

The Beet

FEBRUARY 20



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WHOLE FOOD OF THE MONTH: WILD CAUGHT SALMON

There is an impressive (and lengthy) list of all the health benefits of eating fresh Wild Alaskan Salmon. Simply put, it's one of the healthiest thing you can possibly eat.

Besides the great taste, wild caught salmon is:

- Free from artificial coloring, growth hormones, pharmaceuticals and other unnatural chemicals
- High in omega-3 oils which have been shown to lower cholesterol and triglycerides and decrease the risk of heart disease
- Naturally abundant in many essential nutrients and vitamins including Vitamins A, C, D and E, niacin and Vitamin B-12
- An excellent source of protein
- Low in saturated fats and low in calories

HERE ARE A FEW KEY (AND UNSAVORY) DIFFERENCES BETWEEN WILD CAUGHT SALMON AND FARM-RAISED SALMON:

Farm-raised salmon is kept in pens, fed grain and unable to swim. This produces fish high in unhealthy fats. They are fed antibiotics to reduce disease and are dyed to look like fish living naturally in the wild.



DETOX: DETOX FROM SUGARY DRINKS

Sugary drinks (also categorized as sugar-sweetened beverages or "soft" drinks) refer to any beverage with added sugar or other sweeteners (high fructose corn syrup, sucrose, fruit juice concentrates, and more). This includes soda, pop, cola, tonic, fruit punch, lemonade (and other "ades"), sweetened powdered drinks, as well as sports and energy drinks. As a category, these beverages are the single largest source of calories and added sugar in the U.S. diet. In other parts of the world, particularly developing countries, sugary drink consumption is rising dramatically due to widespread urbanization and beverage marketing. Beyond weight gain, routinely drinking these sugar-loaded beverages can increase the risk of type 2 diabetes, heart disease, and other chronic diseases. Furthermore, higher consumption of sugary beverages has been linked with an increased risk of premature death. If you are interested in cutting back on your intake of these sugar-sweetened beverages, try infused water or flavored seltzers instead!

5 HEALTHY RECIPES USING WILD SALMON

- [BAKED SALMON W/ ROSEMARY & GARLIC](#)
- [BAKED SALMON TACOS](#)
- [SALMON BURGERS](#)
- [GREEK SALMON SALAD](#)
- [SMOKED SALMON DIP](#)



FEBRUARY EVENTS TO STAY ACTIVE

- [FEB 7 - INGLESIDE 5K GLOW RUN](#)
- [FEB 8 - PV SCHOOLS COMMUNITY 5K](#)
- [FEB 8 - PARADA DEL SOL PARADE](#)
- [FEB 15 - CHINESE NEW YEAR WOK & RUN](#)
- [FEB 15 - PHOENIX FIELD DAY 2020](#)
- [FEB 15 - SLIDE N RIDE FAMILY FESTIVAL](#)
- [FEB 16 - TEMPE TOWN LAKE FROYO 5K](#)
- [FEB 24 - MARSHMALLOW MILE](#)
- [FEB 29 - SCOTTSDALE STADIUM GIANTS RACE](#)
- [FEB 29 - CREATIVE SATURDAYS - PHOENIX ART MUSEUM](#)



REFRAME: EASY WAYS TO PRACTICE MINDFULNESS

When we practice mindfulness, we're practicing the art of creating space for ourselves—space to think, space to breathe, space between ourselves and our reactions.

1. You don't need to buy anything. You can practice anywhere, there's no need to go out and buy a special cushion or bench—all you need is to devote a little time and space to accessing your mindfulness skills every day.
2. There's no way to quiet your mind. That's not the goal here. There's no bliss state or otherworldly communion. All you're trying to do is pay attention to the present moment, without judgment. Sounds easy, right?
3. Your mind will wander. As you practice paying attention to what's going on in your body and mind at the present moment, you'll find that many thoughts arise. Your mind might drift to something that happened yesterday, meander to your to-do list—your mind will try to be anywhere but where you are. But the wandering mind isn't something to fear, it's part of human nature and it provides the magic moment for the essential piece of mindfulness practice—the piece that researchers believe leads to healthier, more agile brains: the moment when you recognize that your mind has wandered. Because if you can notice that your mind has wandered, then you can consciously bring it back to the present moment. The more you do this, the more likely you are to be able to do it again and again.

If you are looking for assistance in your mindfulness practice, subscribe to BroglieBox! BroglieBox is mental wellness, delivered to your doorstep. Every three months, a new box arrives filled with 6-7 full sized items and resources for mental health and stress relief. Also included in each box is a quarterly issue of the Piece of Mind Magazine, which features timely and useful articles, self-help guides, and visual tools from a variety of published psychologists, psychiatrists, and mental health experts. BroglieBox is an all-encompassing resource kit in a fun, warm and heartfelt way! Many BroglieBoxes are sent as "gifts" with the option to send the box anonymously or include a personalized note.

