

# The Beet

NOVEMBER 2020



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## FUEL: PUMPKIN



Pumpkin gives you a hefty dose of beta-carotene, which is partially converted into vitamin A. Vitamin A can help your body fight off infections, and the antioxidants found in pumpkin are also important for skin health. These include beta-carotene and vitamins C and E. Beta-carotene, in particular, may protect your skin from the sun's damaging UV rays. The fiber, vitamin C and potassium found in pumpkin can help improve blood pressure and cholesterol levels. All parts of the pumpkin are safe to eat including the seeds and leaves, but may cause issues for those taking certain medications. Pumpkin is mildly diuretic and could be a problem for people who take certain medications, especially lithium. Additionally, avoid pumpkin-flavored junk foods! For the healthiest ways to enjoy pumpkin, try using it in savory dishes like soup or as a roasted vegetable.

## NUTRIENT PROFILE

One cup (155 grams) of cooked pumpkin provides the following nutrients:  
Calories: 49  
Carbs: 12 grams  
Fiber: 3 grams  
Protein: 2 grams

## Reference Daily Intake (RDI):

Potassium: 16% RDI  
Vitamin E: 10% RDI  
Copper: 11% RDI  
Iron: 8% RDI  
Folate: 6% RDI  
Niacin: 5% RDI  
Vitamin B6: 5% RDI  
Thiamin: 5% RDI



## RECIPES USING PUMPKIN

- [Grain-free pumpkin bars](#)
- [Winter luxury pumpkin soup](#)
- [Pumpkin hummus](#)
- [Pumpkin turkey meatballs](#)
- [Pumpkin coffee cake](#)

## HOMEMADE PUMPKIN SPICE LATTE

1. ½ cup milk of choice +
2. ½ cup brewed coffee +
3. 1 tbsp pumpkin puree +
4. 1 tbsp maple syrup (or honey) +
5. ¼ tsp pumpkin pie spice



## FROM YOUR RD: LESS SUGAR, MORE SAVINGS: AT HOME PUMPKIN SPICE LATTE

Our weather may not be caught up with the calendar year yet but our pumpkin-proud coffee shops sure are! It is easy to forget it's November in Arizona when it feels like we're living in an endless summer, but we can always count on pumpkin spice lattes to remind us to embrace fall, even if we're doing it in shorts and sandals. Although our forecast tends to look very different than the rest of the nation this time of year, our beverage choice is right in line - Venti Pumpkin Spice Latte, Extra Hot, and all the Whipped Cream! And not to worry, I wouldn't dare ask you to pass on the PSL. I do, however, want to encourage you to embrace something new and make yours at home this year. Not only will you save money, but you'll skip the refined sugar and artificial flavors found in that store-bought version you're so accustomed to. And I think you'll be pleasantly surprised by how authentic this homemade pumpkin spice latte tastes.

Give it a try and tag us in your **#homemadeps!** on **instagram!** [@wellstyles\\_az](#)



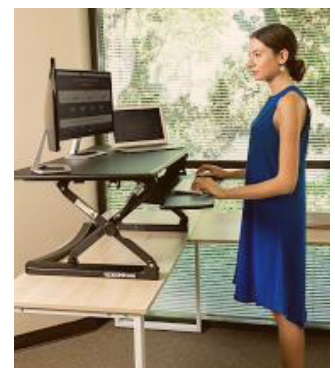
## MOVE: KEEP IT MOVING AT WORK

Follow us for free live workouts!  
[instagram.com/wellstyles\\_az](#)

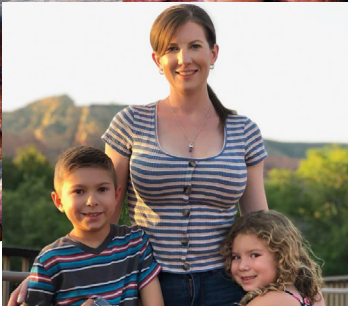
Movement is extremely important for the human body, because it forces us to use our body systems. If we do not use our body systems, we start to lose them. The benefits of gentle movement throughout the day include: better quality sleep and stress management, improved mood, and bone/muscle composition. Aim to incorporate as much movement into the day as possible!

