

The Beet



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WHOLE FOOD OF THE MONTH: TURKEY

Turkey is low in fat and high in protein. It is an inexpensive source of iron, zinc, phosphorus, potassium and B vitamins. A serving of turkey is a 2 to 3-ounce cooked portion. The Food Guide Pyramid suggests 2 to 3 servings from the meat group each day. A 3 1/2-ounce portion of turkey is about the size and thickness of a new deck of cards. The fat and calorie content varies because white meat has less fat and fewer calories than dark meat and skin. One gram of fat contains 9 calories, and one gram of protein contains 4 calories.

5 HEALTHY RECIPES USING TURKEY

- [Slow Cooker Lemony Turkey](#)
- [Leftover Turkey Casserole](#)
- [Leftover Turkey Stir Fry](#)
- [Leftover Turkey Chili](#)
- [Loaded Turkey Panini](#)

NOVEMBER EVENTS TO DO WITH FAMILY/FRIENDS

- [Phoenix Fall Lantern Walk](#)
- [Chiles and Chocolate Festival](#)
- [Kierland Pop Arts Festival](#)
- [Scottsdale Arts Festival](#)
- [5th Annual Leftovers 10K](#)



3 OUNCES COOKED TURKEY

LIGHT

135 calories
3.26 g of fat
0 g of carbohydrate
24.70 g of protein

DARK

173 calories
5.13 g of fat
0 g of carbohydrate
23.55 g of protein



DETOX: CAFFEINE - HOW MUCH IS TOO MUCH?

According to Mayo Clinic, 400 milligrams(mg) of caffeine a day is a safe amount for most healthy adults. That's equivalent to about four cups of coffee or two energy shot drinks. If you're finding that you may be exceeding the healthy recommended daily amount, here are just a few of the benefits of taking a step back and detoxing from caffeine:

- Hormone Regulation – caffeine increases the stress hormones, including cortisol. High levels of cortisol have been linked to memory loss and insulin resistance which can lead to diabetes.
- Better Sleep – caffeine begins to affect your body very quickly and has a half-life of 3 to 5 hours. The effects can last from 8 to 14 hours total which can delay the timing of your internal body clock and sleep time.
- Less Anxiety – since caffeine triggers a release of adrenaline, detoxing from it will lower your blood pressure and lower anxiety.
- Weight Loss – most caffeinated drinks contain high levels of sugar which adds to unwanted weight gain.
- No Heartburn – caffeine is one of the top 10 heartburn triggers so foregoing it can help lower levels of stomach acid and aid in digestion.
- Natural Energy – one of the main benefits of detoxing from caffeine is that you won't have to rely on the stimulant to jolt you awake.

REFRAME: HOW TO REFRAME CODEPENDENT THINKING



WHERE DID YOUR NEGATIVE BELIEFS COME FROM?

Even as an adult, your self-talk probably reflects the messages you got in childhood. Some people even recognize that some of their self-talk sounds exactly like critical comments their parents or siblings made. Without realizing it, we internalize these negative messages and reinforce them – making them stronger – when we repeat them to ourselves.

REFRAMING CODEPENDENT THINKING

We all tend to have a default setting when it comes to our self-talk, but negative self-talk can be changed. As you become more aware of your codependent self-talk, you can try replacing it with a more positive statement from the list below. Remember, repetition is important in order to strengthen your belief in positive self-talk.

Examples of healthy thinking:

- I will take responsibility for my thoughts, feelings, and actions. I will allow others to take responsibility for themselves.
- I am worthy of love, happiness, success.
- Doing things for myself is healthy, not selfish.
- I can tolerate difficult feelings.
- Everyone makes mistakes.
- I accept myself, flaws and all.

NOVEMBER WORKOUT OF THE MONTH:



LATERAL LUNGES 10 PER LEG LATERAL LUNGES 10 PER LEG BOTTOM OUT SQUAT 30 SECONDS

1. Lateral Lunges – 10 per leg
2. High Knees - 20 per leg
3. Bottom out squat: 30 sec
4. Skaters - 12 per leg
5. Shuttle Run - 100 meters





WELLNESS CHAMPION OF THE MONTH:

RACHEL MUTH, PARADISE VALLEY UNIFIED SCHOOL DISTRICT

I am a nurse for PVUSD and I became a Champion because the nursing group chose wellness as our professional learning community.

I love being the wellness champion and spreading the word about wellness. I have been able to connect multiple employees with a primary care physician and encourage a well visit even though they haven't seen a physician since they were a teen.

Wellstyles challenges has brought our community closer together as we do laugh it off challenges where we post jokes every day for a week. We have step challenges, share recipes and come together for health and wellness. Overall it makes me more conscientious of my own journey.



THE BEST HIKES IN THE VALLEY:

Phoenix is a mecca of hiking and exploring. It's even been ranked one of the best cities for hiking in America by National Geographic! You don't have to travel far for a new outdoor adventure, and thanks to this handy list of local favorites (and a few hidden gems), you won't have to search far either!

[Check out the top list of 15 healthy, totally doable hikes in Phoenix updated in October 2019](#)



CREATE A HEALTHY BEDTIME ROUTINE

Switch off the electronic devices

Most people love their electronic devices, myself included! Whether it's television, a computer, tablet, smartphone or games console, they can easily erode our precious sleep time.

Do a simple relaxation exercise or meditation before bed

In a survey of 2000 readers of this website, 58% said they couldn't fall asleep because of their busy mind. Another 24% similarly said it was worry, stress or anxiety that keeps them up.

Read

It's better if your brain only associates your bed with sleep and intimacy. Having said that, realistically it's fine to relax and read in bed.

Listen to music

While it's good to reduce screen time, listening to music before bed is a great idea. Preferably not music which is too exciting or emotional though.

Have a relaxing drink or light snack

It's a good idea to avoid caffeine, alcohol and sugary drinks before bed.

Spiritual practice: prayer, yoga, meditation

If you find that engaging in spiritual activity brings you peace and clarity of mind, then doing it before getting into bed is an ideal time.

FROM YOUR WELLNESS TEAM: DECLUTTER YOUR SPACE, DECLUTTER YOUR MIND!

What if I told you that you can declutter your life by decluttering your environment? Do you feel like you are constantly in a chaotic state? Are you someone that is easily affected by what is around them? If you are, you could greatly benefit from a decluttering spree. A disorganized, clutter-filled environment can have a negative effect on your ability to prioritize what needs done. Clutter shuts down the ability of your brain to process even simple information so your ability to focus is severely restricted because it's distracted.

"Multiple stimuli present in the visual field at the same time compete for neural representation by mutually suppressing their evoked activity throughout visual cortex, providing a neural correlate for the limited processing capacity of the visual system."

- Princeton University Neuroscience Institute

Here are some helpful tips to declutter your space!

- Start Small- Pick up 5 things and put them away.
- Designate a spot for incoming mail and other papers.
- Pull everything out of one drawer and sort through it.
- Find a permanent home for everything sitting on counters or tables.
- Zone your closet by how each item is used (ex. sweaters with sweaters)
- Go through your food pantry and refrigerator. Pay attention to expiration dates.

Yours truly,
Your Wellness Team