

The Beet

APRIL 20



LOCAL ARIZONA FARMS
ARE PROVIDING FRESH
& AFFORDABLE OPTIONS
DIRECT TO THE COMMUNITY



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WHOLE FOOD OF THE MONTH: LOCAL FARMERS MARKET FOODS

The bottom line is, local food is better for you. The shorter the time between the farm and your table, the less likely it is that nutrients will be lost from fresh food. Food imported from far away is older and has traveled on trucks or trains, and sat in warehouses before it gets to you. Check out some of these farmers market resources still open and operating despite the current grocery store shortages.

Preorder and drive thru: [Singh Meadows Farmers Market](#)
Organic pre-made variety box: [McClendon's Select Produce](#)
Nuts, beans & farm boxes weekly: [Blue Sky Organic Farms](#)
Fresh microgreens - \$5 flat delivery: [Midtown Microgreens](#)

LOCAL FOOD: SHOPPING FOR LOCAL FOOD FROM HOME

Empty shelves in grocery stores don't necessarily mean 'no food'. It just means you have to look at other sources to fill your families needs and bellies. There are so many local farms who can providing for Arizona communities!

From [goodfoodfinderaz.com](#)
GETTING GOOD FOOD AT HOME
AZ FRESH PRODUCE PICKUP SPOTS

good food finder
LOCAL FIRST ARIZONA FOUNDATION



SUPPORT LOCAL FOODS AT THESE 5 RESTAURANTS

[Arizona Wilderness Brewery](#)
[Chelsea's Kitchen](#)
[FnB](#)
[Grassroots Kitchen & Tap](#)
[Kale and Clover](#)



STAYING CONNECTED DURING SOCIAL ISOLATION

Just because you're responsibly practicing social distancing, doesn't mean you can't be social. Make it a routine to check-in with your loved ones. That can mean simply sending a text or FaceTiming with them to stay connected. You might not be able to be in the same room as some of them but you can still communicate with the people that make you feel your best. This means your mood will be significantly increased and you never know what that check-in could mean for the other person too!



MOVE: FREE ONLINE FITNESS/IN-HOME WORKOUTS

These are the 30 best resources for free online workouts that make is easy for you to exercise at home. Whether you have just a few minutes for a quick core workout, or if you'd like to join a month-long daily yoga challenge, there is something here that will help you exercise at home.

1. Fitness Blender
2. Sweaty Betty
3. Turbulence Training
4. Jessica Smith TV
5. Do Yoga with Me
6. Make Your Body Work

7. Tone it Up
8. Yoga With Adriene
9. Spark People
10. BeFit
11. Livestrong Woman
12. Diet Health

13. Natalie Jill Fitness
14. Yoga Journal
15. CafeMom Studios
16. eFit30
17. Sarah Fit
18. Blogilates

19. Bodyrock.tv
20. Gymra
21. Good Health 24by7
22. Live Strong
23. Caroline Jordan Fitness
24. Rebekah Borucki

25. Steady Health
26. Pop Sugar
27. Jenny Ford Fitness
28. Fit Strong and Sexy
29. Tara Stiles
30. Yoga For Dummies



REFRAME: PRACTICING SELF CARE THROUGH UNCERTAIN TIMES

A lot of our members are experiencing a variety of feelings amongst the uncertainty. While yes, self care can include face masks and bubble baths, what I'm really talking about (and what we really need right now) are things like:

- Getting enough sleep
- Moving your body
- Drinking plenty of water
- Eating well
- Deep breathing during stress

All of these are great ways to achieve physical health and when you feel good physically, it's easier to take care of your mental health as well.



WE HAVE PARTNERED WITH CLASSPASS TO PROVIDE FREE, ONLINE FITNESS CLASSES TO ALL WELLSTYLES MEMBERS.

With the pandemic of COVID-19, gyms and fitness centers alike have closed until further notice. To support the transition to work from home, we've partnered with ClassPass to provide all WellStyles members with exclusive access to all of ClassPass' digital offerings for FREE. Email wellnesscoordinator@wellstyles.org for details!



WELLNESS CHAMPION OF THE MONTH: EMILY, BALSZ SCHOOL DISTRICT

I have enjoyed being Tillman's Wellness Champion and finding fun and creative ways to get my staff involved. I became a champion because exercise and health have always been important to me. Being a champion was the perfect way to share my passion and a different side of me with my colleagues.

