

# The Beet



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### WHOLE FOOD OF THE MONTH: WATERMELON

Watermelon is not only sweet and hydrating, but it's high in carotenoids like beta-carotene and lycopene. Carotenoids are a class of plant compounds that includes alpha-carotene and beta-carotene, which your body converts to vitamin A. Studies suggest that lycopene may help lower cholesterol and blood pressure, and several other nutrients in watermelon are shown to benefit the heart.



per 1 chopped cup:  
 Vitamin C: 21% RDI    Vitamins B1, B5  
 Vitamin A: 18% RDI    and B6: 3% RDI  
 Potassium: 5% RDI    (RDI: Reference  
 Magnesium: 4% RDI    Daily Intake)

### JULY EVENTS AROUND THE VALLEY:

- **Independence Day:** Here are [all the 4th of July events](#)
- **Pool days:** a list of [public pools around the valley](#)
- **Splash pads:** Here are some [great splash pads to visit](#)
- **Trails:** Night hikes are awesome, [view Phoenix trails](#)
- **Heading north?** Check out [Flagstaff Art in the Park](#)
- **All ages:** local and sweet, tour [Cerreto Candy Factory](#)
- **Hands on for kids <10:** [Amazing Arizona Kids!](#)
- **Music:** Dr. Seuss's [Seussical the Musical](#)
- **Movie in the park:** Peoria [Wonder Park Night](#)

### 5 HEALTHY RECIPES TO USE UP A WATERMELON:

- [Watermelon Summer Salad](#)
- [Watermelon Caprese Appetizer](#)
- [Watermelon Fire and Ice Salsa](#)
- [Watermelon Lemonade](#)
- [Watermelon Sherbet](#)



### REFRESHING OR RISKY? AVOID SWEET SMOOTHIES:

Fruit smoothies are a great way to stay refreshed throughout the summer, but watch out for smoothies made with frozen yogurts, ice cream or too much fruit, as they're loaded with hidden calories. A better option is a green smoothie, made with both fruit and veggies – still sweet and delicious, but much lower in sugar. Infused water is also a great alternative, it's fun to make and the options for flavors are endless.

### REPLACEMENTS FOR "NOT SO HEALTHY" HEALTH FOODS:

- [Dairy based smoothie -> Fruit & veggie pressed juice](#)
- [Low sugar creamer -> light milk, less \(and natural\) sugar](#)
- [Whole wheat burger buns -> Lettuce bun](#)
- [Sodas or sports drinks -> Infused waters](#)
- [Store bought protein bars -> Homemade no-bake bars](#)

### DETOXIFY WITH YOUR OWN INFUSED WATER RECIPES

Tired of plain, boring water? These fruit-infused water ideas are both delicious and refreshing. There are a handful of simple but powerful detoxifying ingredients in the list below that will make your water spa quality.

- |                          |                                 |                         |
|--------------------------|---------------------------------|-------------------------|
| Strawberry, Lemon, Mint  | Strawberry Cilantro             | Ginger, Cucumber        |
| Apple, Lemon, Carrot     | Cucumber, Lemon, Celery         | Orange, Blueberry, Mint |
| Apricot, Raspberry, Mint | Apple, Cinnamon Stick, Red Pear | Grapefruit, Rosemary    |
| Orange Lime              | Kiwi, Orange                    | Cucumber, Thyme, Lime   |

### JULY WORKOUT OF THE MONTH: LOWER BODY/GLUTES

Strengthening your lower body also offers an unparalleled connection to mental toughness. If you can walk back to a program that left you crawling away from it, you're tougher than a lot of what life throws at you. Here are 4 lower body workouts to try this month:



Squats - 3 squats, 5 times



Lunge - 3 lunges, 5 times



Deadlift - 3 lifts, 5 times



Boxstep - 3 boxsteps, 5 times

### REFRAME YOUR MIND WITH THE SOS METHOD

SOS Method is a simple app delivering a proprietary collection of programs, tools and meditations that elevate people's power to be happier, healthier, more mindful, and more productive. The app helps the mind realize the triggers that create stress, and shows how to respond better to challenges. The app's Daily Meditations are an inventive formula that fuses specific elements in music, white space, and placement of words and tones to develop an enriched, stress-free environment in the body. Having rapid, direct access to an inspired mind, emotional balance and physical wellbeing is a great support to daily wellness.



