

The Beet

MARCH 20



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WHOLE FOOD OF THE MONTH: POMEGRANATE

Pomegranates provide impressive benefits for our mitochondria. They are packed with powerful nutrients, antioxidants, and have many anti-inflammatory effects.



The mitochondria are one of the most important components in our body's cells because they produce energy for all of our cells. It is important that we keep them healthy for our bodies overall health and function.

FROM THE RD: If you are wondering how to incorporate pomegranate into your diet more often without all the time and hard work it takes to seed one, our Valley Schools Registered Dietitian has a solution to that issue by using [Navitas Organic Pomegranate Powder](#). By simply adding this powder to club soda or smoothies, you can create an easy, tasty and nutritious way of adding pomegranate into your routine!

DETOX: AWARENESS OF POOL CHEMICALS

When you think of safe cleaning supplies, are you also considering your pool chemicals? Pools are vulnerable to all of the biological and chemical contaminants swimmers bring with them, and we're actually at an increased risk of exposure to disinfection byproducts.

In one study of 23 indoor pools, researchers reported that haloacetic acids, just one type of disinfection byproduct, were found at an average concentration of 1,541 parts per billion – more than 25 times the level the Environmental Protection Agency allows in drinking water. At this level, accidentally swallowing a third of a cup of pool water – what a child ingests in just an hour and a half – would exceed the maximum daily legal dose established by the EPA for drinking water. The natural attributes of sphagnum moss can be used to treat and condition pool water - reducing disinfectant by-products (DBPs) and ultimately reducing chemical costs and environmental impact. You can view this tip sheet on [ewg.org](#) (Environmental Working Group) to learn more about safe pool maintenance and reducing disinfection byproduct levels.

5 HEALTHY RECIPES USING POMEGRANATE

[Pomegranate and Pear Salad](#)
[Pomegranate Vinaigrette](#)
[Refreshing Pomegranate Spritzer](#)
[Rosemary Pomegranate Chicken](#)
[Creamy Coconut & Pomegranate Chia Pudding](#)



REFRAME: CREATING A POSITIVE BEHAVIOR CHANGE AND HOW TO GO ABOUT IT

The following is a compilation of tips to help you change a habit. Don't be overwhelmed — always remember the simple steps above. The rest are different ways to help you become more successful in your habit change.

- 1. Do just one habit at a time.** Extremely important. Habit change is difficult, even with just one habit. If you do more than one habit at a time, you're setting yourself up for failure.
- 2. Start small.** The smaller the better, because habit change is difficult, and trying to take on too much is a recipe for disaster. Want to exercise? Start with just 5-10 minutes.
- 3. Do a 30-day Challenge.** It takes about 30 days to change a habit, if you're focused and consistent.

[View the full habit change cheat sheet here](#)

MARCH EVENTS TO STAY ACTIVE

[MAR 3](#) - PHX DOWNTOWN WELLNESS MARKET
[MAR 6](#) - GLOW WITH THE FLOW NEON YOGA
[MAR 7](#) - MADISON DASH 5K
[MAR 14](#) - PHOENIX ST PATRICK'S DAY FAIRE
[MAR 14](#) - ARIZONA ALOHA FESTIVAL
[MAR 15](#) - PHOENIX SHAMROCK 10K
[MAR 15](#) - ITALIAN FESTIVAL OF ARIZONA
[MAR 15](#) - SCOTTSDALE ARTS FESTIVAL
[MAR 27](#) - TEMPE FESTIVAL FOR THE ARTS
[MAR 28](#) - ARIZONA RENAISSANCE FESTIVAL



A continuous practice of Sun Salutations will bring more strength, flexibility, and tone to the body. It will open the hamstrings, shoulders, and the chest, as well as release tension. As you move through the poses, you are also lubricating the joints, in turn aiding in keeping the full range of motion in the body.

MOVE: FLOW INTO SPRING - SUN SALUTATIONS only 12 moves every morning





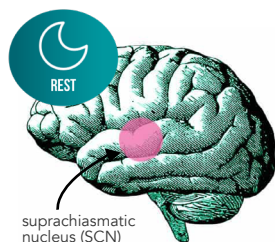
WELLNESS CHAMPION OF THE MONTH: ASHLEY PERMAN, LITTLETON ELEMENTARY SCHOOL DISTRICT

