

The Beet



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WHOLE FOOD OF THE MONTH: KALE

Kale is among the most nutrient-dense foods on the planet. Eating more kale is a great way to dramatically increase the total nutrient content of your diet. It's loaded with powerful antioxidants like Quercetin and Kaempferol, which have powerful heart-protective, blood pressure-lowering, anti-inflammatory, anti-viral, anti-depressant and anti-cancer effects, to name a few.



per 1 chopped cup:
 3 grams protein 33 calories
 2.5 g fiber 6 g carbs
 134% vitamin C

EVENTS AROUND THE VALLEY:

- Summer Fun FREE Movie on the Field + Food Trucks! Sat 6/15 @ Arizona Sports Complex
- Summer Splash Themed Hangout Nights @ Tempe Marketplace - meet your favorite characters! Thursday 6/6 Arabian Nights, 6/13 Under the Sea, 6/20 Toy Story, 6/27 Frozen
- Foam Fundays @ Desert Ridge 6/4 + 6/18 - a free play area featuring a massive foam mountain of millions of bubbles with games and family fun.

5 HEALTHY RECIPES THAT MAKE GREAT USE OF KALE:

- [Kale Chips](#)
- [Green Kale Tacos](#)
- [Cool Kale Dip](#)
- [Kale and Pineapple Smoothie](#)
- [Kale BLT Salad](#)



ADD MORE PINEAPPLE THIS SUMMER TO EASE DIGESTION:

Pineapples contain a group of digestive enzymes known as bromelain. They function as proteases, which break down protein molecules into their building blocks, such as amino acids and small peptides. Once protein molecules are broken down, they are more easily absorbed across the small intestine. This can be especially helpful for people with pancreatic insufficiency, a condition in which the pancreas cannot make enough digestive enzymes.

5 HEALTHY RECIPES THAT MAKE GREAT USE OF PINEAPPLE:

- [Pineapple Fried Rice](#)
- [Burgers with Pineapple Buns](#)
- [Chopped Pineapple Salsa](#)
- [Pulled Pork and Pineapple Tacos](#)
- [Hawaiian Chicken Skewers](#)

PICK THE PERFECT PINEAPPLE EVERY TIME

Unfortunately pineapples don't ripen much once they're off the vine, so setting them on the counter won't work if you buy a hard, unripe pineapple at the store. The best ways to know it's ready is if the pineapple is yellow on the outside from top to bottom (no greenish tinge which is how we always imagine them). Also the bottom will smell sweet, where ripe juice has accumulated.

JUNE WORKOUT OF THE MONTH: GET YOUR SUMMER SIX PACK

For the over-30 crowd, that dream six-pack can actually still be a reality. Here are only 4 moves you can start daily to maintain a strong, healthy core. With consistency, getting some real definition in your abs can be less effort than you realize! Complete 10 each, three times.



Hanging leg lifts



Inverted crunches



Lower ab pulses



Full range situps (boat pose)

COOL DOWN YOUR MIND THIS SUMMER WITH MINDFUL STRESS RELIEF

Something as simple as lighting a candle can change your entire mood. Using scents to treat your mood is called aromatherapy, and several studies show it can decrease anxiety and improve sleep. As the molecules of certain scents reach the brain, they directly contact the limbic system, which is linked to emotions, heart rate, blood pressure, breathing, memory strength, stress, and hormone balance. In this way, scents can have a subtle, yet holistic effect on the body. So try a lavender, bergamot, chamomile, or sandalwood candle to destress your home following exercise or a brisk cleaning.



"I PROMISE YOU NOTHING IS AS CHAOTIC AS IT SEEMS. NOTHING IS WORTH DIMINISHING YOUR HEALTH. NOTHING IS WORTH POISONING YOURSELF INTO STRESS, ANXIETY, AND FEAR."

