

The Beet



IN THIS ISSUE:

- Fuel: healthy ginger recipes
- Detox: detox from negative people
- Move: HIIT holiday burn workout
- Connect: holiday events to stay active
- Reframe: healthy holiday mindset
- Sunlight: stay moving + get sun at work
- Rest: benefits of deep breathing
- Wellness champion of the month



WHOLE FOOD OF THE MONTH: GINGER

Ginger is among the healthiest (and most delicious) spices on the planet. It's loaded with nutrients and bioactive compounds that have powerful benefits for your body and brain. Ginger has been shown to lower blood sugar levels and improve various heart disease risk factors in patients with type 2 diabetes. Ginger speeds up emptying of the stomach, which can be beneficial for people with indigestion and related stomach discomfort. It's also very effective against menstrual pain when taken at the beginning of a cycle. Along with these benefits there are even some studies showing ginger to be effective at reducing symptoms of osteoarthritis, a common and uncomfortable disorder.



- 3 OUNCES COOKED GINGER
- 79 CALORIES
- 17.86 G OF CARBS
- 3.6 G DIETARY FIBER
- 3.57 G PROTEIN
- 0 G SUGAR
- 14 MG OF SODIUM
- 1.15 G OF IRON
- 7.7 MG OF VITAMIN C

DETOX: AVOIDING NEGATIVE PEOPLE

Unfortunately there is no way around this truth, no matter the individual - negative people slow you down towards achieving your goals. Whether they know it or not, they end up discouraging you from being ambitious or following your dreams by questioning what you're doing and planting doubts in your head. Negative energy from toxic people affects your energy level, not to mention your stress and anxiety. Ultimately, it's your health and well-being, so you are responsible for taking care of it! You need to feel as if you're worthy of achieving your goals and changing into the person you want to be. Letting go of any negativity in your life will help you get there faster. You've got to be committed to doing this for yourself otherwise your guilt for letting go of certain relationships will keep you in the same place.

How to realize you're worth it: Decide.

Simply. Make the choice and decide that it's time you committed to yourself, your goals, and your dreams and you won't let anything stop or slow you down from getting there.

5 HEALTHY RECIPES USING GINGER

- [GINGERBREAD GRANOLA](#)
- [GINGER TEA](#)
- [SPARKLING GINGER LEMON MOCKTAIL](#)
- [SESAME GINGER SALMON](#)
- [CHEWY GINGERBREAD COOKIES](#)



DECEMBER EVENTS TO DO WITH FAMILY/FRIENDS

- [Skate Westgate](#) Nov 8 - Jan 12
- [Christmas at the Princess](#) Nov 26 - Dec 31
- [Schnepf Farms](#) Nov 27 - Dec 30
- [CitySkate Holiday Ice Rink](#) Nov 29 - Jan 5
- [Merry Main Street Mesa](#) Nov 29 - Jan 4
- [Rawhide Snowy Christmas](#) Nov 29 - Dec 22
- [Phoestivus Market](#) Dec 12 & Dec 19
- [World of Illumination Tempe](#) Nov 20 - Jan 5
- [World of Illumination Glendale](#) Nov 20 - Jan 5



REFRAME: MAINTAINING A HEALTHY MIND AND BODY THROUGH THE HOLIDAYS

I can't reverse the calendar, but I can remind you of some strategies for maintaining your sanity during this most pressured time of year:

Recognize that the people in your life are who they are. It is not new information who will be the Scrooge, who will drink too much, who will have unrealistic expectations or who will be generous to a fault. No one is going to change just because it's the holidays. Let go of the idea you can change anyone who bugs you. Find constructive ways to minimize their impact on your life. Put your energy and time into those who know how to love and whose presence makes you happy.

Give yourself permission to let some things go. Take a moment each morning to gather your thoughts. Make a list of all the things you have to do and want to do. Check off the two or three items that are really important to you. Let yourself entertain the idea of letting go of many of the others — or at least reducing them in some way. Many of us make our own stress by buying into the "have to's."

Take time every day to enjoy something about the season. Are you enjoying any of it? Stop. Breathe. Take a few minutes to enjoy the decorations on the lampposts or to really look at the lights. Savor one of the cookies. Inhale the warm smells coming from your oven. Wrapping a gift can be just another chore or it can be a way to quietly celebrate what the intended receiver means to you.

Everything in moderation. Be mindful of your own tipping points when it comes to holiday indulgences. You already know your limits for alcohol and sweets. Listen to your own good sense and you'll avoid waking up with regret, a hangover or an extra five pounds.



