGE



Better Bites of Food and Knowledge is a themed monthly series equipped with practical nutrition education, a collection of hand-picked recipes, prep videos in the kitchen with Kristen, and downloadable PDF recipe cards ready to print or save. Stay connected with Better Bites to start focusing on gaining knowledge and nutrients to optimize your health!

SCAN HERE TO SUBSCRIBE TO BOTH THE BEET & BETTER BITES!



TECH TIP HOW TO UPLOAD EXAMS ON WELLSTYLES!

How do I submit my Wellness Exam and Preventative Screenings?

(preventative or cancer screenings can be uploaded up to 3 times per year):

- To submit your exam, go to the **Home** tab and click on **How to Earn** in the drop down.
- Scroll down until you see the box labeled **Participation**.
- Click on the activity you want to submit and enter in your name, date of activity, and provider name.
- You must upload proof of these exams in the **File Upload** section. Proof can be your explanation of benefits, a doctor's note, or even a picture of your sign in sheet.
- Lastly, click the box to confirm that you have received the exam and press **Submit**.

How do I submit my Dental Exam, Vision Exam and Preventative Vaccine?

(dental can be uploaded 2 times per year)

- To submit an exam, go to the **Home** tab and click on **How to Earn** in the drop down.
- Scroll down until you see the box labeled **Participation**.
- Click on the activity you want to submit and enter in your name, date of activity, and provider name.
- Click the box to confirm that you have received the exam and press **Submit**.

* EXAM SUBMISSIONS MUST BE DONE ON A COMPUTER AND CANNOT BE DONE ON THE APP *

PARTICIPATION	POINTS
Dental Exam Form Submission	2500
Flu Shot	2500
Vision Exam Form Submission	2500
Cancer Screening 3 per year. Click for exam examples	5000
Wellness Exam Form Submission	20000

Do not forget to submit all exams on WellStyles before 6/30 in order to receive all of your WellStyles points and rewards!

work it out

Complete each exercise for 45 seconds. Rest for 15 seconds between each exercise.

- step ups
- butt kickers
- torso twists
- knee push-ups
- hip lifts
- crunches

4 rounds total. Rest for 1 minute between each round!



WATCH NOW

monthly shoutout



On behalf of the WellStyles team, we would like to thank all of the WellStyles Champions for their outstanding effort in promoting a healthy and happy lifestyle at their site!

As a thank you, we would like to award all champions with 5,000 WellStyles points! If you are a champion and you have not received your points yet, please reach out to wellnesscoordinator@wellstyles.org.

SHHH... IT'S A SECRET...

BUT WELLSTYLES HAS A SECRET LEVEL 5!

What is Secret Level 5?

The more points you accumulate into Secret Level 5, the more chances you have to win! One lucky winner will receive a \$100 Devour Gift Card.

FOR MORE INFO, CLICK HERE

GREEN TIP of the MONTH



The Best Places to Escape the AZ Heat & Still be Outside.

The Arizona summer is quickly approaching making it difficult to endure outdoor activities in the scorching heat. Fortunately, our state is full of outdoor oases to escape to! Here are a few destinations where you can actually enjoy spending some outdoor time this summer.

Head to the Water!

This is one of the easiest ways to stay cool. Despite being known as a desert state, there are many lakes within Arizona. Many of these lakes offer kayak, paddle-board and boat rentals as well as places to easily access the water.

LIST OF AZ LAKES

- LAKE PLEASANT - PEORIA
- SAGUARO LAKE - MESA
- ROOSEVELT LAKE - TONTO BASIN
- WOODS CANYON LAKE - MOGOLLON RIM
- LAKE POWELL - PAGE



"EVERYTHING IN NATURE INVITES US CONSTANTLY TO BE WHAT WE ARE."

- GRETEL EHRLICH

RECEIVE THIS EMAIL FROM A FRIEND?

CLICK HERE TO SIGN UP YOURSELF!

