

# The Beet



## IN THIS ISSUE:

- whole food of the month
- tips from your dietitian
- community events
- monthly workout
- shift your mindset
- detoxify your life
- get your sunshine
- optimize your sleep

## EVENTS AROUND THE VALLEY:

- ELECTRIC DESERT - DESERT BOTANICAL GARDEN Through 5/12 - Takes visitors on an immersive walk each evening using light & original music.
- ARIZONA RESTAURANT WEEK - 5/17 - 26 Arizona Restaurant Week offers foodies with a wealth of dining opportunities and the chance to get outside their own neighborhood and try something new.
- FREE FAMILY DAY @ PHX ART MUSEUM - SUN 5/12

## WHOLE FOOD OF THE MONTH: LEMON

Lemons aren't given the vitamin C credit they deserve. Just one lemon provides about 31 mg of vitamin C, which is 51% of the reference daily intake (RDI). Research shows that eating fruits and vegetables rich in vitamin C reduces your risk of heart disease and stroke.

Also, just a 1/2-cup (4 ounces) of lemon juice per day may provide enough citric acid to help prevent kidney stone formation especially for those who have had them prior.



per lemon:  
0.6 grams protein  
17 calories

5.4 g carbs  
0.2g fat  
1g sugar

## 5 HEALTHY RECIPES THAT MAKE GREAT USE OF LEMON:

- [Greek Lemon Chicken & Potatoes](#)
- [Garlic Lemon Scallops](#)
- [Lemon Poppyseed Pancakes](#)
- [Amy's Lavender Lemonade](#)
- [Microwave Lemon Curd](#)

## 5 HEALTHY RECIPES THAT MAKE GREAT USE OF AGAVE:

- [Spinach Salad with Sun-Dried Tomato Vinaigrette](#)
- [No-Knead Swedish Cardamom Braid](#)
- [Red Pepper Soup with Balsamic Reduction](#)
- [Mango-Lime Sorbet](#)
- [Blueberry-Cucumber Smoothie](#)



## REDUCE THE USE OF REFINED SUGAR AT HOME

Use 2/3 cup of agave in place of 1 cup of white sugar in recipes, and reduce other liquid in a recipe by 1/4 to 1/3 cup; because using agave may over-brown baked goods, so decrease the oven temperature by 25°F, and increase the baking time slightly.

## MAY WORKOUT OF THE MONTH: LEG DAY PLYOMETRICS

Do 2 sets of each exercise and rest 30-60 seconds in between. As always, it's important to listen to your body and modify as needed.



15 SUMO SQUAT + CALF RAISE	10 PLYO LUNGE	15 SINGLE LEG BULGARIAN LUNGE	20 SUMO PRAYER JUMPS



**"EACH MORNING WE ARE BORN AGAIN. WHAT WE DO TODAY IS WHAT MATTERS MOST." ~BUDDHA**

## 10 WAYS TO CULTIVATE A POSITIVE MINDSET

When old thinking comes up, as it will, it's not enough to try and ignore it. We need to challenge our beliefs. Is everything too expensive, or is it just that I haven't put together a savings plan? Do others "have an attitude," or am I just looking for things to criticize? Weigh your thoughts against the evidence. If they crumble under scrutiny, then explore why you think them in the first place. By challenging your thoughts, your mindset will begin to evolve.



**WELLNESS CHAMPION OF THE MONTH:  
DANIELLE ANDERSON, DEER VALLEY USD**

I became a champion to meet other people interested in health and wellness and willing to collaborate on making school/work environments healthier (and more enjoyable) at DVUSD. My favorite part of being a champion is seeing staff get excited about how many steps they've taken, challenges they are participating in, or rewards they've earned. I have influenced health at my school site by making a wellness bulletin board and started a DVUSD group on Wellstyles. At this point in my life, I am aware of how much of my job requires me to sit in front of my computer so I now have desk exercises that I do a few days a week. In an effort to move every hour, I've moved my trashcan so I have to walk to the other side of the office to throw things away, I leave my desk to talk to co-workers instead of sending emails, and I trade my lunchtime for yoga when possible. I can clearly feel a difference in my energy levels on the days when it's hard to fit some sort of activity in, so I try my hardest to incorporate something at work each day.



**GET IN THE GARDEN:  
GROW YOUR OWN KALE (SEVERAL VARIETIES)**

You can get some extra sunlight daily by caring for an outdoor garden. You'll want to harvest kale between 70-90 days from seed and 44-75 days from transplants. You can harvest the entire plant by cutting the stock 2" above the soil. The good news is, the plant will begin to grow new leaves in 1 to 2 weeks. If you decide to cut individual leaves off the kale, wait until the plant is about 8 to 10 inches high. Begin with the outside leaves first. You should harvest kale leaves before they become too old and tough, so pick kale weekly and refrigerate.



**REST & RESTORE: HOW TO USE WHITE NOISE  
TO GET BETTER REST AND SOUNDER SLEEP**

White noise is when sound waves of a broad spectrum of frequencies are combined, forming a sound similar to the constant hum a fan creates when it's blowing air. White noise machines may generate their own white noise or play it back in a loop, which is an endless, repeating sound recording. Many people find nature sounds like rainfall and ocean waves more relaxing than white noise. For peak performance some machines feature ocean sounds with intermittent bird calls or foghorns, so do some research before giving it a try.

**ANOTHER SPRING BITES THE DUST**

How do you feel when you enter your home, room, office or classroom? Take some time to close your eyes and notice the feelings that come to mind. Does your environment make you feel relaxed, stressed, anxious, excited or depressed? Why do you think you feel this way? If you could change one thing about your environment in order to make you feel better, what would it be? Humans spend the majority of their time at work and home. The interaction between you and your environment play a role in your quality of life, longevity, and overall health. Environmental health consists of preventing or controlling disease, injury, and disability related to the interactions between you and your environment. Environment is defined as all external physical, chemical, and biological factors within our lives.

Studies have shown that those who keep a clean house have a lower disease risk, healthier diet, and are more active than those who do not. Interacting with a clean and organized environment can lower stress, fatigues, asthma, allergies, and improve the immune system.

**Studies have also shown the clutter makes it harder to focus, so let's sweep away the clutter and focus on getting healthy!**

**TIPS ON HOW TO GET ORGANIZED THIS SPRING:**

- Start small. For example, choose 1 room, 1 drawer, or 1 area to organize.
- Clean as you go. If you use something, put it away after you are finished.
- All storage containers must be visible, accessible, and flexible.
- Find a home for everything.
- If you have not worn an article of clothing in 6 months, get rid of it.
- If an unnecessary item doesn't bring you joy, throw it out.
- Start to associate feeling with your environment. If an object, room, or home does not bring you happiness, it is time to make a change and get cleaning!

If you would like more information on the benefits of and strategy for tidying up check out [Marie Kondo's book The Life-changing Magic of Tidying Up.](#)

Yours truly,  
Your Wellness Team