## Here are 3 tips on how to incorporate more movement into the work day:

1. Take the scenic route
2. Take a stand, not a seat
3. Schedule walking meetings







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

**WELLNESS CHAMPION OF THE MONTH:  
JAMIE ORTIZ, PARADISE VALLEY UNIFIED SCHOOL DISTRICT**

After 6 years of being an ER nurse, I decided to switch gears and became a school nurse for Desert Springs Preparatory Elementary. Education and promoting health and wellness has always been one of my favorite things about being a nurse, and this is a great opportunity to provide that education not only to our youth, but our community. WellStyles is a fantastic program and a wonderful benefit to our teachers and staff. During these challenging and difficult times, I am happy to provide health and wellness resources to them. Becoming a champion has been an amazing experience, as I help promote healthy living to our teachers and community.

One of the ways I influence health to our teachers and staff is by creating step challenges on a regular basis. Adding the chaos of living through a pandemic, I found myself not making good choices with diet and exercise and not taking care of myself and my health needs. I knew I needed to make some major changes in my life. Becoming a school nurse was just the change I needed, and I realized in order to take the best possible care of my students and teachers, I needed to become a role model for them. After joining WellStyles, I have been more active, more conscientious of my diet, and able to manage stress more effectively. Having the habit tracker has been a great tool in managing my progress and feeling the results of my health choices. I feel amazing and have never been happier.



**CONNECT: RUNNING ERRANDS ISN'T REALLY RUNNING**

Getting things done, while exhausting in its own way, isn't working out. We know you're running around with responsibilities but to make sure you're staying active and in optimal health, give the real thing a try!

**VIEW ALL LOCAL ARIZONA ROAD & TRAIL RUNS IN NOVEMBER**  
Featured run: Sat Nov 7th - Foam Glow 5K



**REST: THE POWER OF POWER NAPS**

- MELATONIN PEAKS FROM 1-3 PM...TRY A 20 MIN POWER NAP
- MAINTAIN NREM (LIGHT) SLEEP BY STICKING TO 20 MIN LENGTH
- WAKE UP ALERT AND REFRESHED

One of the biggest peaks of melatonin (the sleep inducing hormone) occurs between 1:00pm and 3:00pm daily. This explains why many people get tired around this time. If you find yourself slowing down, try taking a power nap! Just 20 minutes long, a power nap will improve alertness, enhance performance, and increase mood. Naps should be approximately 20 minutes in length because this keeps you in the lightest stage of NREM sleep, which makes it easier for you to wake up and not feel groggy.



**DETOX: HYDRATE TO HEAL AND DETOX NATURALLY**

The topic of detoxification can often feel like a loaded topic to unpack. There are certainly a lot of considerations and complexities when talking about "how it all works". When it comes to detoxification in the human body, there are still some basic simple concepts that can be considered and easily practiced for optimizing health and wellbeing. One of them is drinking enough (filtered/purified) water. Water is essential for the body to properly carry out toxins and waste via organs of excretion (think kidneys and GI tract). Hydration is an especially relevant priority for us, living in a dry, hot climate.

**HOW MUCH?**  
A great baseline is to consume **half of your body weight in ounces**. For example, if you weigh 140 lbs you would aim to drink 70 OZ of water a day to support optimal health - including detoxification processes.



**REFRAME: PRACTICING SELF REFLECTION**

Looking inward provides an opportunity for gratitude and growth.

Self-reflection helps you gain a better understanding of your emotions, strengths, weaknesses and driving factors. This is an essential skill to develop for a healthy relationship with your mind, body, emotions, and spirit and gives you a greater connection with yourself. Benefits of practicing self-reflection include: strengthening your emotional intelligence, acting with more integrity, and building self-awareness, self-acceptance, and self-confidence.

**How do we practice self-reflection?**

One of the most common ways to practice is to journal. Identify some important questions that you would like to ask yourself each time you sit down to journal. This will help to bring awareness to certain thoughts and feelings and help process them in a more constructive way. This also helps to look back and see any patterns in your habits and thoughts that you may want to work on reframing.

**FROM YOUR WELLNESS TEAM: SCHEDULE TIME FOR SELF-CARE**

Life can be stressful and the number one way to relieve stress is to take care of both the body and mind. Self-care is typically characterized as an occasional indulgence when it is a priority. Self-care is defined as the practice of taking action to preserve or improve one's own health.

Self-care is important because those who take care of themselves have the energy to take care of others and work with meaning and purpose toward a worthy goal. Schedule time every day to take care of both your body and your mind! What do you do for self-care? Share it with us: [@wellstyles\\_az](https://www.wellstyles.az)

Yours truly,  
Your Wellness Team