DECEMBER WORKOUT OF THE MONTH: HOLIDAY HIIT

15 reps Medicine ball squat & press	40 reps Ab bikes (20 on ride)
15 steps Lay down push ups	30 reps Sit ups with twist (15 each side)
15 reps Tricep dips	15 reps Straight leg sit ups

- 15 reps: medicine ball squat
- 40 reps: ab bikes
- 15 reps: lay down push ups
- 30 reps: sit ups with twist
- 15 reps: tricep dips
- 15 reps: straight leg sit ups



**WELLNESS CHAMPION OF THE MONTH:
DONNA JAGIELSKI, MARICOPA UNIFIED SCHOOL DISTRICT**

I became a champion so that I could spread the joy of fitness and wellness to everyone and to also let everyone know they all have the ability to take that first step towards fitness. I am an avid fitness person. I love to run and just recently completed a half marathon off road (trail) in Flagstaff. I am very passionate about yoga - I practice several times a week and really love teaching yoga. I also swim and cycle when I can. I have participated in several triathlons and look forward to returning to do a few more!

My favorite thing about being a champion is being able to share out wellness about yoga! I think I have slowly begun to influence the health of my school by spreading the wellness joy of yoga.



THE MOST BEAUTIFUL WALKS TO TAKE IN PHOENIX

And as we grow to be more health-conscious, you can literally see all fit, fun, and particularly delicious reasons our city is on the up-and-up. When you think of walkable cities, it's likely Phoenix isn't the first to come to mind. After all, our metropolitan city spans over 9,000 square miles. Walking that kind of distance could take a while, but lucky for us, we have nature preserves, lakes, and trails right in our backyard.

[Check out this list of the most beautiful walks in the valley, updated in October 2019](#)

THE POSITIVE EFFECTS OF DEEP BREATHING: INCREASE OXYGEN AND TAKE A MOMENT TO BE MINDFUL OF YOUR BODY



DEEP BREATHING SUPPORTS REDUCED ANXIETY AND BETTER SLEEP.

Deep breathing also goes by the names of diaphragmatic breathing, abdominal breathing, belly breathing, and paced respiration. When you breathe deeply, the air coming in through your nose fully fills your lungs, and the lower belly rises. For many of us, deep breathing seems unnatural. There are several reasons for this. For one, body image has a negative impact on respiration in our culture. A flat stomach is considered attractive, so women (and men) tend to hold in their stomach muscles. This interferes with deep breathing and gradually makes shallow "chest breathing" seem normal, which increases tension and anxiety.

Shallow breathing limits the diaphragm's range of motion. The lowest part of the lungs doesn't get a full share of oxygenated air, which can make you feel short of breath and anxious.

Deep breathing encourages full oxygen exchange — that is, the beneficial trade of incoming oxygen for outgoing carbon dioxide. Not surprisingly, it can slow the heartbeat and lower or stabilize blood pressure.

You may want to try several different relaxation techniques to see which one works best for you. And if your favorite approach fails to engage you, or you want some variety, you'll have alternatives. Using a guided meditation video, a deep breathing app, or your phone's timer, you can begin getting time for deep breathing in daily on your own.

You may also find the following tips helpful:

- Choose a special place where you can sit (or lie down) comfortably and quietly.
- Don't try too hard, it may just make you tense up.
- Don't be too passive, either. The key to eliciting the relaxation response lies in shifting your focus from stressors to deeper, calmer rhythms — and having a focal point is essential.
- Try to practice once or twice a day, always at the same time, in order to enhance the sense of ritual and establish a habit.
- Try to practice at least 10–20 minutes each day.

FROM YOUR WELLNESS TEAM: CONGRATULATIONS, YOU ARE SO CLOSE TO HOLIDAY BREAK!

This is a great time to lay back and enjoy time with family and friends. Right? As relaxing as the holiday break is, it can also be very stressful. With all of the chaos of the holidays, it is extremely important to take time for yourself. This can be anything from cooking for fun to doing a 5 minute meditation.

According to psychotherapist, Amy Morin, taking time for ourselves can increase our empathy, productivity, creativity, mental strength, and our ability to truly know ourselves. All of these things play a huge role in our overall health. Time for self-care will also help to relieve stress and make the holidays as enjoyable as they should be. Take time this holiday break to take a break! You deserve it.

For more reasons to relax, check out this Forbes article: [7 science-backed reasons you should spend more time alone](#)

Yours truly,
Your Wellness Team