Check them out at <https://brogliebox.com/> and WellStyles members can receive 10% off of their first box with the discount code "wellstyles10"



YOU ALWAYS HAVE TIME TO BURN A FEW CALORIES! 2 MOVES IN 2 MIN TO RAISE YOUR HEART RATE



SQUATS
10 EA X
3 REPS



BUTT KICKS
10 EA X
3 REPS



**WELLNESS CHAMPION OF THE MONTH:
KEN LACHAPPELLE, AGUA FRIA UNION HIGH SCHOOL DISTRICT**

I became a champion to help spearhead an active work environment, and encourage health among my coworkers. My favorite part of being a champion is inspiring, motivating and encouraging others in their fitness journey. I've influenced health among our district by aiding in the planning of several fitness challenges including an overly successful weight loss challenge at the beginning of this year. I am just an average guy who began this journey to lose weight and along the way I fell in love with the process. Since 2018 I've successfully lost 80 lbs., became a professional competitor representing Crossfit Fury in both Crossfit and Powerlifting, and also currently a 2x USPA record holder for the state of Arizona (bench press and deadlifting).



GET OUTSIDE! EASY HIKES AROUND THE VALLEY

Make some of these simple daily outdoor activities and easy hikes around the valley part of your spring schedule.

EASY HIKES AROUND PHOENIX

- **South Mountain Park:** Judith Tunnell Accessible Trail (Easy – 1 mile loop)
- **Phoenix Mountain Preserve:** L.V. Yates Trail at 40th Trailhead (Easy to moderate – 2 miles out and back)
- **Papago Park:** Double Butte Loop Trail (Easy – 2.3 mile loop)
- **Thunderbird Conservation Park:** Flatlander Trail (Easy – 1.3 mile loop)



**REST WITH THE INTENTION TO FULLY LET GO:
HEALTHY AND REASONABLE SKILLS TO REDUCE STRESS**

Sometimes just thinking about embarking on a program of stress control can be stressful. Rather than freeze in your tracks, start small and bask in the glow of your successes. Give yourself a week to focus on practical solutions that could help you cope with just one stumbling block or source of stress in your life. Pick a problem, and see if these suggestions work for you. Frequently late? Apply time management principles. Consider your priorities (be sure to include time for yourself) and delegate or discard unnecessary tasks. Map out your day, segment by segment, setting aside time for different tasks, such as writing or phone calls. If you are overly optimistic about travel time, consistently give yourself an extra 15 minutes or more to get to your destinations. Often angry or irritated? Consider the weight of cognitive distortions. Are you magnifying a problem, leaping to conclusions, or applying emotional reasoning? Take the time to stop, breathe, reflect, and choose. Not enough time for stress relief? Try mini-relaxations. Or make a commitment to yourself to pare down your schedule for just one week so you can practice evoking the relaxation response every day.



DO GOOD WHILE STAYING ACTIVE! VOLUNTEER YOUR TIME

Volunteer and get outside with Local First Arizona! Head to their website at <https://www.localfirstaz.com/become-an-alfa> or [click here](#) to sign up for their volunteer opportunities all around the valley.

FROM YOUR WELLNESS TEAM: CHECKING IN ON YOUR GOALS AND INTENTION.

Hello everyone! As we continue to dive into 2020, I would like everyone to take a moment to check in with the goal you set for yourself. Typically we set lofty goals for ourselves because let's face it, we hold ourselves to very high standards. During this time of year, New Year's resolutions tend to dwindle and old habits creep up. When this happens, it is extremely important to practice self-care and celebrate the small successes along the way. For example, if your goal is to lose 50 pounds and you make it to the gym that is a small success and small successes deserve to be celebrated! Congratulations!

Keep in mind that the road to achieving a goal is not linear. You may take steps forward, back, or even lateral. You may veer off of the road completely, and that is okay. By showing compassion to yourself, you are more likely to achieve the goal. Self-compassion leads to resilience which includes facing failure, mistakes, and insecurities with strength and happiness. You can practice self-compassion by being kind and understanding to yourself. Understanding that you are human and you are not alone in your failures. You can also become more compassionate by practicing mindfulness and becoming more mindful of emotions and feelings without identifying or criticizing them. It is also important to note that this is a practice and will not happen overnight. However, the more you practice the more benefits you will experience. For example, self-compassion has been shown to increase productivity, decrease stress, and lead to greater performance. There are many ways to practice positive self-talk. As a suggestion, write a letter to yourself. Imagine that you are writing a letter as your friend and write something that friend would say to you. No matter where you are on your journey, take a moment to take a step back. Celebrate the small successes, practice self-compassion and do not forget to get back on the road to a better you.

Yours truly,
Your Wellness Team

Seppala, Emma. "The Scientific Benefits of Self-Compassion." The Center for Compassion and Altruism Research and Education, 27 June 2017, ccare.stanford.edu/uncategorized/the-scientific-benefits-of-self-compassion-infographic/.

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