My favorite thing about being a champion is building community and camaraderie with my staff. It is fun to push my staff to set goals and see their growth and progress as they achieve their goals. I enjoy it when my staff shares their personal health and wellness triumphs. I have been able to influence health at Tillman Middle School by starting a training regimen for Pat's Run. I have put together a weekly training schedule for my staff to follow as they work toward their goal of completing the race. Twice a week we run as a group and twice a week I hold strength training sessions. The goal of this race is less about completing a race, but more about setting a goal and committing to a training plan to achieve the goal. Exercise and fitness have always been important to me. My personal health journey started when I was in college and I had to learn how to create a daily exercise routine for myself. Since then it has been an integral part of my life. I use exercise as a way to push myself. I am able to set goals and see my progress as I work to achieve them. I have enjoyed being able to bring this personal side into my work as a wellness champion. (The photo is of me and my 11 month old son Elliott.)



**GET 7+ HOURS OF
SLEEP EVERY NIGHT**

REST: HOW SLEEP STRENGTHENS THE IMMUNE SYSTEM

Sleep supports the proteins and cells of your immune system to detect and destroy bugs and germs – it also helps them to remember them, so they can fight them off even quicker in future. Sleeps strengthen your body's immune response, and at times like these it's more important than ever that we're getting enough of it. Poor sleep can cause increased inflammation, blood pressure, insulin resistance, cortisol, weight gain, and cardiovascular disease, as well as decreased blood sugar regulation. In a recent study, scientists say they discovered that quality sleep can bolster the T cells in your body that fight off infection. Good sleep does this by enhancing the ability of T cells to adhere to and destroy cells infected by viruses and other pathogens.

FROM YOUR WELLNESS TEAM: ADAPTING TO SIGNIFICANT CHANGE

It's no secret that we are living in a time of change. And change can bring up a variety of feelings, all of which are valid. Everyone responds to stress differently, so the first step is to notice what you are feeling. By bringing awareness to your thoughts and feelings, you can take control of your stress, decisions, and how you see your current situation.

Here are 3 easy ways to practice mindfulness within the comfort of your own home!

- Journal - make a list of everything you can control
- Observe your breathing throughout the day
- Do a guided meditation online or from a free app

It is important to take care of both your body and mind; not only for you, but for your loved ones as well. As your Wellness Team we are here to support you and help you stay happy and healthy during this time.

Yours truly,
Your Wellness Team

Top 25 Best Guided Meditation and Meditation Apps
<https://www.psychology.com/mental-health-wellbeing/meditation-resources>

TRAVEL THE WORLD ON YOUR TREADMILL

If you have an elliptical or treadmill at home, take the laundry off of it or haul it in from the garage...you can prop your device on the front and take in one of these [virtual trail runs](#) ranging from 15 minutes to over an hour. Scenic and safe!



DETOX: DETOX FROM THE MEDIA

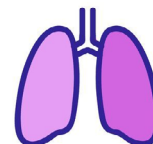
How can we protect ourselves from the daily onslaught of bad news but also stay informed? Studies confirm that the media covers more bad news than good news in areas like crime and health. While we can't change difficult news events or the reporting of these events, we can consider how to change and improve our context. By adding more sources of positive energy and information in our lives, we can hopefully create more balance.

"Minimize watching, reading or listening to news that causes you to feel anxious or distressed; seek information only from trusted sources and mainly to take practical steps to prepare your plans and protect yourself and loved ones. Seek information updates at specific times during the day, once or twice. The sudden and near-constant stream of news reports about an outbreak can cause anyone to feel worried. Get the facts; not the rumors and misinformation. Gather information at regular intervals, from WHO website and local health authorities platforms, in order to help you distinguish facts from rumors. Facts can help to minimize fears."

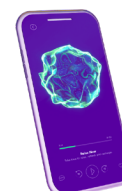
- World Health Organization's (WHO)
Mental Health & Substance Use Department



Take a break from scrolling and write in a journal to release thoughts and process emotions



Be conscious of engaging in deep breathing daily



Try a guided meditation to remain centered

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