I became a champion for my school for a few reasons, one; everyone at my school talked me into it and second; I really want to promote health and wellness at my school. I see so many co-workers at my school who want to make a healthier lifestyle for themselves but don't know where to start or how, and I wanted to be that support for them. My favorite thing about being a champion is all of the AMAZING resources I get to share with my coworkers! It is so amazing to create and promote challenges with my coworkers and 'catch them making a healthy choice' by giving them extra point cards! I have been able to influence health at my school site by sharing my own personal health journey and continuing to spread more information about health and wellness. I have been able to share some easy tips and tricks to start making small wellness changes and I have seen some changes from staff already! My personal health journey began a few years ago when I started CrossFit. I came across CrossFit in my home town of Akron, Ohio and fell in love with the community, the workouts and the overall experience. I moved to Arizona in 2018 and found another amazing CrossFit gym, Litchfield Park CrossFit. I was welcomed into the family and began to really focus on my workouts and train hard for a competition that I was highly encouraged to sign up for. During my training, my coaches really helped me tune into proper nutrition to fuel my body for training. Currently, the whole gym is participating in a nutritional challenge! My overall health journey has not been easy, but with the proper support and knowledge, I have been able to be successful in a sport that I have fell in love with. If there is any advice that I could give anyone it would be, find a sport or active hobby that keeps YOU interested and motivated. Find a community who SUPPORTS YOU in your personal health and fitness journey.



SUNLIGHT: OUTDOOR ACTIVITIES, EASY HIKES AROUND THE VALLEY, AND OUTDOOR VOLUNTEER EVENTS

- **Fun Run:** Zoo Move & Groove
<https://www.raceplace.com/events/70159/zoo-move-groove>
- **Volunteer:** Natural Restorations Lower Salt River Clean Up <http://www.naturalrestorations.org/volunteer-registration>
- **Volunteer:** Agritopia – help out a local farm with daily farming tasks. No farming experience required!
<https://agritopiafarm.com/volunteer>



REST: LIVING IN SYNC WITH YOUR CIRCADIAN RHYTHM

Your circadian rhythm is governed by the body's master clock, known as the suprachiasmatic nucleus (SCN), found in the hypothalamus of the brain. The clock inside every cell in our body is tuned by the SCN and light influences its activity. The retina of our eyes contains specific cells to detect spectrums of light (specifically sunlight, because it includes a variety of light spectrums throughout the day) which sends signals to the master clock and then affects our cellular/organ function and behavior. When the master clock is activated by light it tells the Pineal gland to stop producing melatonin (the hormone for sleep) and alters the expression of our genes to support daytime activity. (7-13% of genes are under circadian control). This has a cascade effect on function, temperature, blood pressure, energy production and expenditure, the synchronization of metabolic and hormone pathways, mental stability and alertness, learning and memory forming capacity, and more. [Read the full blog post](#) on the Valley Schools website.

FROM YOUR WELLNESS TEAM: CHANGE, CLEANSING AND NEW BEGINNINGS

March 19th marks the 2020 Spring Equinox which represents a time of change, cleansing, and new beginnings. A great way to start fresh during this time is to rid yourself of any unnecessary clutter. Studies have shown that a cluttered workspace can attribute to a cluttered mind. Are you having trouble with productivity, creativity, focus and/or memory? Do you tend to misplace items or do you simply just have too much stuff?

In order to help you feel refreshed and renewed this spring season, we have a few spring cleaning tips!

- Have a "clean off your desk day." Choose one day per week and take 10 minutes to see what can be put away, taken home, or thrown away. After cleaning unnecessary clutter off your desk, wipe down your desk with your favorite toxin free, surface cleaner. A clean desk is a happy desk!
- Consider your office supplies. Do you use all of the supplies that sit on your desk or do half of them collect dust? Try getting rid of the supplies you may not need by donating them to a coworker, breakroom, or an organization. Schools are always in need of extra supplies!
- Use the "out of sight, out of mind" mindset in a productive way. Hide cables and extra cords behind your desk and/or computer monitor. This makes your desk appear less cluttered and can leave more space for essentials.
- Make sure your workspace is tailored to your needs. If you never use pencils and papers, why are they littering your computer space? Find a space for the things you don't regularly need. Know that everything has a home and that home doesn't have to be in the middle of your desk.

Yours truly,
Your Wellness Team

Wells, M. M. (2002, May 25). OFFICE CLUTTER OR MEANINGFUL PERSONAL DISPLAYS: THE ROLE OF OFFICE PERSONALIZATION IN EMPLOYEE AND ORGANIZATIONAL WELL-BEING. Retrieved from <https://www.sciencedirect.com/science/article/abs/pii/S0272494499901664>

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