**"THE MORE TRANQUIL A MAN BECOMES, THE GREATER IS HIS SUCCESS, HIS INFLUENCE, HIS POWER FOR GOOD. CALMNESS OF MIND IS ONE OF THE BEAUTIFUL JEWELS OF WISDOM."**

James Allen



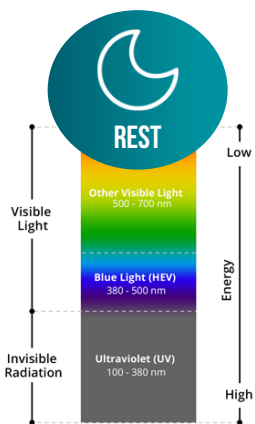
## WELLNESS CHAMPION OF THE MONTH:

### JAMIE BALLARD, PEORIA USD

"I became a Champion because I like to step up to the plate to help at my campus! My favorite thing about being a Wellness Champion is that my co-workers like to tell me when they reach the requirement of earning their wellness prizes. It's exciting for them and for me! So far, I've just been there to help those who have insurance through our school district to be aware that they can even earn for being their own healthy selves. My mom and dad instilled a healthy, active lifestyle in me since I was young. I always have to work extra hard to balance health with the stressors of a full work load!"

## INTERESTED IN BECOMING A WELLNESS CHAMPION?

The wellness program helps prevent the development of chronic conditions and better helps manage those who have developed a chronic disease. Reach out to the team at [wellnesscoordinator@wellstyles.org](mailto:wellnesscoordinator@wellstyles.org) to request more information.



## BLUE LIGHT: WHAT IT IS AND HOW TO AVOID TOO MUCH

Sunlight is the main source of blue light, and being outdoors during daylight is where most of us get most of our exposure to it. So approximately one-third of all visible light is considered high-energy visible (HEV) or "blue" light. But there are also many man-made, indoor sources of blue light, including fluorescent and LED lighting and flat-screen televisions. Most notably, the display screens of computers and smartphones emit significant amounts of blue light. The amount of HEV light these devices emit is only a fraction of that emitted by the sun. But the amount of time people spend using these devices and the proximity of these screens to the user's face have many eye doctors and other health care professionals concerned about possible long-term effects of blue light on eye health.

## THERE ARE A (WATERMELON) REASONS TO DRINK WATER

Oh July in Arizona... The heat, the sweat, and the stressed out air conditioner. Studies have shown that roughly 75% of Americans suffer from chronic dehydration. This is concerning because those who live in hot, dry climates need to consume even more water than those living in cooler climates. Proper hydration plays a crucial role in regulating body temperature, transporting nutrients, and proper cell function. **How do you know if you are dehydrated?** Listen to your body! Look out for these signs and symptoms as they may be an indicator that you are in need of a water break. Watch out for feelings of fatigue, dryness, thirst, and dark urine color. Also, pay attention to activities that may cause dehydration, such as drinking coffee, tea, or alcohol, working out, or simply stepping outside this time of year.

### Tips to stay hydrated:

- Do not start to hydrate- stay hydrated! It's easier to maintain hydration than replacing lost fluids.
- Keep a water bottle with you. Take frequent sips of water throughout the day.
- Make hydration a goal and track your water intake.
- Make sure to drink water after you've finished work or an exercise session.
- You can also get water from the foods that you eat. For example, watermelon, cucumber, celery, or berries.

Yours truly,  
Your Wellness Team

**HOW MUCH WATER?** You probably need more than you think. The Mayo Clinic recommends drinking 2.7 liters/day for women (91 oz) and 3.7 liters for men (125 oz).



## BEAT THE SUMMER HEAT:

### FUN WAYS TO STAY IN WHEN YOU'VE HAD ENOUGH SUN

- Use iMovie or your camera app on your phone to string clips of your kids, dogs, garden or anything you'd like and create a fun music video with music and transitions
- Put the Lego bin to use and [Google new builds](#)
- FaceTime or Skype with family far away
- Learn to grow: [What to plant at 100+ degrees](#)
- Watch the original/classic version of your favorite movies or have a moviethon
- Build a blanket fort with dining room chairs
- Food crafts - worms in dirt, glow in the dark drinks, colored ice cubes, etc. - [more ideas](#)
- Search YouTube for [kid friendly yoga sessions](#)
- Go to your local library [Here's a huge list](#)

## HOW BLUE LIGHT BLOCKERS WORK

Because short-wavelength, high energy blue light scatters more easily than other visible light, it's not as easily focused. While working all day and during free time we're regularly looking at our computer screens, tablets or phones, which all emit significant amounts of blue light. This unfocused visual "noise" reduces contrast and can contribute to digital eye strain. Research has shown that yellow lenses made to block blue light wavelengths less than 450 nm (blue-violet light) significantly increase visual contrast. Therefore, computer glasses with yellow-tinted lenses may increase eye comfort when using devices with screens for extended periods of time beyond glancing. While ditching devices before bed is your best bet, your phone or tablet may have a "sleep" setting that turns the screen to a sepia-tone after a certain time every night, which helps to at least reduce additional eye strain without blue-light blocking glasses.