Steve Maraboli, *Unapologetically You*



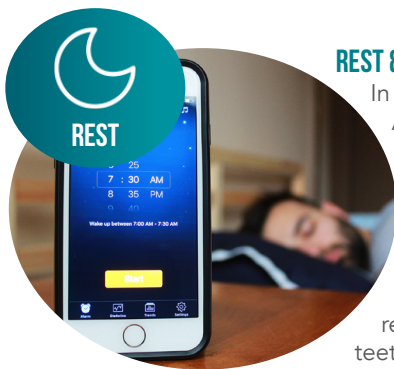
**WELLNESS CHAMPION OF THE MONTH:
DONNA JAGIELSKI, MARICOPA USD**

"I decided to become a champion because I love fitness and I wanted to spread this joy among all of my colleagues and co-workers. My favorite thing is that I get to teach a yoga class as part of being a champion. I get to fully model and be the living example of this role. I love teaching my monthly yoga class here. I believe that I have been able to influence health of my school by offering the monthly yoga class. It helps them to relax as well as reboot their energy level. It also offers them a mini tool box of poses they can do at home whenever they need it. In regards to my personal health journey, I have always been into fitness. I have been an avid runner. I have run a half dozen full marathons, about two dozen half marathons, several triathlons and have been practicing yoga for about 20 years. I received my yoga certification back in September. I just love fitness and love spreading the joy of fitness."



**HEAT SAFETY: DEHYDRATION
BE SMART AND STAY COOL THIS SUMMER**

If kids playing outside become overheated and seek quick shade such as an enclosed patio or garage, make sure the space has true air conditioning - do not use electric fans in these spaces when the temperature outside is more than 95 degrees, as this could increase the risk of heat-related illness. Fans create air flow and a *false sense of comfort*, but do not reduce body temperature. Muscle pains or spasms in the stomach, arms, or legs can be heat cramps and the first sign of danger. Remove excess clothing, take sips of cool sports drinks, and get help if cramps last more than an hour.



REST & RESTORE: USE A SLEEP APP TO HELP DRIFT OFF TO SLEEP

In today's busy world, many adults don't get the sleep they need. According to the Centers for Disease Control and Prevention, about 35 percent of adults in the United States report they do not get enough sleep. Between work, family responsibilities and everyday chores, sleep may take a back seat. But getting enough shuteye is vital for overall health, which is where a sleep app may help. Sleep apps can do everything from tracking your sleep patterns to helping you relax so you can fall asleep. Even the best app cannot replace good sleep hygiene habits which helps, like brushing your teeth and washing your face before bed. If you can use a little extra help getting quality sleep, try one of these sleep apps listed by the ASA.

**7 BEST SLEEP APPS - LISTED BY
THE AMERICAN SLEEP ASSOCIATION**

- [Awaken](#)
- [Sleep Cycle Alarm Clock](#)
- [Relax Melodies](#)
- [Sleep Cycle Power Nap](#)
- [Pzizz](#)
- [White Noise](#)
- [Relax & Sleep Well Hypnosis](#)

MOM, WHERE DOES FOOD COME FROM?

Did you know that when you spend \$100 on locally grown food \$43 stays in Arizona? Whereas, when you purchase industrial food only \$13 stays in Arizona. This is one of many reasons to support local business and agriculture.

Foods that are grown locally have a higher nutritional value and are fresh!

A foods' nutritional value diminishes with time. Therefore, the less travel time between the farmer and your fridge, the better the food is for your health. For example, the average carrot has traveled 1,838 miles to reach your dinner table. Local produce is placed on the shelves 2 days after harvest. Not only that, but out of season produce has nearly half of the nutrient density as in-season produce. Most importantly, fresh food tastes better!!

TIPS TO EAT LOCALLY ON A BUDGET:

- Shop at your local farmers markets
- Refer to [Devour Phoenix](#) for a list of restaurant's that source local ingredients
- Visit the newest addition to the Wellstyles programs page: [Good Food Finder](#) to find locally-sourced food items near you



Yours truly,
Your Wellness Team